

# Gathering of Circles 2022



## Stay the Course

### Welcome to the Gathering of Circles

High in the Lincoln National Forest at 9,000 feet elevation people united in spirit gather to participate in ceremony and workshops that help create a vibration of Peace, Love, Light and Joy in the world. This year we are determined to "Stay the Course" and return to the mountain! Together may we strive to continue the beautiful traditions of this gathering.

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The Gathering of Circles is a primitive camping experience bringing together people of all ages, walks of life, professional backgrounds, spiritual paths and belief systems to share teachings and come together in community in a beautiful natural setting.

**Please honor this event and adhere to these simple requests:**

**No drugs or alcohol while we are under the pipe. Always keep pets under control and on a leash while at the main circle.**



### **GOC MAILING LIST**

IF YOU WOULD LIKE TO JOIN THE GOC MAILING LIST, PLEASE VISIT THE GATHERING OF CIRCLES WEBSITE AT: [HTTP://WWW.GATHERINGOFCIRCLES.COM](http://www.gatheringofcircles.com) AND CLICK "MAILING LIST" WHICH IS LOCATED ON THE UPPER MENU BANNER. COMPLETE THE FORM AND CLICK THE "SUBSCRIBE" BUTTON. YOU WILL BE REGISTERED TO THE MAILING LIST BUT BE SURE TO VERIFY YOUR SUBSCRIPTION SO YOU CAN BEGIN RECEIVING REGULAR GOC UPDATES AND INFORMATION ABOUT THE ANNUAL MEETING.

## Gathering of Circles 2022

<b>Schedule at a Glance</b>	
<b>Time</b>	<b>WEDNESDAY MORNING, AUGUST 3, 2022</b>
10:00 AM	Gather at Circle
10:00 – 12:00 PM	Community Build of Main Tent
	<b>Wednesday Afternoon</b>
12:00- 1:00 PM	Lunch
1:00 – 4:00 PM	Build lodges, put up sign, finish setting up and all other related tasks
4:00 – 5:00 PM	Break
5:30 - 7:30 PM	Opening Blessing, Opening Pipe Ceremony, Introductions
7:30 PM	Community Prayer Exchange- Leave a prayer Take a prayer
	<b>THURSDAY MORNING, AUGUST 4, 2022</b>
7:00 AM	Morning Meditation
8:30 AM	Drum Call (bring your coffee)
9:00 – 10:00 AM	Greeting- Stay the Course Announcements, Coordinators. Introduction to Workshops
10:00 - 12 PM	Reginah Waater Spirit- The Bear is My Father
	<b>Thursday Afternoon</b>
12:00 – 1:00 PM	Lunch
1:00 -2:30 PM	<b>Reginah – Tools for Staying the Course</b>
2:30- 3:00 PM	<b>Break- Free Time</b>
3:00 - 4:30 PM	<b>Raymond and Amalia- Experience the Breath</b>
4:30 – 6:00 PM	<b>Mickey McGee- The Four Agreements</b>
6:00 PM	Irene and Ed Ramos- <b>Medicine Wheel Drum Circle</b> (Main tent)
Evening	Free time for attendees, Suggestions: Sweat lodge, settle in, visit, nature walk, children’s activities
TBA	Children’s Lodge, Women’s Lodge and Men’s Lodge
	<b>FRIDAY MORNING AUGUST 5, 2022</b>
7:00 AM	Morning Meditation
8:30 AM	Drum Call, Announcements

9:00-10:00 AM	Pancake Breakfast (followed by clean up)
10:00-12 noon	Men and Women's Bundle
	<b>Friday Afternoon</b>
12:00-1:00 PM	Lunch
1:00 -2:30 PM	<b>Kathy Twohawks</b> - Herb Walk <b>Mike Three Bears</b> – Creativity is in you
2:00 – 4:00 PM	<b>Children's Activities</b>
2:30 – 3:00 PM	<b>Break- Free Time</b>
3:00 -4:30 PM	<b>Bob Wade Tai Chi for Healing Relationships</b>
4:30-6:00	<b>Gary Kendrick Play the Native American Flute</b>
4:30-5:30	<b>Prep for Sweet Medicine Dance</b> Drum Try out
6:00 -Dusk	Dinner
Dusk	<b>Sweet Medicine Dance</b>
After Dance	Late Night Sweat Co-ed Sign Up
	<b>SATURDAY MORNING AUGUST 6, 2022</b>
7:00 AM	Morning Meditation
8:30 AM	Gather up, Announcements Set-up for giveaway
9:00 – 11:00 AM	Giveaway
11:00 – 12 Noon	Prep for Feast
	<b>Saturday Afternoon</b>
12:00 – 2:00 PM	Feast
2:00 -3:00 PM	Raffle
3:00 -4:00 PM	Breaking of Pipe
4:00 – 5:00 PM	Break
5:00 – 7:00 PM	Take Down and Clean up
Dusk	Drum Circle Decompress Process
	<b>SUNDAY MORNING AUGUST 7, 2022</b>
	Final clean-up and thank the Mountain
	Finish packing depending on weather Pack personal campsites
	Drive Safe Blessings & Good byes

