

*Shaman's Flame and Sacred Circles
Present:*

Weather Consciousness:
Living in relationship with the weather

With Sarah Finlay and Peter Clark

Sunday, May 27th, from 9:30am to

5.30pm Fee \$140

At Sukha Yoga & Wellness Studio, Prior Park, St James



In this introductory workshop, we will work directly with the weather spirits and initiate relationships with the deep spiritual intelligence of those forces that create and maintain balance in many aspects of the natural world. We will investigate the weathers of Barbados, while working to help heal the environment and ourselves.

Selected Topics:

- Meeting weather spirit helpers.
- Understanding our role in relating to the weather.
- What is Storm as seen both externally and internally?
- Why does Barbados call forth certain weathers?
- Exploring Cloud Consciousness, Cave Consciousness, and Ocean Consciousness.

Weather work is not about controlling the weather. It is about power, but not "power-over" and in this workshop we will work directly with the Spirits of Weather to find out what they can teach us, what they want from us, and how we can work together on behalf of a viable world for all. Many people suffer from being disconnected to the natural world and this workshop will help to provide us with the tools for reconnecting to our inner wisdom and the vast spiritual wealth that surrounds our physical realms.

Prerequisite: Ability to 'journey' to both the upper and lower worlds. Learn how to 'journey' at Sukha on May 5th from 12pm – 4.00pm Fee \$40 or discuss alternative arrangements with Gay – see attached for details

Register by return email to sacred-circles@caribsurf.com or tel 419 0595 / 231 5055

Peter & Sarah <http://www.shamansflame.com/>

Sacred Circles www.sacred-circles.net

Sukha Yoga & Wellness Studio www.barbadosyoga.com (directions to Sukha on website)