

SAGE  SOUL
ACADEMY





THE HEALERS WAYS

TRANSFORMATIVE
JOURNEYS IN THE
HEALING ARTS



Practicum 2026



Sharing Your Gifts and Embodying New Experiences and Skills

The Healers' Ways Practicum May 5-9, 2026

The Practicum is an essential part of The Healers' Ways because healing work is not learned through information alone — it is embodied through practice, presence, reflection, and real-time experience. This space gives you the opportunity to try new things, explore your unique gifts, hone your facilitation skills, and receive supportive feedback in a safe and encouraging environment. It is a place to move from theory into lived wisdom, to discover what feels natural in your own way of holding space, and to strengthen your confidence as a practitioner. Through practice, we learn how to listen more deeply, respond more skillfully, trust our intuition, and refine the tools we have been studying throughout the course. The Practicum is not about perfection; it is about growth, courage, experimentation, and allowing your healing gifts to take shape through experience.

Calling in the Energy of Spring

We call in the qualities of the **East**, the direction of **Spring**, the place of **dawn and the rising sun**.

This is the time of **new beginnings**, when the world awakens from winter's rest and life begins to stir again beneath the soil. The time when the first light touches the earth and possibility is born.

Spring reminds us of **emergence**—of seeds breaking open, of tender shoots reaching toward the sky, of fresh vision and inspiration moving through us like the morning wind.



We call in the spirit of **renewal, curiosity, and growth**.
The energy of **breath, awakening, and clear seeing**.
The gentle winds that carry new ideas and new life.

We honor the beauty of **new life unfolding**, the quiet courage it takes for something small and tender to rise from the earth and reach toward the sun.

May we be guided by the qualities of **fresh vision, openness, vitality, and possibility**.

Inspiration

We draw inspiration from the beauty that surrounds us here—
the **red rocks of this land**, ancient and steady, holding the stories of time.

We open ourselves to the wisdom of **nature**, immersing ourselves in its rhythms and remembering that we too are part of this living world.

We honor the presence of the **Goddess and the Sacred Masculine**, the creative force of life that nurtures growth, transformation, and renewal.

We recognize the sacred symbolism of **seeds and blossoms**, reminders that all growth begins with something small—an intention, a spark, a quiet calling.

Intention

Our intention for this practicum is to create a space where each of you can **practice your skills, deepen your knowledge, and step more fully into the gifts that are emerging within you**.

Just as the seeds of spring push through the soil toward the light, may the wisdom you have cultivated throughout this training continue to grow and unfold.

May this week be a time of **learning, practice, courage, and discovery**—a time to strengthen your capacity to hold space with care, integrity, and compassion.

And may the seeds planted here continue to grow long after we leave this circle.

Questions:

1. What can we create together?
2. What am I here to practice, explore, or strengthen?
3. What gifts, modalities, or forms of healing feel most alive in me right now?
4. Where do I feel confident in my facilitation, and where do I still feel tender or unsure?
5. What am I willing to try, even if I am not yet “perfect” at it?
6. What kind of support or feedback would help me grow?

7. How do I want others to feel in the spaces I create?
8. What does my authentic way of holding space look and feel like?
9. What edges am I ready to gently explore?
10. What wisdom has this course awakened in me that now wants to be expressed?
11. How can I practice receiving as much as offering?
12. What does it mean for me to step more fully into the role of healer, guide, practitioner, or space-holder?
13. What am I learning about my own rhythm, voice, and medicine?
14. How can this community help me remember what is possible?
15. What wants to emerge through us when we gather in trust, creativity, and shared intention?

Desired Outcomes:

1. Co-create and co-elevate with the participants as co-facilitators now and in the future.
2. Create a feeling of generativity, intimacy, and creativity among participants.
3. Test the setting to offer retreats in the future and create future blueprints.

What Participants Bring

Part of the beauty of this gathering is that **each person contributes something unique to the shared experience**. We invite you to bring a small offering that reflects your creativity, inspiration, or wisdom.

Creative Offering

- A **song, quote, poem, or short reading** that inspires you
- A **favorite story** you love to share — this could be a folk tale, myth, piece of fiction, poem, fable, or even a visual story like a painting or image that speaks to you
- Something that reflects **your voice, creativity, or life wisdom**

Recommended Books / Lifework

- A book that has deeply influenced you or your work
- Something that has shaped your **path of healing, spirituality, or personal growth**

Personal Items for the Experience



Clothing & Comfort

- Layers for cooler desert evenings (May days are warm but nights can cool down)
- Comfortable clothing for ceremonies and movement practices
- Light jacket or shawl for evening sessions

Nature & Exploration

- Comfortable shoes for **short hikes or nature walks in the red rocks**
- A **swimsuit** (optional) if we do a cold plunge or water experience

Ceremony & Sacred Space

- An item for the **altar** (something meaningful from your life or spiritual path)
- A **grounding object** for the journey space (stone, crystal, small blanket, sacred item, etc.)

Bringing Your Gifts

This practicum is not only about learning techniques—it is also about **sharing the unique gifts each of you carries**. You may feel inspired to contribute in other ways as well:

- Music or instruments
- Movement or embodiment practices
- Poetry or storytelling
- Breath, meditation, or somatic practices
- Wisdom from your personal or professional path

We encourage you to **bring your full self**, your curiosity, and your willingness to learn and grow together.



Program Outline:

Co-Facilitation: If you wish to bring your gifts and facilitate a workshop/ceremony please add your name to the below list with idea / offering (or unknown if you are ideating).

Name	Offering	Travel Details
Shelley DeMarco -	Sound Bath Vocal Activation	
Faculty - Lauren	Embodiment & Integration	Driving in / Driving Out
Faculty- Adam	The Power of DMT	Driving w group
Cindy	Breathwork	Driving
Amy	Psilocybin Ceremony	Driving w group from Phx
Ryan	Sound Journey	Driving w group from Phx
Martha	Emotion Expression	Driving w group from Phx
Shelley	Chakra Tea Ceremony & Meditation	
Anastacia	Mindful Movement	Driving w group from Phx
Cathy	Nature Mandala	Driving w group from Phx

Possible Experiences & Activities

Mind • Body • Heart • Spirit

These are potential experiences we may weave into the week depending on the flow of the group, the energy of the land, and the gifts participants bring. The intention is to create a dynamic and responsive container where learning, creativity, and connection can unfold naturally.

Connection & Heart-Centered Practices

Story Circle – deep and brief storytelling

Connection Games such as Where Should We Begin? (Esther Perel’s question-based connection game)

Generative Listening in Triads – practicing presence and attuned listening

Connection Workshops including:

A Part of me feels

Where Do We Begin?

Creative Expression - Some Ideas

Poetry Workshop

Drumming circle

Painting, doodling, or sketching

Creative altar or mandala building using natural materials

Movement & Somatic Practices

Breathwork

Qi Gong

Nature & Land-Based Experiences

Nature walks through the red rock landscape

Creating nature mandalas or earth altars

Quiet time for nature immersion and reflection

Meditation & Inner Practices

Silent meditation – “the sweet territory of silence”

Regulation and resilience practices

Instinctive drives and nervous system awareness

Community Ritual & Shared Experience

Opening the Circle / Calling in the Spirits

Closing the Circle

Cooking together (including berries, spring vegetables, and other seasonal foods)

Community meals and shared preparation

Schedule & Flow

The schedule will be co-created once we gather and have an opportunity to discuss ideas together.

Our intention is to allow the rhythm of the week to emerge organically, balancing structure with spontaneity and making space for the talents and inspiration that each participant brings.

We will shape the flow to support connection, creativity, rest, learning, and meaningful experiences together.

<i>Day</i>	<i>Activities</i>	<i>Notes</i>	<i>Facilitator</i>
Tuesday, May 5			
morning	Free Time / Arrival		
afternoon	Free Time / Preparation and Collaboration Fast before Ceremony		
evening	Preparation activities: setting, groceries, agenda review, etc. The Silver Gate challenges us to invite new experiences into our lives. Grounding in with Root Chakra Tea Heart Medicine with Accompanying Soundscape Experience by Ryan & Shelley Light Soup will be served after	Opening the space, reflecting on having a beginners mind.	

