



“What’s Happening At Slí An Chroí This Summer 2011”

Trainings – Celebrations – Drum Tribe – Sacred Site – Men/Women Circles

MAY:

29th: Introduction to Shamanism

31st: Fir Le Chéile- Men’s Circle

JUNE:

2nd: (New) Moon Mná- Women’s Circle

10th: “TEN”- TranceEcstasyNight

11th: Women in Relationship with Men

12th: Living In Protection 2

14th: Drum Tuatha/Drumming Tribe

16th: (Full) Moon Mná- Women’s Circle

18th: Introduction To Shamanism

19th: Working With The Mála 1: “Deeper Connection”

21st: Summer Solstice Celebration

28th: Fir Le Chéile- Men’s Circle

JULY:

1st: (New) Moon Mná- Women’s Circle

2nd: Earth Healing & Clearing 2

3rd: Sacred Site Visit – Hill Of Tara

12th: Drum Tuatha/Drumming Tribe

15th: (Full) Moon Mná- Women’s Circle

22nd: “TEN”- TranceEcstasyNight

23rd: Healers Spiral Continuing Education

24th: Introduction To Shamanism

26th: Fir Le Chéile- Men’s Circle

29th: (New) Moon Mná- Women’s Circle

30th: Peru-One Spiritual Adventure Of A Lifetime

AUGUST:

1st-16th: Peru-One Spiritual Adventure Of A Lifetime

12th: (Full) Moon Mná- Women’s Circle

29th: (New) Moon Mná- Women’s Circle

30th: Fir Le Chéile- Men’s Circle

**INTRODUCTION TO SHAMANISM: Sun May 29th/ Sat June 18th/ Sun July 24th, 2011
10.30am – 5.30pm Cost €75, (payment plan available, if required). Venue: Slí An Chroí
Centre, Smithfield, Dublin 7.**

These very popular one day workshops bring the participant into gentle and deep connection with natural energies of the Earth. Gradually, through core shamanic techniques of the Irish tradition, there is a profound opportunity to achieve a calm centredness in our bodies, minds and Spirits. Not only is this day a traditional stepping stone from which many choose to bring stronger self practice and healing by taking the “Medicine Spiral” later in the year, it is also a “stand alone” day, in which participants can find respite and restoration along with new inner resources of strength & insight to address better current life issues that may be challenging.

It is a day of warm, accepting community and safe leadership. Many return to this one day gathering for the uplifting charge that energises the Soul. No previous formal shamanic experience/training is necessary to attend. See: <http://www.slianchroi.ie/oneday.htm>

“TEN”: TRANCE - ECSTASY – NIGHT: Fri June 10th & Fri July 22nd, 8pm - Late. Donation €15. Venue: Slí An Chroí Centre, Smithfield, Dublin 7.

Evenings dedicated to transcending into the ecstatic experience of being alive! Beyond our self-consciousness, beyond the duality of our fears and desires lives the ever present state of the ecstasy of our soul's rapture. TEN is an ancient, safe journey to that realm combining sensory stimulation, modulated breathwork, yoga-like stretching, ethnic trance dance sounds, wild movement, drumming and a deep chill out. If you've experienced the "West" direction of the Medicine Spiral, you'll know the score and if you have not taken this de-stressing, uplifting, energiser for your mind, body and Spirit, come along to step into an ancient, wild prayer that reveals the extraordinary power of the ecstatic flight of our souls. Please bring healthy food and (non-alcoholic) beverage to share afterwards. *Numbers will be restricted*, so we advise you book early.

WOMEN IN RELATIONSHIP WITH MEN: Sat June 11th 2011, 10am – 5pm, Cost €75 (payment plan available, if required). Venue: Slí An Chroí Centre, Smithfield, Dublin 7.