## **Introduction to the Gathering of Circles: Is this your first time at the GOC?**

The original inception of the GOC was based upon two intentions: the *first* was to be a free event with no cost to attend or participate and the *second* was that the gathering be a vehicle for sharing and creating opportunities for healing, personal growth and awareness. What has occurred over the years is nothing short of "magic" and has been grounded in transformation. We invite you to attend, participate, and become a part of the transformational experience for yourself and others. The investment of your time, love, and energy will be rewarded as you resume your life's journey and can "remember the magic" you experienced at the Gathering of Circles.

**Buying t-shirts** helps GOC defray costs for firewood, porta-potties, etc. and represents the theme of each year's Gathering. It is the best "evidence" that you have attended and received some "sweet medicine" at the Gathering of Circles. This year the t-shirt features the theme "Stay the Course".

## **Gathering of Circles Attendance Agreements**

*Dear GOC attendees,*

Enjoy the magic of the GOC and we ask that you be mindful and respectful of the beauty of the land as well. This is a natural area and we want to show respect for the majesty of the mountain. We ask that you please:

- Leave your campsite cleaner than you found it.
- Do not leave anything behind at all.
- Do not take any natural items from this mountain.
- Please help us take memories and leave only footprints.

### **CIRCLE ETIQUETTE**

Treat the community circle/dance circle as HOLY from the beginning. We create it as "Sacred Space" at the start of the opening ceremony of the Gathering. Though it is a heavily social circle during the early get-togethers, it is still "Sacred Space", and especially so during the Sweet Medicine Dance. The Circle is the emblem for all life; It is round and has four directions, life bending back upon itself.

### **THE TALKING STICK**

The talking Stick is used in the community circle when we gather. The person with the Talking Stick has the undivided attention of all in the circle while they are speaking.

This means we will speak one at a time and pass the Talking Stick to whomever wants to speak next. We call for the Talking Stick by raising our hands and waiting our turn.

### **TRADITION OF HAVING A GUEST SPEAKER**

The Guest speaker is a critical aspect to the gathering of circles. Our very first Speaker, in 1998, was Marcellus "BearHeart" Williams, who passed in 2008 at the age of 90. Our second Speaker, in 1999, was Elizabeth Anne "Beth" Hin, who also served in 2019 and is an important spiritual teacher for some of the earliest participants in the GOC. In 2020, the GOC went online due to the pandemic and our guest speaker for 2020 was Windwalker Dorn. In 2021, we hosted an "Elder Speaks" session in lieu of having one guest speaker. This year our guest speaker is Reginah Water spirit. (see Bio and more about Reginah in the workshop section)

### **The Sacred Pipe**

**Being "Under the Pipe"** The Opening Pipe Ceremony lifts us off the earth, so we can be fully available to the events, occurrences and "magic" of the Gathering events. The ceremony places us all in a Spiritual place where, even if we are not fully aware, we act under the penumbra of Spirit during the days of the Gathering. The "Closing Pipe" returns us to the earth plane so we can return to our lives, renewed and empowered by this experience!

### **The Mother Drum**

The drum represents the heartbeat of the Mother Earth. During the Sweet Medicine Dance, the beat of the drum surrounds the dancers, it gives them power, and it fills the air of the Gathering with the heartbeat of the Mother! It also fulfills a pragmatic function. If you have a desire or intention to drum for the Sweet Medicine Dance, it will be important for you to practice (as the community is being called to the circle) to make sure you can maintain the beat that is used for the dance.