<i>Day</i>	<i>Activities</i>	<i>Notes</i>	<i>Facilitator</i>
Wednesday, May 6			
morning	The White Picket Gate: Creation of the Altar Sacral Chakra Tea Ceremony	Diving into the roles we have played in our lives and what authentic parts of ourselves can we bring forth? What can we leave behind? What do we want	

		to keep and nurture?	
afternoon	<p>The Clay Gate:The Body as Sacred Companion</p> <p>Mindful Movement, Embodiment Creation of a Clay figure or symbol</p> <p>Solar Plexus Chakra Tea Ceremony</p>		<p>Lauren</p> <p>Shelley Anastacia</p>
evening	<p>Spirit Medicine Experience -</p> <p>Soup will be served after</p>		Amy

Thursday, May 7			
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morning	<p>Being with the heart: Heart Chakra Tea Ceremony</p> <p>The Black and White Gate Throat Chakra Tea Ceremony</p> <p>Inviting sharing: Play “Where Should We Begin?”</p>	<p>Participants practice relational facilitation: attuned listening, tracking emotional charge, supporting clean communication, inviting repair, and helping people speak from the vulnerable truth beneath the defended position.</p>	
afternoon	<p>The Rustic Gate</p> <p>Third Eye Tea Ceremony</p>	<p>Participants practice drawing forth the gifts of a group. They learn how to invite creativity without comparison, how to support emergent ritual, and how to help people translate personal insight into communal contribution</p>	
evening	<p>Dinner</p> <p>Breathwork</p> <p>-</p>		Cindy

Friday, May 8			
morning	The Bone Gate	Inviting participants into council. Each person speaks one truth from the bones.	
afternoon	The Natural Gate: Nature Immersion, Connecting with nature and spending time in reflection		
evening	Crown Chakra Tea Ceremony The Golden Gate: Cannabis Ceremony w/ Spirit Medicine		

Saturday, May 9			
morning	Closing Circle Departure		
afternoon	Travel to Phoenix		
evening			

INTENTION SETTING:

The Trinity:

1. Show me what I've become
2. Merge me back with my soul
3. Prepare my mind, body and spirit to serve

Additional questions for setting intention:

1. What would you like to call into your life that you feel is missing at this moment ?
2. What would you like to release or let go of that is no longer serving you at this moment?
3. What is already present for you that you would like to amplify / lean into at this moment.
4. In what ways have I depleted myself, run myself into the ground? Where am I running from and where to? Why have I allowed myself to be so exhausted?



5. How did my relationship with money first get formed and how does it influence the way I work as an adult? What was the belief system around money and work that I grew up with?
6. How is the person I've been all my life? What can that person teach me about becoming the leader I want to be? What is the story my family told me about being real, being vulnerable, and being true?
7. How has who I am shaped the way I lead others and myself? What are the unconscious patterns of my character structure that are showing up in my family and in my organizations?
8. How might I survive the heart aches of my life? How might I live in peace?
9. What kind of teacher and adult am I? What is enough? How will I know when my job is done?

Questions for the healing moment/reflection*:

1. When was the last time I was inspired?
2. When was the last time I was challenged?
3. When was the last time I was surprised in a positive way?
4. When was the last time I was moved by spirit?
5. Where and with whom do I feel that my love is received?
6. When was the last time I approached something that I feared?

*Sources of inspiration:

1. The Four Fold Way by Angeles Arrien
2. The Second Half of Life by Angeles Arrien
3. This Jungian Life podcast
4. Spring Flowers
5. Songbirds

The Eight Gates:

"The lessons offered at each of the eight gates rigorously prepare us for our initiation into elderhood / spiritual maturity.

1. **The Silver Gate** challenges us to invite new experiences into our lives.
2. **The White Picket Gate** asks us to reflect on the roles we have played earlier in life, and learn to assume the new role of elder.
3. **The Clay Gate** urges us to care for and enjoy our bodies, even as we come to terms with their limitations.
4. At **the Black and White Gate** we learn to deepen our relationships in more intimate and mature ways.
5. **The Rustic Gate** encourages us to use our creativity to enhance our lives, contribute to our communities, and leave a lasting legacy.
6. At **the Bone Gate**, we develop the courage to be authentically ourselves in the world.
7. **The Natural Gate** calls us to replenish our souls in silence and in nature and to take time for reflection.
8. At **the Gold Gate**, we actively engage in practices of nonattachment and prepare for our passing from this world.

Eight Gates Practicum: Lessons for Elderhood and Spiritual Maturity

Each gate as a **threshold of initiation**, not simply a topic. The practicum becomes a journey through eight forms of eldering: openness, role-shedding, embodiment, intimacy, creativity, authenticity, soul-renewal, and nonattachment. This is grounded with the intention to help you practice skills, deepen knowledge, step into emerging gifts, co-create with one another, and cultivate generativity, intimacy, and creativity.

Each gate can include four movements:

1. **Teaching** — the wisdom lesson of the gate.
2. **Practice** — an embodied, relational, creative, or contemplative activity.
3. **Facilitation practicum** — how participants practice holding space for others.
4. **Integration** — reflection, journaling, council, or a concrete life assignment.

1. The Silver Gate

Lesson: The Elder as Beginner

Theme: Inviting new experiences into our lives.

The Silver Gate teaches that elderhood is not about becoming fixed, certain, or complete. A true elder remains permeable to wonder. Spiritual maturity requires the willingness to

enter the unknown without needing to control the outcome.

The lesson here is: **I do not become wise by repeating what I already know. I become wise by staying open to what life is still trying to teach me.**

Practicum Activity: Crossing the Threshold of the Unknown

We will engage in a simple opening ritual in which each person names one familiar identity, habit, or pattern they are willing to loosen during the practicum.

Complete the sentence:

“I am willing to be surprised by...”

We will each physically cross a threshold: On the other side, you will be welcomed not as who you have been, but as one who is willing to become.

This pairs beautifully with the **Heart Medicine with Accompanying Soundscape Experience** scheduled for Tuesday evening.

Facilitation Skill Being Practiced

Practice how to open a sacred container, invite consent, welcome uncertainty, and help others regulate when stepping into unfamiliar inner territory.

Reflection Questions

- What new experience is life inviting me into?

- What part of me resists being a beginner?
- Where have I become too identified with certainty?
- What would it mean to meet this practicum with fresh eyes?

Integration Assignment

For the next 24 hours, each participant practices one act of beginner's mind: asking for help, trying a new role, speaking more honestly, receiving support, or choosing curiosity over competence.

2. The White Picket Gate

Lesson: Releasing the Roles That Once Defined Us

Theme: Reflecting on earlier life roles and assuming the new role of elder.

The White Picket Gate asks us to examine the identities we built in order to belong, survive, achieve, parent, protect, heal, lead, or be loved. Many of these roles were honorable and necessary, but they may no longer be the ones meant to guide us.

The lesson here is: **I honor the roles I have played, but I am not limited by them. Elderhood begins when I stop performing my worth.**

Practicum Activity: The Role Altar

Invite participants to create a small "role altar" using paper, objects, or natural materials. Each person names roles they have carried, such as:

- The caretaker
- The achiever
- The fixer
- The rebel
- The healer
- The good daughter or son
- The responsible one
- The teacher
- The invisible one
- The strong one

Then each person chooses one role they are ready to retire, soften, or transform.

They complete three statements:

"This role helped me by..."

"This role limited me by..."

"The elder role now asking to emerge is..."

Facilitation Skill Being Practiced

Practice life-review facilitation: listening without rescuing, honoring a person's story without reinforcing their outdated identity, and helping someone identify the deeper wisdom beneath their biography.

Reflection Questions

- Which role am I still performing even though it no longer fits?
- Who am I when I am not being useful?
- What is the difference between being needed and being wise?
- What elder role is quietly calling me forward?

Integration Assignment

Each participant writes a brief “retirement blessing” for one old role and a “welcoming blessing” for the elder role now emerging.

3. The Clay Gate

Lesson: The Body as Sacred Companion

Theme: Caring for and enjoying our bodies while coming to terms with their limitations.

The Clay Gate teaches that the body is not an obstacle to spiritual maturity. The body is the ground of it. As we age, the body becomes more honest. It asks us to listen, slow down, simplify, grieve, enjoy, and become intimate with limitation.

The lesson here is: **My body is not a betrayal. My body is a teacher, a temple, and a truth-teller.**

Practicum Activity: Body Blessing and Limitation Practice

Begin with mindful movement, breathwork, Qi Gong, gentle stretching, or somatic awareness. Then we will move into a body reflection.

We will journal on three columns:

My body has carried me through...	My body now asks for...	I bless my body by...
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Afterward, invite participants into pairs. One person speaks to their body directly:

“Dear body, I have judged you for...”

“Dear body, I thank you for...”

“Dear body, I am learning to listen when you say...”

The listener simply witnesses.

Facilitation Skill Being Practiced

Participants practice trauma-sensitive embodiment: offering choice, honoring limits, avoiding coercion, and helping people distinguish between discomfort that opens growth and discomfort that signals harm.

Reflection Questions

- Where have I been at war with my body?
- What limitation is asking to become a teacher?
- What pleasure, rest, nourishment, or movement does my body long for?
- How can I age with reverence instead of shame?

