

Soul Healing and Recovery

working with the Shaman's Mesa

An experiential workshop for Mesa Carriers

with Jose Luis Herrera

April 2-5, 2009 at Dodgeville, WI

They say that the soul fractures due to trauma, transition, or when we are unable to deal with the intensity, gravity, or pain of a situation. Soul loss could be the accumulative effect of continuous pain, dysfunction, or it can occur in one painful event. In times of chaos and transition when the soul cannot hold its integrity, it splinters off and seeks refuge in safer environments. The soul retreats to a safer domain in order to avoid the intensity or the pain of the original trauma. Our psyche weakens, and loses sight of what our healed state is. We lose our memory of fullness, our clear vision dims, and our sense of vitality is weakened. The missing soul piece expresses its absence in many ways;

- Not feeling present in your body
- Feeling numbness or deadness in parts of your body
- Bouts of depression or chronic depression
- Memory gaps, or blackouts
- Addictions
- Physical illness, reduced immune system
- A need to fill an internal void
- Personality disorders
- Weakness and giving away of your power

Throughout the course of our life, all of us experience soul loss to some degree. To live in wholeness, it is essential that we enter the process of soul retrieval. For millennia, shamans through skillful tracking have been able to map those domains of the unknown, the uncharted territories of the unconscious. The ancient practice of soul retrieval, brings the individual into a state of synergistic dialogue with wholeness and life, summoning the souls vision in discernable ways. Calling forth the soul from those memories, memories of healing, wholeness, and memories of union. They say that our soul lives in three domains; the upper world, middle world, and lower world which is vital to our exercise of presence and the exercise of summoning oneself to higher destiny. Soul retrieval is the way of remembering. Not only what you have been, it is remembering your place in the tapestry of creation as an individual of power.

It is vital that the shaman find the original wound, the original source of soul fragmentation. In this class, we learn a number of soul retrieval methods. We learn to engage in perceptual shifts to track where original soul loss has occurred, and where the soul part or parts, have retreated. In this animistic tradition, we learn to dialogue and negotiate in order to bring the soul part home, and to integrate the soul part into the current reality of the client. The process of soul retrieval brings a new sense of awareness and a revitalized sense of wholeness. Soul retrieval is the process of remembering wholeness, the process of remembering presence and ones becoming.

Prerequisites: *Participants should have a basic understanding of working with mesas.*

Class begins Thursday April 2, at 1:00pm. and ends On Sunday, April 5, at 12:00noon.

This 4-day residential includes dormitory-style sleeping quarters and 8 delicious meals with vegetarian options.

Cost: \$750 includes instruction, 8 meals, and three nights lodging. \$200 reserves your space. There is a reduced rate of \$695 for early registrations postmarked by March 16, 2009. Last day for registration is March 30, 2009. Payment can be made with check, VISA or MC. Space is limited so please register early.

Questions? Please contact Ana Larramendi: 608-255-4333, email: inomoxo@tds.net

Workshop Registration

Name of workshop: Soul Healing and Recovery

Date of workshop: Apr. 2-5, 2009.

Beginning at 1:00pm. Thursday, Apr. 2, ends Sunday, Apr. 5, at 12:00noon

Contact person: Ana Larramendi, Phone: 608-255-4333, inomoxo@tds.net

Workshop Location: Bethel Horizons Retreat Center, Dodgeville, Wisconsin. Approximately 45 miles west of Madison, adjoining Governor Dodge State Park.

Participant Name: _____

Address: _____

City _____ **State** _____ **Zip** _____

Phone: _____ **E-mail:** _____

Please circle your food preference: *Omnivorous, no red meat, vegetarian, vegan*

We will try to accommodate everyone, however if you have special diet restrictions you may wish to supplement meals with some of your own food. If you have a specific food allergy, please mention it here.

Mail Registration to:

The Hollow Bone 1225 E. Dayton St. Madison, WI 53703

For credit card processing call Ana Larramendi 608-255-4333

Workshop cost: \$750 includes instruction, 8 meals, and three nights lodging. \$200 reserves your space. There is a reduced rate of \$695 for early registrations postmarked by March 16, 2009. **Last day for registration is March 30, 2009.** Payment can be made with check, VISA or MC. Space is limited so please register early.

Final payment is due at registration on April 2, 2009

Deposit Paid: _____ **Balance Due:** _____

Make checks payable to: The Hollow Bone

Method of Payment, Check VISA MC

For credit card payments: Card Number _____ **Exp.** _____

Signature authorizing charge _____

Once your deposit and registration information is received you will be sent an equipment list, a map with directions and a recommended clothing list. Dorm rooms have 4-8 beds to a room. Please specify on the back of this sheet if there is anyone you wish to room with. We can not guarantee private rooms, but will minimize the number of people per room.

If you are flying in from out of state please fly into the Dane County Regional Airport in Madison, WI which is 1 hour away from the retreat center. *Your flight should arrive no later than 11:00am April 2, and depart no earlier than 3:00pm April 5, 2009. Please contact Ana to coordinate your travel plans and transportation to and from the airport. Shuttle costs between the airport and Bethel Horizons are an additional expense*

Cancellation policy: A full refund will be paid if the class cancels or for cancellations up till March 16th. Afterwards cancellations will be charged a \$50.00 processing fee. The difference will be returned.