### **The Sweat Lodge**

Sacred Sweat Lodge is a ritual purification ceremony where one may choose to give thanks, offer prayers, seek wisdom, and heal the body, mind, spirit and emotions through ritual rebirth.

The Sweat Lodge is a ceremony where the individual sits in the "Spirit House" to go through a cleansing and purification. This is achieved by bringing in hot rocks and pouring water on the rocks as prayers, songs, and stories are shared. These are "sent up" as the water transforms to steam and is felt by all in the Lodge simultaneously. The Lodge imitates the creation of the world. It represents the womb where each of us was formed. When we exit the Lodge, we are re-born and are greeted by the words, "welcome to life." Shorts and t-shirts, bathing suits, or other loose-fitting clothing are worn in this Lodge. You may bring 2 towels (one to sit on and one to dry off with). All sweat lodges are optional, and one is free to request permission from the leader to leave the sweat lodge at any time. The following opportunities to experience this purification ceremony:

- **Women's Lodge**- Women only sweat lodge
- **Men's Lodge**- All male only sweat lodge
- **Children's Lodge**- children of all ages can partake of this gentle sweat that gives children the opportunity to learn about the lodge and experience being inside a sweat lodge.
- **Co-Ed Sweat Lodge**- All interest adults participating should please register at the Welcome Tent.
- **"Sweatless" Sweat Lodge** is offered for those who are heat sensitive such as expectant mothers and anyone who may have health issues preventing participation in a traditional sweat lodge.

## Children's Activities

Look for daily activities details to be determined. Check the welcome tent for updated times and activities.

## Sweet Medicine Dance

The dance circle is an emblem for life: it is round; it has four directions (East representing "new beginnings", South "family", West "moving on", North "wisdom"); it has the fire of life in the center, the source of light and strength. When we go to the fire, we go to Creator/Energy/Spirit for renewal and power! On the edges of the circle individuation occurs. As we go out from the fire, we enter the realm of the individual self. It is in this dancing between the center and the outer rim that we weave our life – Spirit driven and individualized manifestation that is each one of us.

The dance circle is full of the social aspect of the GOC, but it is diminished if there is casual socializing in the circle. When we enter the circle through one of the four

directions it is important that we do so with consciousness and reverence – likewise when we exit. We say a Prayer when we enter or leave the circle – “For all of our relations.” It is good to have an intention for the dance – our why, our reason for the dance – what we wish to dance for. It may be simply to dance the joy of the Gathering, our participation and interaction with others at the Gathering. It may be a dance of letting go or planting seeds for the future. It makes no difference what the intention is, but it makes a big difference that we have an intention. The intention makes us more alive to the turning, more in tune as change occurs.

The Drum will call as we gather for the processional, where each will enter the dance circle from the four cardinal directions. Choose your direction that you will enter or... let it choose you. Trust in Spirit to guide you this night as you find what your soul needs. Dress your best, paint your face, wear your mask... or not, find your center and dance around the fire. If you don't care to dance feel free to join the circle anyway and share in the fun. You may sing or rattle however there is to be no drumming out of respect to the mother drum. Spectators are welcome!



## **The Giveaway**

In one sense, the Give-Away is the most important individual activity of the Gathering and involves the practice of giving away useful and even beloved possessions to some other person participating in the exchange. Each individual brings something to the Give-Away that they are ready/willing to “move on” from. It may, or may not, have monetary value but it is the act of giving and parting with the item itself that is important. The item given away will be something that each person consciously selects as the representation of their “moving on” at this point in their respective lives. It is also the forum where each individual gives a short public account of the impact the Gathering had on her or him. It is a way to honor both the item and the person who will have immediate use of the item you are parting with. When she or he addresses the group in the Sacred circle, the emotional power of the experience of the Gathering is apparent as well as individual realizations and specific connections with others. The Give-Away is an opportunity to release oneself from attachments that block our forward momentum into personal growth.

Each gift is placed in a brown paper bag, grocery sack or some other nondescript type wrapping. All gifts are placed together in the circle and one by one participants choose a gift. The recipient speaks *briefly* about his or her experience at the Gathering of Circles or may choose to share nothing at all. Once the gift is opened the giver joins the recipient and briefly talks about the gift. The "giver" then chooses a gift and the process is continued on until all gifts are distributed. Many find this time of sharing to be most significant ceremony at The Gathering of Circles. This ceremony can go long so bring snacks, water and coffee with you, so your participation will go uninterrupted.