Integration Assignment

Each person chooses one body devotion for the remainder of the practicum: drinking water with presence, resting when tired, walking slowly, eating with gratitude, stretching each morning, or placing a hand on the heart before sleep.

4. The Black and White Gate

Lesson: Mature Love Holds Paradox

Theme: Deepening relationships in more intimate and mature ways.

The Black and White Gate teaches the wisdom of relationship beyond idealization, projection, blame, and performance. In spiritual immaturity, we split the world into good and bad, right and wrong, safe and unsafe, us and them. Elderhood asks us to hold complexity without collapsing into confusion.

The lesson here is: **Mature intimacy requires truth, tenderness, boundaries, forgiveness, and the ability to hold more than one thing at once.**

Practicum Activity: The Paradox Dyad

In pairs, each person completes the phrase:

“A part of me feels...”

“Another part of me feels...”

“The deeper truth may be...”

Examples:

“A part of me wants closeness.

Another part of me wants to protect myself.”

“A part of me feels angry. Another part of me feels grief.”

“A part of me wants to be seen.

Another part of me fears being known.”

This can be followed by **Generative Listening** or the dinner practice already planned with **Where Should We Begin?**

Facilitation Skill Being Practiced

Participants practice relational facilitation: attuned listening, tracking emotional charge, supporting clean communication, inviting repair, and helping people speak from the vulnerable truth beneath the defended position.

Reflection Questions

- Where do I still divide people into all-good or all-bad?
- What relationship is asking for a more mature conversation?
- What truth have I withheld in order to keep the peace?
- Where do I need a clearer boundary?
- Where am I ready to forgive without abandoning myself?

Integration Assignment

Each person identifies one relational repair, release, or truth-telling conversation that elderhood is asking them to consider.

5. The Rustic Gate

Lesson: Creativity as Legacy

Theme: Using creativity to enhance our lives, contribute to community, and leave a lasting legacy.

The Rustic Gate teaches that creativity is not about polish, performance, or being “an artist.” It is about giving form to the soul. In elderhood, creativity becomes generative. We create not to prove ourselves, but to bless the world.

The lesson here is: **My legacy is not only what I accomplish. It is what I transmit, tend, create, bless, and leave behind.**

“Hide not your Talens, they for Use were made. What’s a Sun-Dial in Shade!”

~Benjamin Franklin

Practicum Activity: Legacy Altar

Using natural materials from the land, we will create a small mandala or altar representing the legacy they are currently living into.

The altar may include symbols of:

- Wisdom gained
- Wounds transformed
- Gifts ready to be shared
- Communities they serve
- Ancestors or lineages
- Future generations
- Creative offerings still unborn

Each of us will then share the meaning of one object from their altar.

This gate can include poetry, drumming, painting, storytelling, music, or the creative offerings participants were invited to bring.

Facilitation Skill Being Practiced

Participants practice drawing forth the gifts of a group. They learn how to invite creativity without comparison, how to support emergent ritual, and how to help people translate personal insight into communal contribution.

Reflection Questions

- What wants to be created through me now?

- What gift have I been withholding?
- What do I want to leave behind that is not material?
- How does my creativity serve healing, beauty, or belonging?
- What can we create together?

Integration Assignment

Each participant designs one small legacy action they can take within 30 days: write a letter, mentor someone, offer a circle, record a story, make art, bless a family member, repair a relationship, or share a practice with their community.

6. The Bone Gate

Lesson: The Courage to Be What Is Essential

Theme: Developing the courage to be authentically ourselves in the world.

The Bone Gate takes us beneath roles, preferences, pleasing, performance, and persona. Bone is what remains when the unnecessary falls away. This gate asks for truth. Not dramatic truth. Not performative vulnerability. Clean truth.

The lesson here is: **I no longer need to abandon myself in order to belong.**

Practicum Activity: The Essential Truth Council

Invite participants into council. Each person speaks one truth from the bones.

Prompts may include:

“What I know in my bones is...”
“What I am no longer available for is...”
“What I am ready to stand for is...”
“The truth I have been afraid to embody is...”

This can pair well with emotional expression work, vocal activation, or somatic release.

The group responds after each share with:

“We witness you.”

No fixing. No advice. No interpretation.

Facilitation Skill Being Practiced

Participants practice holding brave space: recognizing when a group is ready for deeper truth, protecting the dignity of the speaker, preventing over-processing, and supporting authenticity without encouraging emotional flooding.

Reflection Questions

- What truth have I hidden in order to be accepted?
- What am I pretending not to know?
- Where am I still performing spirituality?
- What does my deeper integrity require of me now?
- What would I say or do if I trusted my bones?

Integration Assignment

Each participant writes an “Elder Integrity Vow” beginning with:

“From this day forward, I will practice living in alignment by...”

7. The Natural Gate

Lesson: Silence, Land, and Soul Replenishment

Theme: Replenishing the soul in silence, nature, and reflection.

The Natural Gate teaches that spiritual maturity cannot be forced. It must be nourished. Silence, solitude, and nature return us to proportion. The land reminds us that we are not separate from the great cycles of birth, growth, decay, death, and renewal.

The lesson here is: **When I stop performing, the soul can speak.**

Practicum Activity: The Sit Spot

We will each spend 30 to 60 minutes alone in nature. No phone. No book. No conversation. The instruction is simply to listen.

We are invited to notice:

- What moves
- What is still
- What calls their attention
- What emotion arises
- What memory surfaces
- What the land seems to mirror
- What wisdom comes without effort

Afterward, participants return in silence and journal before speaking.

We will pair this beautifully with tea ceremony, meditation, mindful movement, and noble silence.

Facilitation Skill Being Practiced

Participants practice minimalist facilitation: creating a strong container without overfilling it, trusting silence, letting nature become the teacher, and supporting integration after solitude.

Reflection Questions

- What did the land teach me?
- What became clear when I stopped speaking?
- Where is my soul tired?
- What rhythm is nature inviting me to restore?
- What does simplicity reveal?

Integration Assignment

Each person chooses a continuing nature practice: a weekly sit spot, sunrise walk, silent tea, gardening, moon practice, or a daily moment of touching the earth.

8. The Gold Gate

Lesson: Nonattachment and the Final Blessing

Theme: Practicing nonattachment and preparing for our passing from this world.

The Gold Gate is the gate of distillation. Gold is what remains after the fire. At this gate, we contemplate death not as morbidity, but as a clarifier of love, priorities, forgiveness, and essence. Spiritual maturity asks us to prepare for death while becoming more fully alive.

The lesson here is: **I practice releasing what was never mine to keep, so that I may become a clearer blessing while I am here.**

Practicum Activity: The Death, Release, and Blessing Ritual

Invite participants to reflect on three questions:

- “What am I ready to release?”
- “What remains unfinished?”
- “What blessing do I want to leave behind?”

Then each person writes two short pieces:

1. **A Release Letter** — naming what they are ready to lay down.
2. **A Blessing Letter** — naming what they wish to transmit to loved ones, students, community, or future generations.

The release letter may be burned, buried, torn, placed on an altar, or released ceremonially. The blessing letter is kept.

This gate will frame the Friday evening **Golden Gate / Cannabis Ceremony with Spirit Medicine**, with the emphasis on release, gratitude, forgiveness, and nonattachment. Where any medicine practice is included, the teaching should remain rooted in consent, legality, preparation, integration, and reverence.

Facilitation Skill Being Practiced

Participants practice end-of-life presence: sitting with mortality, grief, gratitude, and surrender without rushing to comfort or spiritualize. They learn how to close a ritual field with care and help participants return with grounded integration.

Reflection Questions

- What am I still clinging to?
- What needs to be forgiven, completed, or blessed?
- What do I want my death to teach me about my life?
- What remains when identity, possessions, status, and control are released?
- What is the blessing I came here to give?

Integration Assignment

Each participant creates one practical act of nonattachment: clearing a space, writing an ethical will, having an important conversation, simplifying a commitment, making end-of-life wishes known, or offering a blessing that has been delayed.

Elder Vow Template

I honor the life I have lived.

I release the roles that no longer lead me.

I bless my body as teacher and companion.

I choose relationships rooted in truth, tenderness, and repair.

I offer my creativity in service of life.

I stand in the truth of my bones.

I return to silence, nature, and soul.

I practice releasing what is not mine to keep.

As I cross this threshold, I commit to becoming an elder who...

My blessing for this circle is...