If you want to be in a relationship but can't seem to connect at a deep level or call the right type of man into your life....then this is for you. If you have father issues...then this is for you. If you are in a relationship that is stagnant.....then this is for you. If you have too much male energy or too little in your own soul...then this is for you. Following on from the very exciting sharing at January's Women's Circle, Karen is again holding a one day workshop on the same topic so we can do the work we need to dream our new world into being. This powerful day will give us the tools to allow us shift any issues with our menfolk into healthy relationship be they our fathers, brothers, partners, sons, friends or colleagues. We will spend the morning on releasing, understanding and forgiving situations that are now holding us back so we are free to move forward with our epic lives. The afternoon will be a glorious time of Ceremony to call forth strongly the new way of being for us as women within our families and communities on this island and in the world we live in.

There are a limited number of places available, prior booking essential.

LIVING A PROTECTED LIFE: “PSYCHIC SHIELDS” - PART 2: Sun 12th June 10am – 5.00pm. Cost €75, (payment plan available, if required). Venue: Slí An Chroí Centre, Smithfield, Dublin 7.

This is the follow-on training and the second part to the Living In Protection intensive. Among those interested in the movement of energy Protection is a much used word and it is an early issue that is addressed on the Slí An Chroí Medicine Spiral. Today's training progresses beyond the Rites of Protection, known as the "Bands of Power, Protection Balance and Harmony" and the *burla ghuí* (prayer bundle) rituals to absorb/release 'heavy' energies and to restore healthy, higher vibrational energies. Using the platform of the first training on March 5th 2011, we explore deeper how intent and intentionality in individuals and organisations informs the energies that come our way. The training also asks us to monitor the integrity of our intentions as we direct our energy to others. *Psychic Shields* refers to advanced sourcing of protection for one's Soul, by taking traditional steps of the shaman into non-ordinary states of consciousness and returning literally, with shields for the Soul. Participants will be guided through this journey. We venture further into the shaman's repertoire for protection and meet the principle of *invisibility*. In this instance, certain advanced techniques are used to help the shaman become on an energetic (Spiritual) level, untraceable. This is an extremely valuable tool for those who through professional or personal circumstances find themselves required to be present in energy fields that are particularly voracious in their draining quality. This completion of the training in Protection will also offer skills to track the source of the energies that may be depleting us at any given time.

While this training is a natural follow-on for those who took the first half of the training last March, it will be accessible to those who wish to start their awareness of shamanic protection. No prior formal shamanic experience is required to take this training and as it brings awareness of psychic protection further than is possible on the Medicine and Healers Spirals, so graduates of both programmes are also suitably placed to attend.

DRUM TUATHA – DRUM TRIBE: Tues June 14th & Tues July 12th, 7pm – 10pm. Donation €12. Venue: Slí An Chroí Centre, Smithfield, Dublin 7.

Drum Tuatha - Drum Tribe is a new monthly gathering that embraces the power of the drumbeat and rhythm to move us, soothe us, transport us and renew us. No prior technical training is required, as this is not a skill-based drumming collective. Nor do you have to have your own drum, as there are several communal ones in the centre. Many of you will be familiar with the use of the drum for immrama (journeying) and we will use our drums for this in traditional and innovative ways. We will play with rhythm to express those parts of ourselves that cannot be conveyed through words. Drum Tuatha is all about unselfconscious play, easy-entry healing states and noisy, pulsating community. Friends, partners, siblings, offspring (min. age 12) are welcome. If you have a heartbeat, you have rhythm.

WORKING WITH THE MÁLA NAOFA 1: “DEEP CONNECTION”: Sun 19th June 2011, 10am-5pm. Cost €75. Venue: Slí An Chroí Centre, Smithfield, Dublin 7.

This training, first offered in the Summer of 2009, advances your awareness, techniques and mastery in holding your *mála naofa* following the initial build through the Medicine Spiral. As a sacred resource to map and navigate your life, the tradition of the *mála* (prayer or crane bag/mesa) is unparalleled.

Providing us with an interactive altar for our personal lives and the world, it becomes a gravitational force for personal ritual, problem solving and co-creating. Working With The Mála Naofa 1: “Deep Connection ” is for those who have taken the Medicine Spiral training with us in Dunderry Park in any of the editions since 2004. This training will deepen your connection to your *mála* and provide better understanding how it can orientate you during any phase of your life, explaining the energetics that are at play. This day will also offer you new *mála* techniques for breaking through stagnation or challenges, while receiving from your *mála* clear resources to meet the effort required for forward life development. If you missed the one day trainings in 2009 of “Deeper Connection”, this training is now returning to our schedule. Graduates of the Healers Spiral will receive new techniques for expanding the healing presence of the *mála* in their Energy Medicine work with others. Completion of the Slí An Chroí Medicine Spiral is a requirement for this training.

