

# SACRED COUNSEL



## EXPRESSIVE & RITUAL ARTS

### *~Fierce Grace~*

*"Fierce Grace is a rite of passage preparation; it is a ripening of the soul and the spirit into a fierce connection with truth, Self and deep knowing. With these blessings, we walk our True path with Grace and Gratitude"*

*12 Online Sessions: Education & Processing*

*3 Experiential Sessions (1-1.5 hrs)*

*Advancement to Inner Landscapes Program & Supplies*

*Access To Group education documents as well as protocols*

*We can adapt the experientials to online as well.*

*Free access to Literary Covens: Seasonal Group Book Clubs*

*Access to 4 Lineage Lines Ancestral Meditation*

*Access to the Motherline: Cacao & Sacred Feminine Healing (2022)*

*Living Loving Being Expressive Arts Workbook Living Loving Being*

*"Yin Yoga in Therapy" Manual Bibliotherapy (Access to Instrumental Literature)*

*Podcast Referrals*

# *Topics & Explorations:*

*Setting Intentions*

*Animism*

*Inner Alchemy – Intrapersonal Wisdom Values Compass –*

*4 Lineage Lines and the Directions*

*Living Your Purpose*

*My Body, My Compass*

*The Four Rivers & Four Directions*

*Altars as an Access Point Ancestor Work*

*Family Therapy As Prayer Inner Knowing & Life Direction*

*Four lineage Lines Meditations*

*Indigenous Wisdom: Tzu'tujil Tribe Education*

## *Experiential Design Support:*

*Cacao & the Four Directions Immersion*

*Altar Setting*

*Plant Allyship & Integration*

*Yin Yoga and Chinese Medicine*

*Self Initiation Rituals*

*Drum Birthing and Sacred Vows*

*Sacred Song Initiations*

*Expressive Arts: priming the Vessel*

## *Frameworks & Resources:*

*Intro to Expressive Arts Plant Allyship- utilizing cacao for support*

*Intro to Somatic Therapies*

*Introduction to Internal Family Systems*

*Psychologies of Liberation*

*Yin Yoga & Chinese Medicine*

*Everyday Animism & Ancestral Connection*

*We utilize the 8 shield model to guide us, this can be used for planning ceremonies and workshops. This is a framework of the Directions to guide processes*

*NorthEast: Bringing the Hearts and Minds Together*

*East: Inspiration: Element Air*

*South East: Bringing Focus*

*South: Action Fire Activities: depth work*

*South West: Reverie, dream rest wander*

*West: Waters: Rituals Service*

*North West: Rite of Passage: Ritual: Drum Birthing or Drum ceremony: holding circles*

*North: Integrate: Winter solstice Overview Reflection: Pause*

### *Intention:*

*To Reconnect the Individual soul with the anima mundi of the earth, to deepen nature connection through microdosing, ritual, and education in animism and myth. To expand personal story to great myth and to feed the passionate fire of ever growth, and devotion to becoming an initiated adult & Elder."*

### Overview

Utilizing techniques in ritual, plant allyship, ceremony, expressive arts and somatic therapies for meaning making,

Developing relationship with personal medicine, processing personal purpose and accountability to craft healing experiences for your clients. Business support, such as promotion, workshop design, scheduling platforms will also be offered.

*Assigned selected readings will be implemented: These are not mandatory but will enrich the process.*

*Recommended Readings: Strongly Recommended*

*Women who Run with Wolves: Clarissa Pinkola Estes*

*Soul Craft Bill Plotkin (initiation context)*

*Holding Space: Amy Wright Glenn (birth doula & reverend)*

*Wild Edge of Sorrow: Francis Weller (grief work and applications)*

*Joanna Macy World as Lover: World as Self (introduction to the work that reconnects)*

*The Disobedience of the Daughter of the Sun: Martín Pretchel*  
*Smell of Rain on Dust: Martín Pretchel*

*Recommended Readings Animistic Relational Lens*

Braiding Sweet Grass- Robin Wall Kimmerer

Ancestral Medicine- Daniel Foor

The Healing Wisdom of Africa- Patrice Malidoma Somé

*Leadership*

Moving Toward the Millionth Circle - Jean Shinoda Bolen

Calling the Circle: The First and Future Culture- Christina Baldwin

*Spirituality in Everyday Life*

Ordinary Magic: Everyday Life as Spiritual Path- John Welwood

The Mystic Heart: Discovering Universal Spirituality- Wayne Teasdale (Speciality)

The Wild Edge of Sorrow- Francis Weller

*Reflection Practices*

The Book of Awakening: Mark Nepo

The Radiance Sutras- Lorin Roche

Poetry by Mary Oliver

Poetry by Rainer Maria Rilke

## *Mythos, Storytelling and Dreamwork*

Women who Run with Wolves- Clarissa Pinkola Estes

Care of the Soul- Thomas Moore

Belonging: Remembering Ourselves Home- Tokopa Turner

### *Recommended Podcasts:*

Mythic Medicine: Medicine Stories (essential for herbal wisdom and mother support)

Freebirth Society podcast

Embodiment Matters

Psychedelic Therapy Podcast

Erin Yaya Merriman

Death Dialogues Project

*Sliding Scale & Payment Plan Available*

*\$3,000- ,4500*