The Deeper Arc of the Eight Gates

The gates can be understood as a full initiatory movement:

Gate	Initiatory Task	Elder Capacity Developed
Silver Gate	Enter the unknown	Openness and humility
White Picket Gate	Release old roles	Identity transformation
Clay Gate	Befriend the body	Embodiment and reverence
Black and White Gate	Mature in relationship	Intimacy, paradox, repair
Rustic Gate	Create and contribute	Legacy and generativity
Bone Gate	Speak essential truth	Authenticity and courage
Natural Gate	Return to silence and land	Soul replenishment
Gold Gate	Practice release	Nonattachment and blessing

Together, these lessons prepare participants not merely to “age well,” but to become spiritually mature human beings: people who can bless, guide, listen, create, release, and stand in truth.

The Silver Gate

Lesson: The Elder as Beginner

Theme: Inviting New Experiences Into Our Lives

This is to support the intention to create a space where participants can practice skills, deepen knowledge, step into emerging gifts, and cultivate learning, courage, discovery, integrity, compassion, generativity, intimacy, and creativity.

Entering the Silver Gate The Elder as Beginner

The Silver Gate teaches that elderhood is not about becoming fixed, certain, or complete. A true elder remains permeable to wonder. Spiritual maturity requires the willingness to enter the unknown without needing to control the outcome.

Core teaching:

I do not become wise by repeating what I already know.
I become wise by staying open to what life is still trying to teach me.

Opening Reflection

As I arrive at this practicum, I notice that I am carrying:

One hope I have for this experience is:
One fear, hesitation, or uncertainty I am bringing is:
One part of me that wants to control the outcome is:
One part of me that is willing to be surprised is:

The Invitation of the Silver Gate

Complete the sentence:

Life may be inviting me into a new experience of...

I sense that this new experience may ask me to release...

I sense that this new experience may help me become...

What I Am Willing to Loosen?

Releasing Certainty, Identity, and Habit

Before crossing the Silver Gate, we name one familiar identity, habit, pattern, or self-image that we are willing to loosen during the practicum.

This does not mean rejecting who we have been. It means creating space for who we are becoming.

Familiar Identities I Have Carried

Check any that feel familiar, or add your own.

- The one who knows
- The responsible one
- The caretaker
- The achiever
- The healer
- The expert
- The helper
- The strong one
- The quiet one
- The spiritual one
- The invisible one
- The one who keeps everyone comfortable
- The one who does not need support
- The one who must understand before participating
- The one who stays in control
- Other: _____

A Pattern I Am Willing to Loosen

During this practicum, I am willing to loosen my attachment to:

This pattern has protected me by:

This pattern has limited me by:

If I loosen this pattern, I may have more room for:

My Silver Gate Statement

Complete the sentence:

I am willing to be surprised by...

Crossing the Threshold of the Unknown

A Personal Ritual

Before I Cross

What am I carrying with me to the threshold?

What am I ready to set down, even briefly?

What support do I need in order to enter the unknown with courage?

At the Threshold

Pause. Breathe. Place one hand on your heart, belly, or another grounding place.

Complete silently or aloud:

I honor who I have been.

I release the need to know who I will become.

I cross this threshold as one willing to learn.

I enter as a beginner.

My Threshold Declaration

As I cross the Silver Gate, I declare:

After I Cross

What do I notice in my body?

What emotion is present?

What feels different, even subtly?

What word, image, sensation, or symbol came with me across the threshold?

Beginner's Mind Reflection

Meeting the Practicum With Fresh Eyes

Spiritual maturity asks us to become teachable again. These questions are meant to soften certainty and open perception.

Reflection Questions

1. What new experience is life inviting me into?
2. What part of me resists being a beginner?
3. Where have I become too identified with certainty?
4. What would it mean to meet this practicum with fresh eyes?
5. What might I notice if I stopped trying to be competent, impressive, helpful, or prepared?
6. What do I not yet know about myself?
7. What might the elder in me need to learn from the child, student, artist, mystic, or beginner in me?

The Sacred Container Practice

Facilitation Skill: Opening Space With Consent, Care, and Regulation

At the Silver Gate, practice how to open a sacred container, invite consent, welcome uncertainty, and help others regulate when stepping into unfamiliar inner territory.

Part One: Opening the Container

A sacred container is created through presence, clarity, consent, and care.

When I help open a space, I want participants to feel:

The qualities I want to embody as a facilitator are:

Examples: grounded, clear, gentle, spacious, honest, attuned, humble, protective, welcoming.

Welcoming Uncertainty

When people enter new territory, they may feel nervous, excited, resistant, emotional, skeptical, or tender.

As a facilitator, I can welcome uncertainty by saying:

When I feel uncertainty in myself as a facilitator, I tend to:

A more mature response I want to practice is:

Supporting Regulation

When someone becomes activated, overwhelmed, or unsure, I can support regulation by inviting:

- A slower breath
- Feeling the feet on the ground
- Looking around the room
- Touching a grounding object
- Stepping outside
- Taking a sip of water
- Choosing silence
- Naming what is present
- Asking for support
- Opting out or modifying the practice

Other grounding practices I know:

Practice:

Pair up and each person takes a turn sharing and the other acting as the facilitator or coach. The facilitator should listen without fixing, advising, interpreting, or redirecting.

First person to share answers the following question: **Something I've really been struggling with lately is...**

After the speaker finishes, respond with:

"I witness your willingness to become."

Then share one sentence beginning with:

"What I heard in you was..."

Speaker Integration

After being witnessed, I notice:
Something softened when:
Something in me still feels unsure about:
Something in me feels ready for:

The 24-Hour Beginner's Mind Practice Integration Assignment

For the next 24 hours, choose one act of beginner's mind.

This should be simple, concrete, and real.

Choose One Practice

- Ask for help
 - Try a new role
 - Speak more honestly
 - Receive support
 - Choose curiosity over competence
 - Let someone else lead
 - Admit "I don't know"
 - Ask a sincere question
 - Share something vulnerable
 - Participate without needing to do it perfectly
 - Rest instead of proving
 - Listen without preparing a response
 - Other:
-

My 24-Hour Practice

For the next 24 hours, I will practice:

I choose this because:

The part of me that may resist this practice is:

The support I may need is:

Evening Reflection

At the end of the 24 hours, return to this page.

What did I practice?

What did I notice?

Where did I feel resistance?

Where did I feel surprise?

What did this teach me about elderhood?

My Silver Gate Blessing

Write a short blessing for yourself as you continue through the practicum.

May I...

May I remember...

May I be willing...

May I become...

Opening the Silver Gate

Welcome to the Silver Gate.

This is the gate of new beginnings, wonder, humility, and surprise. We enter not as experts, not as performers, not as people who already know what will happen, but as those willing to be taught by life.

Elderhood is not a fixed identity. It is a living relationship with mystery. The elder is not the one who knows everything. The elder is the one who has lived enough to know that life is always still teaching.

Before we cross this threshold, we will each name one familiar identity, habit, or pattern we are willing to loosen. We do this not to reject ourselves, but to make room for what is emerging.

You are invited to participate at the level that feels true and safe enough for you. You may speak aloud, whisper, write, or hold your words silently. Your consent matters. Your pace matters. Your body matters.

When you are ready, complete the sentence:

“I am willing to be surprised by...”

Then cross the threshold as one who is willing to become.

Welcome to the Silver Gate.

The White Picket Gate

Lesson: Releasing the Roles That Once Defined Us

Theme: Reflecting on Earlier Life Roles and Assuming the New Role of Elder

The White Picket Gate asks us to examine the identities we built in order to belong, survive, achieve, parent, protect, heal, lead, or be loved. Many of these roles were honorable and necessary. They helped us live, function, serve, succeed, and remain connected to others. Yet the roles that once protected us may not be the roles that can guide us into elderhood.

This worksheet supports the practicum intention of helping participants practice their skills, deepen their knowledge, strengthen their capacity to hold space with care, and step more fully into the gifts emerging within them.

Core Teaching

I honor the roles I have played, but
I am not limited by them.
Elderhood begins when I stop
performing my worth.

The White Picket Gate invites us to ask:

Who have I been for others?
Who did I become in order to be loved?
Which identities helped me survive?
Which roles are now too small for my soul?
What elder role is quietly asking to emerge?

This gate is not about rejecting the past. It is about honoring what each role made possible,

while recognizing when a role has completed its sacred purpose.

Naming the Roles I Have Carried

Take a few quiet breaths. Allow your life to move gently through your awareness. Notice the many roles you have played in your family, work, friendships, spiritual communities, healing path, and inner life.

Check any roles that feel familiar.