## Medicine Bundle Circle

***Men's Medicine Bundle*** MEN! You know of the tradition of making a personal medicine bag to carry with you as a reminder of where your strength lies. And each of us is a part of one or more groups where men meet, even over coffee, to talk sports, share personal issues, and solve the world's problems.



The Men's Bundle combines these in a place where you can say what needs to be said (no criticism; no advice unless asked for; just acceptance) and creation of a bundle to hold symbols of our medicine, our struggles, and our triumphs.

Bring a small object to place in the bundle, if you wish, as a symbol of your experience as a man, or simply draw energy from the medicine objects already there and from the men present to continue your journey.

***Women's Medicine Bundle*** This is a long-standing tradition within the G.O.C. The Bundle is a living prayer, the culmination of energy from past and present as well as many women's communities who have shared prayers of healing with the Bundle as it is opened at women's gatherings, both on and off the mountain.

The Women's Bundle is about all things WOMAN. It is those who have come before on whose shoulders we stand and who have placed within its folds prayers and scrolls with

love, joy, hurt, honor and grief. We look to the future as we encourage preteen to wise women to participate in the ceremony of creating a circle of women adding their hopes, dreams and prayers to the Bundle. The Bundle is filled with items that women have released to be healed by the prayers that will support them long after we have all left the mountain.

The Women's Bundle is made of deer hide and cloth wrappings, simple coverings tied with hide strings. It holds the hopes, prayers, dreams, scrolls and items of all the women who have held it in their arms, danced with it during the Sweet Medicine Dance, cried into its body, planted seeds for the future generations and prayed for Mother Earth and mankind. It carries the prayers of the matriarchs that bind all our open hands together as we follow our many different paths, knowing we are different but all the same.

Participants may bring an item or a scroll to leave in the Bundle when it is opened, or choose to share energetically. They may choose to remove an item they have placed in the bundle previously.

Each year a woman is selected from the group attending the gathering who becomes the next keeper of the Women's Medicine Bundle and carries the Bundle until the following year. This Bundle travels many miles and is held by many women in communities on and off the mountain. The Bundle carrier brings the Bundle back to be passed on to the next keeper of the Women's Medicine Bundle.

This is the time we sing our women's songs and tell our women's stories to be carried on and shared for the future generations. AHO MITAKYUE OYASIN!!

## **Newer Traditions**

### **The Community Prayer Exchange.**

This tradition started at the GOC 2019 when spirit moved Wanda and Bob Wade to facilitate a collective prayer of community. The idea was that we all bring something to this mountain gathering to be remembered, shared and healed. The Community Prayer Exchange is our time to come together, all genders, all ages as community to share as one love, one heart and one prayer. Instructions for the first year were to be ready to write down clearly in 5 words or less your intent or prayer for yourself during this gathering. This prayer was exchanged and

This tradition has evolved and this year we will ask attendees of the GOC to leave their prayer and take a prayer from the Community Prayer Basket located at the Welcome Tent.

## Care Station

The Care Station offers a place to go for care of all variety. Below is a list of all the service and information available regarding this new service to the GOC attendees. **WHAT WILL YOU FIND AT THE CARE STATION? WILL INCLUDE THE FOLLOWING AND MORE:**

- Massage table
- Salves and herbal remedies
- Hot herbal teas
- Oxygen
- Extra camping supplies
- Batteries
- Blankets and sleeping bags
- Extra rain gear
- Tarps



**1. A go to place for all emergencies and special needs** During gatherings we find that the mountain has a powerful effect on our bodies, minds and spirits. Sometimes we need help processing. Many people will have rounds of altitude sickness or maybe forget an important part of their camping set up. We are here to help.

**2. Bodywork practitioners, herbalists and healers will be on hand to advise and help you find the help you need.** Contact Mama Uma if you can help locating a practitioner to provide the specific care for your needs.

**3. First Aid will also be available** If you have First Aid or nursing skills and are willing to volunteer, please contact Mama Uma.

**4. We ask that all supplies be returned to be used in future gatherings.** This service is available to all participants in the GOC free of charge. If you have an item that can be of use that you would like to donate to the care station, please contact Mama Uma.