LEATHBLIAIN: SUMMER SOLSTICE CELEBRATION: Tues June 21st, 7pm-10pm. Cost €12. Venue: Phoenix Park (weather permitting) Meet at Slí An Chroí Centre, Smithfield, Dublin 7.

As the memory of Bealtaine, the traditional beginning of Summer in early May is still in our memory, the pinnacle of sunlight in our year occurs today. June 21st is the day of longest hours of sunlight and shortest ones of darkness. The sun reaches the highest point on its northern trajectory today and calls us to celebrate communally and similarly go within ourselves to embrace what is illuminated by this external solar event. The Solstice is also a turning point and although barely discernable, the duration of darkness begins to increase in the days following June 21st. How are we guided by this turning point in our natural world? To what extent as we celebrate in traditional style this evening, can we each in his/her own life be more present for the positive impact of this turning point? Join us for Summer Solstice Celebration, stand with our Ancestors, let the sunlight breathe into every fibre of your being, be part of a joyous circle & reach for the personal healing promised by our ceremony.

HEALERS SPIRAL GRADUATES: CONTINUING EDUCATION: Sun 23rd June 10am – 1pm. €45. 2pm - 5pm No Cost Venue: Slí An Chroí Centre, Smithfield, Dublin 7.

Raise your professionalism with new technique learning, sharing with peers, mentoring and supervision. Starting in the morning with an introduction of a new Energy Medicine technique that will be an invaluable “stand-alone” or “add-on” to one learned during the Healers Spiral.

Karen will lead participants through experience of this technique. She will also coach the implementation of it and ensure that you can draw upon it as soon as you next return to healing practice. The optional afternoon session will be a forum for sharing your client work in a safe, confidential space with feedback from your peers and supervisory mentoring from Karen. We recommend this one day gathering for all Healers Spiral graduates irrespective of your level of healing practice. Karen will also address key issues around practice such as, maintaining control of it, expanding it, rebooting it or launching it.

EARTH HEALING & CLEARING 2: Sat 2nd July 10am – 5pm. €75. Venue: Slí An Chroí Centre, Smithfield, Dublin 7.

This is the second of two intensives in 2011 that leads the practitioner to an advanced level of ability in safe techniques to harmonise “static” energies on landscapes, homes and workplaces. Just like the human body, open and enclosed earth spaces can carry stress caused by underlying arhythmic waves in the energy fields of those spaces. The shaman is one who tracks these discordant energies and draws from his/her repertoire of healing techniques to remove or harmonise the disruptive energies. The impact on physical, psycho-emotional and energetic (Spiritual) health of humans, plants and other animals who occupy those earth spaces is well documented and the “energetic health” of the earth spaces we occupy is a vital influence on our default levels of holistic health. The first day of training (March 26th) established how the shaman “stands” when setting forth into this work and introducing a mastery of measuring and harmonising geopathic stress. Today’s training explores the tracking and clearing of psychic (energetic-Spiritual) stress, as well as identifying and neutralising electro-magnetic stress.

If you participated in the first day of training on March 26th, this is the completion of your training. If you missed the training day on March 26th, you may begin today and catch up on the earlier training when it is repeated in the Autumn.

No previous formal shamanic experience/training is necessary to attend, but is recommended, (such as the Introduction To Shamanism). If you have not taken the Medicine Spiral, taking the Living In Protection workshop on June 12th is also recommended. Your progress into this training in Earth Healing & Clearing 2 in will depend on levels of healing shamanic experience with Slí An Chroí or elsewhere.

SACRED SITE TRIP: THE HILL OF TARA , Sun July 3rd, 12pm – 6pm. Donation €12. Venue: Meet at the Entrance Gate of the Hill of Tara.