- The caretaker
 - The achiever
 - The fixer
 - The rebel
 - The healer
 - The teacher
 - The leader
 - The rescuer
 - The responsible one
 - The invisible one
 - The strong one
 - The good daughter
 - The good son
 - The loyal partner
 - The peacekeeper
 - The provider
 - The performer
 - The expert
 - The spiritual one
 - The wounded one
 - The one who keeps everyone comfortable
 - The one who does not need help
 - The one who always knows what to do
 - The one who holds the family together
 - The one who makes things beautiful
 - The one who carries the grief
 - The one who carries the wisdom
 - Other:
-

The Roles That Shaped Me

Three roles that have strongly shaped my life are:

1. Role:

I learned this role from:

This role helped me belong, survive, achieve, protect, heal, lead, or be loved by:

This role has cost me:

2. Role:

I learned this role from:

This role helped me belong, survive, achieve, protect, heal, lead, or be loved by:

This role has cost me:

3. Role:

I learned this role from:

This role helped me belong, survive, achieve, protect, heal, lead, or be loved by:

This role has cost me:

The Role Altar

Practicum Activity

Create a small role altar using paper, objects, images, stones, natural materials, symbols, or personal items. This altar represents the roles you have carried and the elder identity now beginning to emerge.

Your altar may include:

- An object for a role that helped you survive
- An object for a role that helped you serve
- An object for a role that became too heavy
- An object for a role you are ready to retire, soften, or transform
- An object for the elder self now emerging

This is not a performance. The altar does not need to be beautiful, impressive, or complete. It only needs to be honest.

Objects on My Role Altar

Object 1:

This object represents:

The role connected to this object is:

Object 2:

This object represents:

The role connected to this object is:

The Role I Am Ready to Retire, Soften, or Transform

Choose one role from your altar that feels complete, outdated, burdensome, or ready to change.

The role I am ready to work with is:

This role first entered my life when:

At that time in my life, this role was trying to help me:

This role helped me by:

This role limited me by:

This role may have kept me safe by:

This role may have kept me small by:

The part of me that still clings to this role is afraid that:

The deeper truth I now recognize is:

Is This Role Asking to Be Retired, Softened, or Transformed?

Check one.

- Retired — This role has completed its purpose and I am ready to lay it down.
- Softened — This role still has value, but it no longer needs to dominate my life.
- Transformed — This role contains wisdom that wants to mature into a new form.

Explain your choice:

The Wisdom Beneath the Role

Every role contains wisdom, even when the role itself has become too small. Before releasing or transforming a role, we honor what it taught us.

The role I am working with taught me how to:

This role helped me develop the gifts of:

This role protected something tender in me, such as:

This role gave me strength in the form of:

The wisdom I want to keep from this role is:

The burden I am ready to release is:

From Role to Elder Capacity

Complete the following:

The caretaker may mature into:

The achiever may mature into:

The fixer may mature into:

The rebel may mature into:

The healer may mature into:

The responsible one may mature into:

The invisible one may mature into:

The strong one may mature into:

My old role may mature into:

Who Am I When I Am Not Performing My Worth?

Many of us learned to earn love through usefulness, competence, sacrifice, achievement, caretaking, wisdom, beauty, strength, or emotional labor. Elderhood asks us to discover a worth that does not need to be performed.

Reflection Questions

1. Which role am I still performing even though it no longer fits?
2. Who am I when I am not being useful?
3. What is the difference between being needed and being wise?
4. Where do I confuse responsibility with love?
5. Where do I confuse being indispensable with being valued?
6. What part of me is tired of performing strength, competence, spirituality, caretaking, or certainty?
7. What elder role is quietly calling me forward?

The Elder Role Now Emerging

The elder role is not another performance. It is a deeper expression of essence, wisdom, humility, and service. It does not need to dominate, rescue, impress, or prove. It blesses by being rooted.

The elder role now asking to emerge in me is:

This elder role feels different from my old role because:

My old role tried to earn worth by:

My emerging elder role expresses worth by:

The qualities of this emerging elder role are:

- Grounded
 - Compassionate
 - Clear
 - Humble
 - Wise
 - Playful
 - Creative
 - Discerning
 - Courageous
 - Spacious
 - Honest
 - Devotional
 - Boundaried
 - Generous
 - Patient
 - Fierce
 - Tender
 - Present
 - Other:
-

Complete the following:

The elder in me is no longer here to...

The elder in me is here to...

The elder in me serves by...

The elder in me belongs because...

Life-Review Facilitation Practice

Facilitation Skill Being Practiced

At the White Picket Gate, participants practice life-review facilitation: listening without rescuing, honoring a person's story without reinforcing their outdated identity, and helping someone identify the deeper wisdom beneath their biography.

This practice helps facilitators witness another person's life story with reverence, without trying to fix, advise, interpret, or hurry their transformation.

The Role of the Listener

When I am facilitating life-review, my task is to:

- Listen deeply
- Reflect dignity
- Honor the person's lived experience
- Notice wisdom beneath the story
- Support the person's own meaning-making
- Avoid rescuing
- Avoid giving advice too quickly
- Avoid making the story about me
- Avoid reinforcing an outdated identity
- Ask spacious questions
- Trust the person's inner knowing

Phrases That Support Life-Review

Practice using phrases such as:

- “What did that role help you survive?”
- “What wisdom did that season of life give you?”
- “What part of that identity still feels sacred?”

- “What part feels complete?”
- “Who are you becoming now?”
- “What gift remains after the role is released?”
- “What would it feel like to honor that role without continuing to live inside it?”

My own facilitation phrases:

Listening Without Rescuing

When I hear someone's pain, I sometimes want to:

- Fix it
- Give advice
- Share my own story
- Reassure them too quickly
- Make them feel better
- Analyze the situation
- Change the subject
- Spiritually reframe it
- Take responsibility for their feelings
- Other:

A more mature facilitation response would be:

Honoring Without Reinforcing

Sometimes we honor a person's story so strongly that we accidentally keep them identified with an old role.

An outdated identity I might unintentionally reinforce in someone is:

A better way to honor their story while supporting their becoming is:

Partner Practice — Witnessing the Role and the Elder

Using the answers from Page 37- 39, take turns being the speaker and the listener.

Speaker Prompts

The role I am ready to retire, soften, or transform is:

This role helped me by:

This role limited me by:

The wisdom I want to keep from this role is:

The burden I am ready to release is:

The elder role now asking to emerge is:

Listener Instructions

Listen without fixing, rescuing, advising, or interpreting.

After the speaker finishes, respond with three reflections:

1. What I heard you honor is:
2. What I heard you ready to release is:
3. What I hear emerging in you is:

Then say:

"I witness the wisdom of the roles you have played, and I welcome the elder now emerging."

Speaker Integration

After being witnessed, I notice:

Something in me softened when:

Something in me still feels uncertain about:

Something in me feels ready for:

Retirement Blessing and Welcoming Blessing

Integration Assignment

Goal: To write a brief retirement blessing for one old role and a welcoming blessing for the elder role now emerging.

Retirement Blessing

Old role:

Dear

Thank you for helping me:

Thank you for protecting me when:

Thank you for teaching me:

I now release you from having to:

You no longer need to:

I honor you.

I bless you.

I lay down what is complete.

I carry forward only the wisdom.

My retirement blessing:

Welcoming Blessing

Emerging elder role:

Dear

I welcome you as the part of me that is ready to:

I welcome your qualities of:

I will practice becoming you by:

I ask you to guide me when:

I bless your emergence in my life.

My welcoming blessing:

Integration Practice

For the next 24 hours, practice releasing performance and embodying the emerging elder role.

My Practice

For the next 24 hours, I will notice when I am performing the role of:

When I notice this old role arise, I will pause and ask:

“What is the elder in me choosing now?”

One behavior I will practice softening is:

One elder quality I will practice embodying is:

One simple action I will take from my emerging elder role is:

Evening Reflection

What old role showed up today?

How did it try to protect me?

What did I choose instead, or what might I choose next time?

What did I learn about the difference between performing worth and embodying wisdom?

What elder quality wants more space in my life?

Closing Integration

At the White Picket Gate, I am learning that:

I honor the role of:

because it helped me:

I am no longer limited by:

The elder role now emerging in me is:

My next step in becoming this elder is:

White Picket Gate Closing Statement

Complete and read aloud, silently, or in council:

I honor the roles I have played.

I honor how they helped me survive, serve, love, protect, and belong.

I release the need to perform my worth.

I am more than the roles I have carried.

I welcome the elder within me who no longer needs to prove, rescue, achieve, or disappear.

I cross the White Picket Gate with gratitude for who I have been and reverence for who I am becoming.

The Clay Gate

Lesson: The Body as Sacred Companion

Theme: Caring for and Enjoying Our Bodies While Coming to Terms With Their Limitations

The Clay Gate teaches that the body is not an obstacle to spiritual maturity. The body is the ground of it. As we age, the body becomes more honest. It asks us to listen, slow down, simplify, grieve, enjoy, and become intimate with limitation.

This gate supports the practicum intention of strengthening participants' capacity to hold space with care, integrity, and compassion while practicing embodiment, somatic awareness, regulation, and reverence for the wisdom emerging through lived experience.