**5. Please contact Mama Uma Wanda or Kathy Two Hawks for more information on the mountain.** There should be someone manning the station periodically. You can find us at our campers for any emergency. Thank you to all who have contributed and supported the Care Station.

2022 Gathering of Circles Guest Speaker

## **Reginah WaterSpirit**



Reginah WaterSpirit, <https://www.facebook.com/reginah.waterspirit>

I was born in The Bronx, New York on August 23, 1942. When I was three years old, my family moved to Southern California. After high school, I worked in the garment industry while attending college. During the next 26 years I owned and operated a number of garment industry related businesses, attended UCLA, and travelled extensively in the USA and Europe. While living for two years in Italy, I painted and sold miniature paintings in Rome as I healed from a serious illness. After I returned home to the United States, I studied with numerous teachers in the holistic health field. Dr. Sidra Stone and the late Dr. Hal Stone became major influences on my life's path. I became a teacher of their Voice Dialogue Method for many diverse organizations.

My interest in psycho-spiritual paths then led me to New Mexico and eventually to Marcellus Bear Heart Williams, member of the Muscogee Nation-Creek Tribe and a caretaker of sacred ways. At the age of 42, in 1983, I began a new kind of life with Bear Heart. I accepted his offer to help him with his work, although I was not sure what that entailed. He called me a medicine helper and we traveled in the United States, Europe, Mexico and Canada for the next 23 years. We eventually married in a spiritual ceremony in Oklahoma.

Today I use my years of experience with indigenous ways, art therapy tools and dialogue to help expand awareness of how we 'operate' in life and in our relationships in order to create more choice for ourselves. I am a member of The Earth Tribe, an earth-based community committed to the necessary truth that humans are but one among all species.

As an artist from early childhood, I was inspired to recently develop a program, Art in The Park, Shapes in Nature, a realistic drawing class for the very young, elderly and other two-leggeds who are interested in honoring our connection with all living things. I recently became a co-author of a book which began in 2002 with Bear Heart called The Bear Is My Father, Muscogee Creek Caretaker of Sacred Ways, published by Synergetic Press in Santa Fe, New Mexico in 2022.

In my studies of Indigenous spirituality, I reconnected with my own Jewish faith that had never really left me. I have the sense of coming full circle in life, and as a life-long learner, I look forward to the mysteries and adventures on the horizon.

\*Reginah WaterSpirit\* \*Brown Dove\*

\*Yigaquv osaniyu adanvto adad naqv utlogasdi nihi(May the Great Spirit's Blessing always be with you) \*

Muscogee Nation-Creek Tribe language

# Workshop Descriptions

**Workshop Coordinator:** Irene Ramos

## **Session One Thursday 1:00 – 2:30 PM**

### **Workshop Title: Tools For Staying the Course**

Presenter: Reginah WaterSpirit

We will demonstrate the value of knowing the gifts you carry. In your own way, these gifts will help to keep you returning to Your Path, Your Course. The focus will be on your connection to your inner selves and Nature. We are honored to have Glenn Aparicio Parry, author of *Original Thinking, A Radical revisioning of Time, Humanity and Nature*, as a guest facilitator to led us in an exploration he describes as "to remember and restore heart-centered wisdom for humanity and all our relations on Earth."



### **Bio:**

Co-author of *The Bear Is My Father*, Reginah, 80 yrs plus 9 months on the planet as of August 2022, has been leading people on a path of awareness of their own gifts since 1985. As a life-long learner, she has taught for the US Forest Service; Employee Development Program and numerous Medical and Holistic Health Centers.

Her 29 years of travelling with Muscogee Nation-Creek Tribe Spiritual Leader, Marcellus "Bear Heart" Williams, grounded her education in awareness of Self; honoring our Earth; embracing the Spirit World. Reginah lives in Albuquerque, New Mexico with her dog, Rocky Mountain and is surrounded by a small community of very good friends.