We are delighted to be able to schedule another communal exploration and immersion in one of our land’s foremost sacred sites, An Teamhair, the royal Hill Of Tara. For many centuries, Tara succeeded Uisneach as the civic and Spiritual “centre” of Ireland. One of the oldest creation myths of our tradition is founded here. It is multi-layered in rich and diverse mythology and recorded history. Beginning with a cleanse at the Well Of The White Cow, (the Ancestral name for The Milky Way), we will visit the nearest Sí-Na-Gig to Dublin and “spin our destiny” at the Lia Fail, (The Stone Of Destiny). There are many Faerie Trees on Tara and we will hang our clouties on one of the most beautiful and on the rhythm of our drums and rattles we will cross the tuar ceatha, (“the rainbow bridge”) to open portals of connection with An Sí, (the Faerie Folk). Throughout the day, John and Karen will offer archaeological, historical, mythical and energetic information on wherever we stand on the Hill, all the while facilitating your personal connection to this sacred place. There will also be free time to wander by yourself. At around 4.30pm, we will sit for a welcome hot drink and snack in Maguire’s Coffee Shop. Often on sacred sites visits, people bring family and friends and all are welcome and no, you don’t have to have prior shamanic training or experience of a formal shamanic event to join us on Tara. All are welcome.

We will be meeting at the entrance stile/gate at 12pm sharp. Today being a Sunday, arrive early for parking, (there is an overflow car park opposite Maguire’s). If you are a mála and/or a drum/rattle (or any other instrument) carrier, please bring them with you for ceremony.

MOON MNÁ (Women's Circle) @ FULL & NEW MOON :

Full Moon: Thurs June 16th & Fri July 15th & Aug 12th Fri, 7pm-10pm.

New Moon: Thurs June 2nd & Fri July 1st & Fri 29th July, 7pm-10pm.

Donation €13. Venue: Slí An Chroí Centre, Smithfield, Dublin 7.

Join Karen and other joyous Soul Sisters to celebrate life, love and all good things. This organic time together has a theme each month (see www.slianchroi.ie/wcircle.htm). Over the Summer we'll be receiving the Faerie Rites outdoors, talking about the relationships with our menfolk, doing a Druidic Ceremony for Lughnasadh, swimming skyclad (yes, that IS Naked), going on Shamanic Journeys and dancing like Goddesses. We'd love you to join us in circle.

FIR LE CHÉILE (MEN TOGETHER). Tues May 31st/June 28th/July 26th/August 30th 7pm - 10pm. Donation €12. Venue: Slí An Chroí Centre, Smithfield, Dublin 7.

A warm, supportive, dynamic gathering of men, for men, by men. A time for men of all ages to gather beyond any agenda except to embrace the precious experience of open, non-judgemental sharing and witnessing, ceremony and ritual dedicated to the development of the sacred masculine within us all. Our experience of boyhood and manhood will be powerfully deepened by simple sharing of our experiences, past and present. From within the group each month, will be the opportunity to choose a communal expression (e.g. drumming) of how we are in the world at that time. This can offer a powerful release of energy that lances stress and gives voice often to what we find inexpressible about ourselves on a daily basis. One of the longer term aims of the circle will be to co-create a superior myth of manhood than the ones predominant in contemporary culture. As part of that aim comes the challenge to provide Initiation and Rites Of Passage to and for ourselves. Mentorship will be also be fostered. Taking place on the last Tuesday of every month with John.

PERU: ONE SPIRITUAL ADVENTURE OF A LIFETIME: July 30th – August 15th,
for full information, go to: www.slianchroi.ie/expeditions.htm

Thank you for reviewing our Summer offerings. If you would like to learn more about the events, please visit our website, www.slianchroi.ie or www.pathwayoftheheart.ie . We look forward to extending a warm welcome to you and yours this Summertime. If you would like to book a place on any of the events, please contact us by e mail (johnandkaren@slianchroi.ie) or by telephone (01-670 4905) now and we'll remind you by email nearer the time. Where required, Booking Forms can be downloaded from the website. Some of the trainings and gatherings can only accomodate those who have made a prior booking. We strongly advise you ensure your name is on our Booking List for an event, to avoid disappointment.

Le brí na taise, (with the energy of compassion),

John and Karen.