Core Teaching

My body is not a betrayal.
My body is a teacher, a temple,
and a truth-teller.

The Clay Gate invites us to ask:

- What has my body carried for me?
- Where have I judged or rejected my body?
- What is my body asking for now?
- What limitations are asking to become teachers?
- How can I age with reverence instead of shame?
- How can pleasure, rest, nourishment, and movement become spiritual practices?

This gate is not about forcing the body into improvement. It is about entering a more

honest, compassionate, and reverent relationship with the body we actually inhabit.

Entering the Clay Gate The Body as Sacred Companion

Take a few breaths and allow your attention to gently arrive in your body. Notice the body you brought with you today — not the body you wish you had, not the body you once had, not the body you fear you may have in the future, but the body that is here now.

As I enter the Clay Gate, my body feels:

The part of my body that most wants my attention today is:

A place in my body that feels tired, tender, tense, or guarded is:

A place in my body that feels alive, grateful, strong, or open is:

One message my body may be trying to give me is:

One way I would like to relate to my body differently during this practicum is:

My Body Has Carried Me Through

The Clay Gate begins with gratitude. Before we ask the body to change, heal, perform, or reveal, we pause to honor what it has already carried.

Your body has carried you through childhood, longing, labor, love, loss, illness, pleasure, birth, grief, recovery, work, service, creativity, survival, and transformation. It has been with you for every breath, every threshold, every heartbreak, every awakening.

Body Gratitude Reflection

My body has carried me through:

My body has helped me survive:

My body has helped me love:

My body has helped me serve:

My body has helped me create:

My body has helped me heal by:

A moment when I felt grateful for my body was:

A part of my body I want to thank today is:

Body Reflection Practice

My Body Has Carried Me Through / My Body Now Asks For / I Bless My Body By

Use this three-column reflection after mindful movement, breathwork, Qi Gong, gentle stretching, somatic awareness, or quiet body listening.

My body has carried me through...

My body now asks for...

I bless my body by...

Deeper Reflection

What surprised me as I completed this practice?

What did my body ask for that I often ignore?

What blessing does my body need most right now?

What might change if I treated my body as a sacred companion rather than a problem to solve?

Where Have I Been at War With My Body?

Many of us have inherited stories about the body: that it should look a certain way, perform a certain way, age a certain way, heal quickly, remain attractive, stay strong, stay quiet, or not inconvenience others.

The Clay Gate asks us to notice where we have been at war with the body — and to begin laying down the weapons of judgment, shame, comparison, neglect, and control.

Reflection Questions

1. Where have I been at war with my body?

2. What have I judged my body for?

3. What have I demanded from my body without listening to it?

4. What body changes have I struggled to accept?

5. What messages about aging, beauty, strength, sexuality, health, or worth have shaped my relationship with my body?

6. What part of my body have I exiled, ignored, hidden, or criticized?

7. What would it mean to offer that part of my body compassion?

Limitation as Teacher

As we age, the body often becomes more honest. It may no longer allow us to override, rush, perform, overgive, or ignore the truth. Limitation can bring grief. It can also bring wisdom.

- A limitation may teach us to slow down.
- A limitation may teach us to ask for help.
- A limitation may teach us humility.
- A limitation may teach us discernment.
- A limitation may teach us presence.

A limitation may teach us to value being over doing.

The Clay Gate does not romanticize pain or limitation. It simply asks: What might this limitation be teaching me about how to live more truthfully?

Reflection

A limitation I am aware of in my body is:

This limitation affects my life by:

The grief I feel about this limitation is:

The frustration I feel about this limitation is:

The humility this limitation asks of me is:

The wisdom this limitation may be teaching me is:

The support I need in order to live well with this limitation is:

The elder in me can respond to this limitation by:

Body Pleasure, Rest, Nourishment, and Movement

The Clay Gate is not only about limitation. It is also about enjoyment. The body is a source of pleasure, sensation, beauty, appetite, rhythm, touch, movement, and aliveness.

Spiritual maturity does not require leaving the body behind. It asks us to inhabit the body with more reverence.

What Does My Body Long For?

My body longs for more pleasure in the form of:

My body longs for more rest in the form of:

My body longs for more nourishment in the form of:

My body longs for more movement in the form of:

My body longs for more touch, comfort, or tenderness in the form of:

My body longs for more beauty or sensory delight in the form of:

One simple way I can enjoy being in my body today is:

Speaking Directly to the Body

Dear Body Practice

This practice may be done individually through journaling or in pairs with a witness.

Let the words be simple and honest. You do not need to force gratitude, forgiveness, or insight. Speak to your body as you would speak to a companion who has been with you through everything.

Dear Body, I Have Judged You For...

I have expected you to:

I have compared you to:

I have been disappointed in you when:

What I want to say now is:

Dear Body, I Thank You For...

I thank you for carrying me through:

I thank you for helping me feel:

I thank you for protecting me when:

I thank you for teaching me:

Dear body, I am learning to listen when you say:

I am learning that your fatigue may mean:

I am learning that your tension may mean:

I am learning that your pleasure may mean:

I am learning that your pain may mean:

I am learning that your limits may mean:

Aging With Reverence Instead of Shame

Aging often reveals the places where we have attached worth to appearance, productivity, strength, desirability, independence, or control. The Clay Gate invites us to meet aging as an initiation rather than a failure.

To age with reverence is to honor the body's seasons.

To age with reverence is to respect what has been lived.

To age with reverence is to bless the lines, scars, softness, slowness, strength, sensuality, memory, and mystery of the body.

To age with reverence is to stop asking the body to pretend it has not lived.

Reflection Questions

1. What part of aging do I find difficult to accept?
2. What has my culture, family, or community taught me about aging bodies?
3. What would change if I saw my aging body as evidence of life rather than loss?
4. What beauty is becoming more visible in me as I age?
5. What wisdom does my body now carry that it did not carry when I was younger?
6. What does reverence for my body look like in ordinary daily life?
7. How can I age with more dignity, pleasure, tenderness, and gratitude?

Trauma-Sensitive Embodiment

At the Clay Gate, participants practice trauma-sensitive embodiment: offering choice, honoring limits, avoiding coercion, and helping people distinguish between discomfort that opens growth and discomfort that signals harm.

The body carries memory. For some people, embodiment practices can feel grounding and healing. For others, they may bring up vulnerability, fear, grief, numbness, or past experiences of not having choice. A skillful facilitator does not force people into their bodies. A skillful facilitator creates conditions where people may safely return to the body at their own pace.

Part One: Offering Choice

Choice supports safety.

When guiding embodiment, I can offer options such as:

- Eyes open or closed
- Standing, sitting, lying down, or walking
- Stillness or movement
- Participating or observing
- Hands on body or hands at sides
- Full movement or micro-movement
- Silence or sound
- Staying in the room or stepping outside
- Modifying the practice
- Ending participation at any time

A phrase I can use to offer choice is:

Example:

“You are invited to participate in whatever way feels right for your body. You may modify, pause, or opt out at any time.”

My own version:

Part Two: Honoring Limits

A limit is not a failure. A limit is information. When someone reaches a limit, I can support them by:

- Believing them
- Normalizing modification
- Inviting rest
- Offering grounding
- Not pressuring them to continue
- Not making them explain
- Helping them reconnect with choice
- Respecting privacy
- Checking in gently
- Allowing silence

A phrase I can use to honor limits is:

Avoiding Coercion

Coercion can be subtle. It may sound spiritual, therapeutic, or encouraging, but it removes choice.

Phrases to Avoid

- “Push through it.”
- “Your breakthrough is on the other side.”
- “Everyone needs to participate.”
- “Don’t resist.”
- “You have to feel it to heal it.”
- “Your body knows, so just surrender.”
- “If you leave, you are avoiding the work.”

More Skillful Alternatives

- “Notice what feels right-sized for you.”
- “You may pause or modify at any time.”
- “Your no is welcome here.”
- “You do not need to explain your limit.”
- “You can choose what level of participation feels supportive.”
- “Let your body lead.”
- “Rest is also participation.”

My own non-coercive facilitation language:

Growth Discomfort or Harm Signal?

One of the key skills at the Clay Gate is helping people distinguish between discomfort that opens growth and discomfort that signals harm.

Not all discomfort is bad. Some discomfort comes when we stretch, tell the truth, soften control, or meet unfamiliar parts of ourselves.

But some discomfort is the body saying: Stop. Too much. Not safe. Not now.

The facilitator must respect both.