Sessions of her work are offered at her home. Fees vary according to a person's life style

## **Session Two, Thursday 3:00 to 4:30 PM**

**Workshop Title: Experience the Breath, Presenter Raymond Baca and Dr. Amalia Baca, NMD**

We are all born to survive and that survival begins with our first breath. Inhalation brings us into this world and exhalation exits us from this world. This unconscious breathing becomes a part of every emotion, belief, and movement we create in our lives. Therefore, intentional breathing can transform our emotions, beliefs, and movement in order to thrive in life, beyond just surviving. In almost all languages, the word for "breathe" is the same word for "life" &/or "spirit". Our predecessors in the creation of language knew the importance of breath. Intentional breathing bypasses our brain stem and brings the unconscious into the conscious realm. This allows for the discharge of old energy and the completion of processes that were interrupted due to trauma and/or conditioning from life experiences. This workshop will review several different types of breath work including Yogic and Taoist methods, as well as current training in Holotropic Breathwork, and allows the facilitators to support the Inner Healer to reveal itself during these transformative sessions. In combination with evocative music, energy movement, sacred ceremony, and attuned touch, each participant brings themselves into a non-ordinary state of consciousness through the power of breath. Just as the autonomic nervous system will give us breath to sustain us for a lifetime, the ego/personality works in the same way. We develop a homeostasis within the personality that allows us to participate in interpersonal relationships and our own inner reflections in a certain way that, shall we say, we have mastered. From a young age, many aspects of our ego/personality are fully formed and operate in an autonomic way. We respond to satisfying situations or we respond to tension in the same way we always have. Breath is automatic. George Gurdjieff the famous Russian philosopher and mystic described this by saying the vast majority of humans are actually asleep. He describes this as a condition where people have fallen into an automaton state, behaving as machines rather than people. What happens is that the dynamics of ego override the 'true self' (Satori) or essence of who we are. Many years of reacting to our world and human interactions from within a complex set of conditions in the same way. These are the conditions that relate to the way we deal with emotional pain or pleasure. These dynamics become so 'well worn' that our 'true self' or essence is forgotten or hidden. The true self has to overcome the conditioned self. Breathwork will engage a dialogue with your heart and soul.

You will be challenged to look at yourself. You will begin to unravel the snares of your own ego and the endless inner chatter coming from the mind. Things will become much quieter as you move towards an alignment with your own soul- remembering who you are.

**Presenter Bio:** Raymond 'Two Bears' Baca is an energy vibration instructor & sacred ceremony facilitator: "I consider myself a Christian Taoist, walking the Red Road. In my mind 20's I met my Sifu (Father/Teacher), David who would set me on the red road and teach me many paths to the universal life energy that runs through all things. Many

teachers have come into my life since then, but the most profound teachers have been the plant teachers that have been teaching humanity since the beginning of time, guiding us to the natural path back to our higher consciousness and true self. Creator has blessed me to be able to work in my local community to build strong relationships through ceremony and prayer."

Dr. Amalia Baca, NMD is a naturopathic doctor and a native of Arizona. She earned her bachelor's in psychology from Arizona State University. Dr. Baca obtained her doctorates from the Southwest College of Naturopathic Medicine and Health Sciences in Tempe, Arizona. Her experiences with sacred ceremony with and without entheogens have blessed her with opportunities to help others with their healing journey work and post-integration. She believes that the next era of naturopathic medicine is currently in the integration of ancient traditional sciences with modern medical practices which will create greater possibilities for healing. Katie has a doctorate as a psychiatric nurse practitioner and specializes in trauma-informed non-pathologizing approaches to mental healthcare. She works as a ketamine-assisted psychotherapist near Phoenix, Arizona where she uses a combination of internal family systems, somatic therapies, and curiosity to help each individual access their own inner wisdom. She has a special interest in effective ways to integrate psychedelic experiences through creative outlets such as art, dance, music, poetry, writing and using imagination. Her interest in plant medicines and psychedelics have led her to a community that has taught her how incorporating Breathwork, ritual and connecting with nature and elements can be life changing.

### **Session Three, Thursday 4:30 to 6 PM**

**Workshop Title:** The Four Agreements by Don Miguel Ruiz

**Description:** In The Four Agreements, Don Miguel Ruiz reveals the source of self-limiting beliefs that rob us of joy and create needless suffering. Based on ancient Toltec wisdom, The Four Agreements offer a powerful code of conduct that can rapidly transform our lives to a new experience of freedom, true happiness, and love.

