

Earth Mesa Medicine Journey

Walking the 4-fold path towards Grace and Wisdom

An apprenticeship of shamanic initiation for personal growth, healing and transformation.

Facilitated by Ana Larramendi and staff in Dodgeville, WI

Apprenticeship #1 meeting dates;

Jan. 15-18, 2009. Apr. 23-26, 2009. Sept. 24-27, 2009. Jan. 2010 (TBA)

The purpose of the Earth Mesa Medicine Journey is to do deep personal healing work in combination with learning spiritual philosophies that you can apply to everyday living. This training will also help you build a strong personal foundation to any healing practice you wish to be in. While I will include teaching the 'Illumination' process of healing, this class will primarily be about your personal healing journey and your personal work. I believe that whether we work as healers or engage in any type of work where we interact with people or are in service to others, having our personal act together makes us better, happier and more whole people for ourselves, our families and our world.

The focus of this training is to develop an Earth-Centered spiritual practice. This is a deeply personal journey where we find oneness with the Great Mystery, by claiming our spiritual relationship with the Earth and the Divine. The 4-fold principles of this training mirror a personal medicine wheel journey which will give participants the skills to begin moving towards wholeness, and continue it beyond this class. The insights and philosophies that are experienced through personal healing and awareness create a template of how to live life in a mystical way, with practical feet. Students of these teachings say that their relationship with life and people becomes gentler and easier. They are less reactive and see the matrix of interactions in a spiritual and philosophical way. They also become better trackers of discordant energy and can avoid or not engage with toxic situations. These teachings strengthen and help balance us to our very core.

This 4-meeting Apprenticeship focuses on the shamanic principles of Andean cosmology as well as other shamanic traditions. Our activities will consist of spiritual teachings, personal healing work, as well as transmissions and rites of passage. Individuals will each build an **Earth Mesa** (medicine bundle) as an anchor for their spiritual work.

Our four meetings consist of:

South:

We initiate our journey by shedding and clearing from our energy fields some of the core wounds we carry in this lifetime. By making Medicine of our past, we begin to look upon ourselves, our struggles and the suffering of others from a place of love and compassion. We cultivate the skill to move out of a reactive state of hurt, into the witness state of grace. Drawing from the Archetype of *Amaru*, (the sacred serpent) we shed the past and reveal our beautiful wholeness beneath. This is the Healer's Journey.

West:

We continue our healing journey into the realms of shadow and what is hidden. Here we learn to meet the death that stalks us by tracking to the imprints of our ancestral lines and past-life traumas. By unwinding the trapped, unbalanced energies of fear, rage and power from our lineage, we begin to embody the *luminous warrior* – the one who walks the path of light and love. Drawing from the

archetype of *Chocachinchay*, (the rainbow jaguar) we will learn how to track what is unseen in the Spirit realms. This is the journey of the Luminous Warrior.

North:

As we move beyond healing we move into deepening our relationship with the Great Mystery. We learn about timelessness, invisibility and fluidity. Here we shed our identity and attachment to the roles and the places that keep us fixed and stuck. We learn how to embrace the energy of change and awaken the sacred “Now” that contains the past, present and future simultaneously. For this medicine we draw from the collective pool of Wisdom and Knowledge of the ancestors and the archetype of *Siwarkintay* (The Hummingbird) who embodies joy and fluidity. This is the journey of the Wisdom-Keepers and Teachers.

East:

In our final exploration, we move into the realms of Destiny, Vision and who we are becoming. This is the realm of “dreaming the world into being”. We learn the art of changing our world by changing our perceptions. By letting go of control, removing our projections, and clearing our path, we leap into the future, not only in this lifetime, but for future lifetimes. In the East we learn to surrender, so we may become luminous, and have no attachment to outcome. We are able to show up, and let the universe happen. We awaken to seeing the interconnectedness to everything...We *are* the mystery. We draw from the archetype *Apuchin/Anka* (condor/eagle) who gives us the gift of expansive seeing. This is the journey of the Dreamers and Visionaries.

About the Instructor:

Ana Larramendi is a shamanic practitioner, teacher, minister, public speaker, chef, Vision Quest leader, wilderness enthusiast, and ceremonialist who has been studying and practicing shamanism since 1989. She is an initiated mesa carrier in the Inka tradition, is a member of The Foundation for Shamanic Studies, www.shamanism.org, and is a founding member of the Society of Shamanic Practitioners, www.shamansociety.org, an organization created to support the re-emergence of using shamanism as a form of spiritual healing in our culture and integrating it with western medicine.

Ana has studied extensively with teachers from many traditions, yet her greatest teachers have been the Earth, elements, plants and animals. Ana’s passion is to heal the Earth and humankind’s relationship with Her.

Prerequisites:

Students need to be comfortable with their skills of shamanic journeying. This is deep personal work and requires a commitment to being responsible for and committed to your own healing. It is important to honor your personal space and the space of others to create a safe container for all. Part of the application process will include a phone interview with Ana prior to joining this apprenticeship. Class size will be a minimum of 10 students and a maximum of 14 students.

Dates:

Apprentice #1:

South- 2009: Begins Jan. 15th at 1:00pm, Ends Jan. 18th at 3:00pm. (Thurs.-Sun.)

West- 2009: Begins Apr. 23rd at 1:00pm, Ends Apr. 26th at 3:00pm. (Thurs.-Sun.)

North- 2009: Sept. Begins September 24th at 1:00pm, Ends Sept. 27th at 3:00pm. (Thurs.-Sun.)

East-2010: Date to be announced: January 2010 (Thurs.-Sun.)

Cost:

This is a residential training. Total cost for the series is \$2100 or \$525 per session.

This cost includes the teachings *and* room and board (3 nights lodging and all meals per session).

To reserve a space send in a deposit of \$100 with your application. There is a \$50 discount off the first class for early registrations postmarked by December 15, 2008.

Class size will be limited to a maximum of 14 students, with a minimum of 10 needed to cover facility requirements. If a class is not sufficiently filled, these are your options:

1. You may cancel and receive a full refund.
2. You may join with the next apprenticeship (dates to be determined).
3. The apprenticeship you have chosen will begin the series on the second date listed to allow time for additional students to sign up.
4. If the apprenticeship you wish to join is full, you can ask to be placed on a waiting list.

Cancellations: If the class is sufficiently filled and you cancel, there will be a \$50 processing fee; (unless your space can be filled from someone on the waiting list) the difference will be reimbursed.

For an application contact:

Ana Larramendi

The Hollow Bone

1225 E. Dayton St.

Madison, WI 53703

608-255-4333

inomoxo@tds.net