Growth Discomfort May Feel Like

- Nervousness with curiosity
- Stretching but still present
- Emotional tenderness
- Mild trembling or release
- Vulnerability with choice
- Challenge that still feels connected to self
- Increased awareness
- A sense of “this is difficult, but I can stay with myself”

Harm Signal May Feel Like

- Panic
- Numbness or dissociation
- Feeling trapped
- Losing sense of choice
- Sharp pain
- Dizziness or disorientation
- Feeling outside the body
- Shame collapse
- Wanting to disappear
- Overwhelming fear
- A clear inner “no”
- Physical strain or injury

Personal Awareness

For me, growth discomfort often feels like:

For me, a harm signal often feels like:

When I notice a harm signal, I need:

When I am facilitating and someone may be overwhelmed, I can:

A grounding practice that helps me return to presence is:

My Body's Boundaries

The Clay Gate teaches that body reverence includes boundaries. The body has a right to say yes, no, not now, slower, gentler, closer, farther, more, less, stop, and please continue.

Reflection

My body says yes when:

My body says no when:

My body says slow down when:

My body says rest when:

My body says I need support when:

My body says I feel safe enough when:

My body says I do not feel safe enough when:

A boundary my body wants me to honor more often is:

My Body Devotion Integration Assignment

Each person chooses one body devotion for the remainder of the practicum. This devotion should be simple, repeatable, and loving. It is not a self-improvement project. It is a way of saying to the body: I am listening. I am with you. I bless you.

Choose One Body Devotion

- Drinking water with presence
- Resting when tired
- Walking slowly
- Eating with gratitude
- Stretching each morning
- Placing a hand on the heart before sleep
- Taking three conscious breaths before meals
- Offering oil, lotion, or gentle touch to the body
- Going outside and feeling the air on the skin
- Asking, "Body, what do you need?" once each day
- Taking a mindful pause before saying yes
- Practicing one gentle movement each morning
- Noticing pleasure without rushing past it
- Honoring pain or fatigue without judgment
- Other:

My Devotion

For the remainder of the practicum, I will practice:

I choose this devotion because my body is asking for:

The time of day I will practice this devotion is:

The support or reminder I may need is:

One obstacle that may arise is:

When this obstacle arises, I will respond by:

Daily Reflection

At the end of each day, return to this page.

Day One

I practiced my body devotion by:

My body felt:

What I learned was:

Day Two

I practiced my body devotion by:

My body felt:

What I learned was:

Day Three

I practiced my body devotion by:

My body felt:

What I learned was:

Day Four

I practiced my body devotion by:

My body felt:

What I learned was:

Body Blessing Ritual

This ritual may be done individually, in pairs, or in the full group. It may follow movement, breathwork, Qi Gong, somatic awareness, or quiet reflection.

Place one hand on the heart, belly, face, knees, feet, or any place that feels supportive. Touch is optional. Participants may also simply imagine offering kindness to the body.

Body Blessing

Dear body,

I honor you for carrying me through:

I ask forgiveness for the ways I have:

I thank you for teaching me:

I am learning to listen when you say:

I bless your limits by:

I bless your strength by:

I bless your pleasure by:

I bless your aging by:

I bless your wisdom by:

I commit to caring for you through:

Clay Gate Reflection Questions

Use these questions for journaling, partner sharing, council, or closing integration.

1. Where have I been at war with my body?
2. What limitation is asking to become a teacher?
3. What pleasure does my body long for?
4. What rest does my body long for?
5. What nourishment does my body long for?
6. What movement does my body long for?
7. How can I age with reverence instead of shame?
8. What does my body know before my mind admits it?
9. What would change if I trusted my body as a truth-teller?
10. What is one way I can become a better companion to my body?

Clay Gate Closing Integration

At the end of the Clay Gate, take a few minutes to gather what your body has revealed.

Three Things My Body Taught Me

1. _____
2. _____
3. _____

One Judgment I Am Ready to Soften

One Limitation I Am Ready to Honor

One Pleasure I Am Ready to Welcome

One Form of Rest I Am Ready to Receive

One Boundary My Body Wants Me to Respect

One Devotion I Will Continue

Closing Statement

Crossing the Clay Gate

Complete and read aloud, silently, or in council:

I honor the body that has carried me.

I honor its strength, its tenderness, its memory, its pleasure, its fatigue, its limits, and its wisdom.

I release the belief that my body is a betrayal.

I release the habit of treating my body as an object, obstacle, project, or enemy.

I welcome my body as teacher.

I welcome my body as temple.

I welcome my body as truth-teller.

I bless the places that are aging.

I bless the places that are healing.

I bless the places that are grieving.

I bless the places that are still learning to trust.

I cross the Clay Gate with reverence for the body I have, the life it has carried, and the wisdom it still holds.

The Black and White Gate

Emotional Maturity, Regulation, and Calm in the Storm

The Black and White Gate teaches the wisdom of relationship beyond idealization, projection, blame, and performance. In spiritual immaturity, we often split the world into opposites: good or bad, right or wrong, safe or unsafe, loyal or disloyal, us or them. This kind of thinking may have once helped us survive. It may have protected us from confusion, betrayal, conflict, or emotional overwhelm. But as we mature, life asks something deeper of us.

Elderhood asks us to hold complexity without collapsing into confusion. It asks us to stay present when emotions are strong, when relationships are difficult, and when life does not give us clean answers. This gate teaches that emotional maturity is not the absence of emotion. It is the ability to remain grounded, regulated, and compassionate while emotion moves through us.

The practicum itself is intended to strengthen each participant's capacity to hold space with care, integrity, and compassion, while cultivating intimacy, generativity, creativity, and shared growth. The Black and White Gate directly serves this intention because it teaches us how to remain relationally present when things become tender, charged, or uncertain.

Core Teaching

Emotional maturity is the capacity to feel deeply without becoming reactive, to see clearly without

becoming judgmental, and to remain steady in the storm without abandoning ourselves or others.

The immature self often wants certainty. It wants to know who is right, who is wrong, who is safe, who is dangerous, who is to blame, and who is innocent. The maturing elder self learns to pause before deciding. It asks:

What else might be true?

What am I feeling beneath my reaction?

What is mine to own?

What am I projecting onto this person or situation?

How can I stay connected to myself while remaining open to another perspective?

This does not mean we ignore harm, avoid boundaries, or excuse destructive behavior. Emotional maturity does not ask us to become passive. It asks us to become skillful. It asks us to respond from grounded wisdom rather than from unregulated fear, anger, shame, or defensiveness.

The Wisdom of Regulation

Regulation is the ability to stay connected to ourselves when emotion, conflict, uncertainty, or adversity arises.

To be regulated does not mean we are calm all the time. It means we know how to return to center. It means we can notice when we are becoming activated and choose practices that help us come back into presence.

A regulated elder can say:

“I am upset, but I do not need to attack.”

“I am afraid, but I do not need to

control.”

“I am disappointed, but I do not need to blame.”

“I am uncertain, but I do not need to collapse.”

“I am hurt, but I can still stay connected to my dignity.”

Regulation allows us to remain in relationship with truth. Without regulation, we often distort reality. We may exaggerate, personalize, accuse, withdraw, dominate, people-please, or shut down. When the nervous system is overwhelmed, the mind often searches for a simple story: someone is wrong, someone is bad, someone must be blamed, someone must rescue us, or someone must be rejected.

The Black and White Gate asks us to slow this process down.

Proper Emotional Management

Proper emotional management does not mean suppressing, denying, bypassing, or spiritualizing our emotions. It means becoming responsible for how we relate to them.

Emotion is sacred information, but it is not always sacred instruction.

Anger may reveal a boundary, but it does not give us permission to harm.

Fear may reveal vulnerability, but it does not always mean we are unsafe.

Sadness may reveal love, but it does not mean we are powerless.

Shame may reveal a wound, but it does not tell the whole truth of who we are.

Jealousy may reveal longing, but it does not justify possession or comparison.

Emotional maturity requires that we learn to listen to our emotions without being ruled by them.

A mature relationship with emotion includes four movements:

1. Notice

I pause and name what is happening.

“I am feeling angry.”

“I am feeling exposed.”

“I am feeling defensive.”

“I am feeling afraid of being misunderstood.”

2. Regulate

I help my body return to enough steadiness to respond wisely.

This may include breathing, grounding, softening the jaw, feeling the feet, stepping outside, drinking water, placing a hand on the heart, or asking for a pause.

3. Reflect

I ask what the emotion is connected to.

“What story am I telling myself?”

“What old wound may be activated?”

“What do I need?”

“What is actually happening right now?”

“What am I assuming?”

4. Respond

I choose a response aligned with my values.

“I need a moment before I answer.”

“I want to understand what you meant.”

“I feel hurt, and I want to speak carefully.”

“I need a boundary here.”

“I can hear your perspective, and I also have a different experience.”

This is emotional stewardship. This is the practice of becoming trustworthy with our own inner weather.