This is something I have studied extensively and given numerous talks/classes on The Toltec Path to Freedom: THOUSANDS OF YEARS AGO, THE TOLTEC WERE known throughout southern

Mexico as "women and men of knowledge." A shamanistic methodology to "STAY THE COURSE" Domestication and the Dream of the Planet 1. The First Agreement: Be Impeccable with Your Word 2. The Second Agreement: Don't Take Anything Personally 3. The Third Agreement: Don't Make Assumptions 4. The Fourth Agreement: Always Do Your Best The New Dream Heaven on Earth.



**Presenter Bio** Human Being; Practitioner, Follower

**Session Four Thursday 6-7 PM**

**Medicine Wheel Drum Circle Presented by Ed and Irene Ramos**

**Description** Join us for a Native style Drum Circle that will raise a vibration of peace. Love, light and joy. Bring your drum, rattle, or just come as you are to enjoy the stories and songs from spirit in the four directions of the Sacred Hoop.

The heartbeat of the Mother Earth echoes in our drum beat! Join us as we walk the Sacred Hoop and raise a vibration that will surely heal the world. We will include basics and lessons on how to drum the four directions and the Sacred Hoop.

**Presenter Bio**

Ed and Irene Ramos have been facilitating drum circles in San Antonio, Austin and South Texas and as far west as Marfa, Texas! They are from Poteet, Texas where they facilitate their drum circle. They are the proud parents of three amazing souls Xoe, Azure and Tristan. They have been attending the GOC for several years and serve on the council

**Session Five A, Friday 10 AM-12 Noon**

Bundle Time- Women and Men's Bundle see description listed earlier. Location of Bundle sessions is TBA

**Session Six, Friday 1-2:30 PM**

**Workshop 7 Herb Walk, Kathy Twohawks**

**Description** We will take a walk on the mountain and look at the abundance of gifts that Mother Nature puts up here for our health and enjoyment! Please bring a camera and a note book to record the plants we discover. I have heard the weather has been a blessing in bringing out some extra plants we may not see every year! I look forward to taking a walk with you!!

**Bio:** Pejuta Win of the Lakota Tradition, Master herbalist, Drum Maker, Mending Broken Hearts Teacher, Coaching and Counseling,

Leather Smith, Member of G.O.C. Council, Leader of Winter Hawk Vision Quest



## **Session Five B, Friday 10 AM-12 Noon**

**Workshop Title:** Creativity lives in YOU!



### **Mike Andrews, Ed & Irene Ramos**

**Description:** Creativity is more than just painting, knitting or writing. We all dwell in the same center space on the Sacred hoop with Creator. This spark of Creation has been echoed through all religion and spirituality. This same spark lives in us all and the power to be Creative as well as the potential to CREATE is in each one of us.

In this workshop we will present concepts of CREATIVITY through the perspective of the facilitators. What inspires creativity? What moves us to live the purpose of our lives? And how can we help others find a path that leads to that connection like minded seekers strive to walk?

Explore the contemplation of CREATIVITY as discussed by Mike, Ed and Irene and enjoy a lively interactive discussion about the thread that connects all types of Creativity with CREATOR.

### **Bio: Mike Three Bears Andrews**

I have been living a creative life for many years: in the Corporate world; as a visual artist for 40 years (with 12 one-person shows, several hundred group shows, representation in two galleries, and representation in the national collection of Georgia, and that is not the state); a mystical theophany where I experienced Divine Love in 1990 that started me on my spiritual journey, including meeting Bear Heart in 1995, attending the first GOC in 1995, and leading Bear Heart Vision Quests where I have put out on "on the blanket" a total of over 130 people since 2004; and offering various modalities to help people heal themselves, including Shamanic Drumming Journeys, Munay-Ki Rites, use of Vogel crystals, use of various mineral crystals, and healing circles.

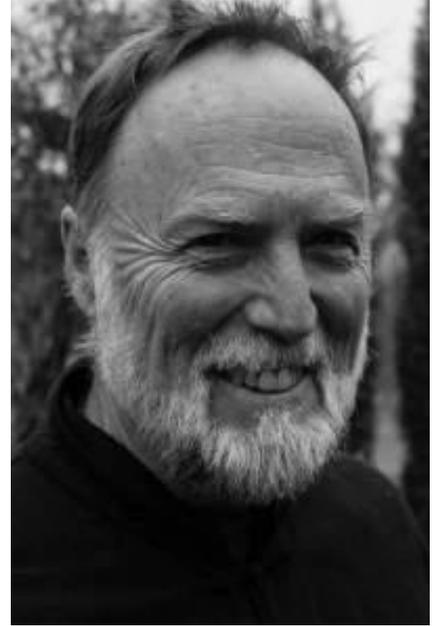
Ed and Irene Ramos have been attending the GOC for several years and serve on the council.

