

# Workshops for GOC 2022

## 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 Breathe 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 echos 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 teh 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! The hail 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, 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

**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.

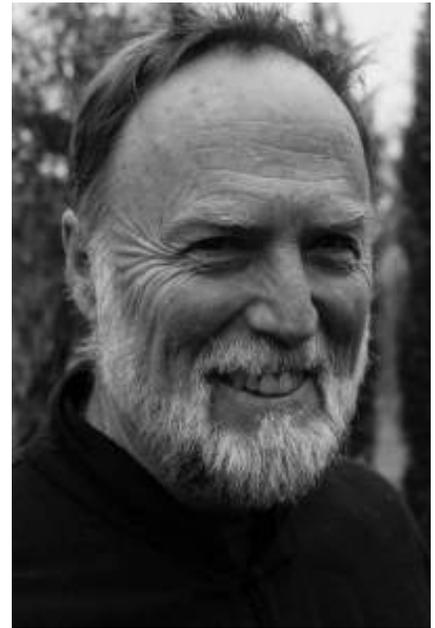
Ed and Irene Ramos have been facilitating drum circles in San Antonio, Austin and South Texas and as far west as Marfa, Texas! The hail from Poteet, Texas where they facilitate their drum circle. They are the proud parents of three amazing souls Xoe, Azure and Tristan. They have been attending the GOC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

## Session 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.