**Session 7, 3:00 – 4:30 PM**

## **Workshop Title: Tai Chi for Healing Relationships**

**Workshop Description:** Tai Chi is a martial art built on the physical expression of internal principles. The most fundamental of these is “The resolution of conflict through love.” (Bear Heart). Through playful practice we will experience this principle and discuss ways to use it to heal our internal and external relationships.

**Presenter Bio:** Bob has practiced and studied martial arts for forty years. The last thirty he has focused on the study of Tai Chi, teaching, training and competing. Tai Chi has been a key to developing a rich internal life and maintaining good, solid relationships. Having been an artist most of his life, Bob lives with his wife Wanda in Dublin, Texas where they have lived for 41 years and raised their four children.



## **Session 8 Friday 4:30 to 6 PM**

### **Workshop Play the Native American Flute, Gary Kendrick,**

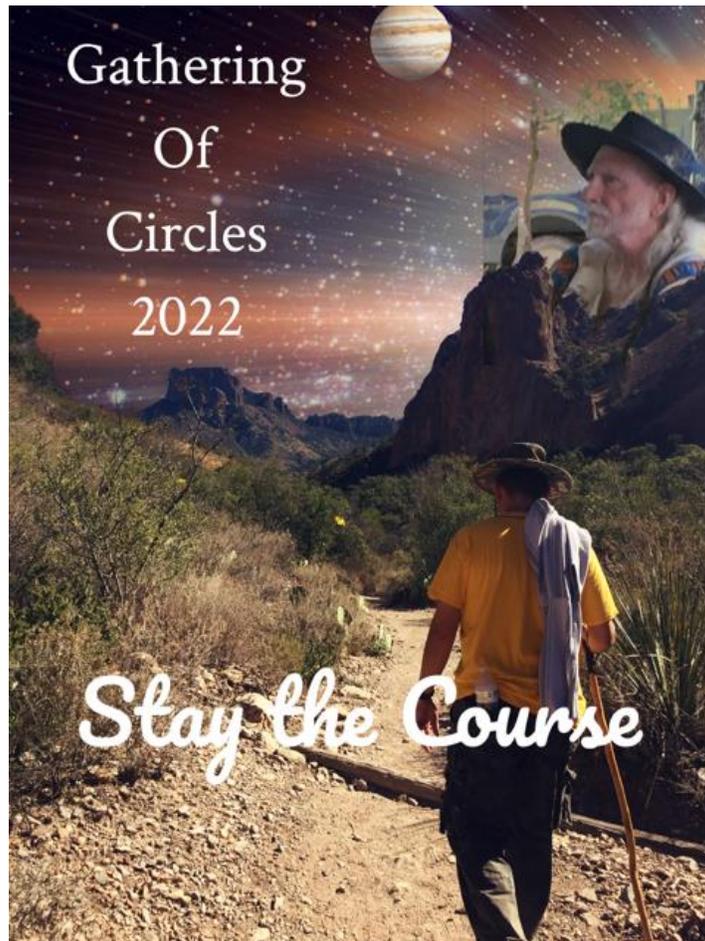


**Description:** A two-hour workshop for those with little or no flute playing experience. The experience will include some flute history, how to select a flute, where to get a flute, and how to play. Handouts will include links to flute makers, finger charts for some traditional and contemporary songs, and blank charts for writing your own songs. Each participant will be provided with a quality ABS plastic flute made by Northern Spirit Flutes of Canada to use during the workshop. They may keep the flute by making a \$10.00 or more donation to the GOC. My hope is that with some instruction and support during the GOC that everyone will learn at least one song and take away enough to find their own flute voice.

**Bio:** I have been playing the Native American Flute for over 20 years and taught this workshop at the GOC in 2018. I approach the playing of the flute from the heart. I am not a musician, do not read music, and play no other instruments. Hopefully I can share my experience in such a way that others can learn and find their own voice within this most wonderful of instruments.



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# Gathering of Circles