Calmness in the Storm of Adversity

The Black and White Gate is not practiced when everything is easy. It is practiced when we are challenged.

It is practiced when someone misunderstands us.

It is practiced when plans change.

It is practiced when grief rises.

It is practiced when another person’s truth differs from ours.

It is practiced when we feel criticized, unseen, rejected, or afraid.

It is practiced when the group field becomes tender, tense, or unpredictable.

Calmness in the storm does not mean pretending we are unaffected. It means we develop an inner anchor. The storm may still move through us, but it does not take the wheel.

The elder learns to become a calming presence, not by controlling the room, but by regulating their own nervous system. A regulated person gives others permission to settle. A grounded person can help a group

remember its center. A mature facilitator does not need to fix every emotion, answer every question, or resolve every tension immediately. Sometimes the most powerful act of leadership is a slow breath, a clear boundary, a compassionate pause, or the willingness to say:

“Let us slow down.”

“Let us feel our feet.”

“Let us listen beneath the words.”

“Let us make room for more than one truth.”

“Let us return to the heart of why we are here.”

From Splitting to Wholeness

Black-and-white thinking often arises when we feel threatened. It divides reality into extremes because complexity feels unsafe.

At this gate, we practice moving from splitting to wholeness.

Immature Pattern

“They are wrong.”

“I am right.”

“This is unsafe.”

“They hurt me on purpose.”

“I have to defend myself.”

“This emotion is too much.”

“I need to fix this now.”

“If we disagree, we are disconnected.”

Mature Practice

“They may be seeing something I do not see.”

“I have a perspective, and it may not be complete.”

“I feel activated. Let me check what is actually happening.”

“I need to clarify impact and intention.”

“I can pause, breathe, and respond with dignity.”

“This emotion is strong, and I can make space for it.”

“I can slow down and allow wisdom to emerge.”

“Difference can exist inside connection.”

The elder does not lose discernment. The elder deepens discernment. Instead of reacting from extremes, the elder learns to perceive nuance.

Relationship Beyond Projection and Blame

Projection happens when we place our inner material onto another person. We may see in them something that actually belongs to our own fear, wound, longing, judgment, or unmet need.

Blame happens when we refuse to examine our participation in a dynamic. It can temporarily protect us from shame, but it prevents growth.

Performance happens when we try to appear wise, spiritual, calm, loving, or evolved instead of being honest about what is actually happening inside us.

The Black and White Gate invites us to become more truthful.

Instead of projecting, we ask:

“What might this person be mirroring in me?”

Instead of blaming, we ask:

“What is mine to take responsibility for?”

Instead of performing, we ask:

“What is my honest experience beneath the role I am trying to maintain?”

Instead of idealizing, we ask:

“Can I love this person, group, teacher, partner, or path without needing them to be perfect?”

Instead of demonizing, we ask:

“Can I acknowledge harm, difference, or disappointment without reducing someone to only that?”

This is the emotional maturity of elderhood: the ability to remain honest without becoming harsh, loving without becoming naïve, discerning without becoming judgmental, and boundaried without becoming closed-hearted.

The Elder Capacity of the Black and White Gate

At this gate, we are cultivating the capacity to hold paradox.

I can be hurt and still remain kind.
I can be angry and still be responsible.
I can be afraid and still be brave.
I can disagree and still stay respectful.
I can have boundaries and still have compassion.
I can see another person’s pain without taking responsibility for fixing it.
I can own my impact without collapsing into shame.
I can forgive without pretending nothing

happened.

I can love someone and still say no.

This is mature relationship. This is spiritual adulthood.

Practice: The Sacred Pause

When you notice yourself becoming reactive, practice the Sacred Pause.

Step 1: Stop

Do not speak immediately. Do not send the message. Do not explain yourself yet. Pause.

Step 2: Breathe

Take three slow breaths. Let the exhale be longer than the inhale.

Step 3: Feel

Ask:

“Where do I feel this in my body?”

Name the sensation: tight chest, clenched jaw, heat, heaviness, trembling, numbness, pressure.

Step 4: Name

Complete the sentence:

“A part of me feels...”

Then complete:

“Another part of me feels...”

This helps the psyche move beyond black-and-white thinking.

Step 5: Choose

Ask:

“What response would reflect the elder I am becoming?”

Then act from that place.

This practice helps us remember that we are not one single reaction. We are complex beings capable of holding many truths at once.

Practice: A Part of Me Feels

This practice supports relational maturity by helping us hold complexity within ourselves before we bring it into relationship with others.

Complete the following:

A part of me feels angry because...

A part of me feels afraid because...

A part of me feels sad because...

A part of me feels protective because...

A part of me feels open to learning because...

The deeper truth may be...

Reflection Questions

Use these questions for journaling, partner practice, or council sharing.

1. Where do I tend to become black-and-white in my thinking?
2. What kinds of situations make it difficult for me to stay emotionally regulated?
3. When I am activated, do I tend to fight, flee, freeze, fawn, fix, perform, or shut down?
4. What emotion do I have the hardest time managing with maturity?
5. What helps me return to calm when I am in the storm?
6. Where am I being invited to replace blame with responsibility?
7. Where am I being invited to replace projection with self-inquiry?
8. What relationship in my life is asking me to hold more complexity?
9. What boundary would help me remain loving without abandoning myself?
10. What would the elder in me do differently during conflict?

Integration Statement

Complete the following:

At the Black and White Gate, I am learning that emotional maturity means...

When adversity arises, I want to practice...

When I feel reactive, I will support my regulation by...

In relationship, I am ready to release the pattern of...

The elder in me is learning to become...

The Black and White Gate asks us to become steady enough to love what is real.

Not the fantasy.

Not the projection.

Not the perfect version of ourselves or others.

Not the simplified story.

Not the performance of peace.

What is real.

Real relationship includes tenderness and disappointment, closeness and difference, love and boundaries, rupture and repair, clarity and mystery. Emotional maturity allows us to stay present with this complexity. Regulation gives us the inner ground to remain calm in adversity. Proper emotional management helps us honor our feelings without letting them govern our behavior. Calmness in the storm allows us to become a refuge, first for ourselves, and then for others.

The elder does not bring peace by avoiding the storm.

The elder brings peace by becoming steady within it.

Closing Teaching

The Rustic Gate

Lesson: Creativity as Legacy

Theme: Using Creativity to Enhance Our Lives, Contribute to Community, and Leave a Lasting Legacy

The Rustic Gate teaches that creativity is not about polish, performance, or being “an artist.” It is about giving form to the soul. It is the way our inner life becomes visible, shareable, and useful. In elderhood, creativity becomes generative. We create not to prove ourselves, but to bless the world.

This gate supports the practicum intention of creating a space where participants can practice skills, deepen knowledge, step more fully into their emerging gifts, and co-create a feeling of generativity, intimacy, and creativity together. It also aligns with the invitation for each person to bring a creative offering such as a song, quote, poem, story, reading, image, instrument, movement practice, or wisdom from their personal or professional path.

Core Teaching

My legacy is not only what I accomplish.
It is what I transmit, tend, create, bless, and leave behind.

The Rustic Gate invites us to ask:

- What wants to be created through me now?
- What gift have I been withholding?
- What wisdom wants to take form?
- What beauty, healing, or belonging can I contribute?
- What do I want to leave behind that is not

material?

What can we create together?

This gate is not about making something impressive. It is about allowing the soul to express itself in a form that can nourish others.

Entering the Rustic Gate

Creativity as Legacy

Take a few breaths and allow yourself to arrive. The Rustic Gate is earthy, handmade, imperfect, textured, humble, and real. It welcomes the unfinished, the weathered, the simple, the soulful, and the sincere.

As I enter the Rustic Gate, I notice that my relationship with creativity feels:

When I hear the word “legacy,” I feel:

A creative part of me that feels alive is:

A creative part of me that feels shy, hidden, or neglected is:

A gift I sense may be ready to emerge is:

One thing I hope to create, transmit, tend, or bless through my life is:

My Creative Lineage

What Has Shaped My Soul?

Creativity does not appear from nowhere. It grows from ancestors, teachers, traditions, landscapes, wounds, joys, losses, longings, and the communities that have shaped us.

Your creative lineage may include artists, healers, elders, parents, grandparents, children, friends, teachers, books, songs, places, rituals, spiritual traditions, hardships, or moments of grace.

People Who Shaped My Creativity

People who helped shape my voice, imagination, healing path, or wisdom include:

One person whose creativity, courage, or life inspired me is:

What I received from them was:

Places That Shaped My Creativity

Places that have shaped my imagination, spirituality, or sense of beauty include:

A place that still lives inside me is:

This place taught me:

Experiences That Shaped My Creativity

Experiences that awakened, challenged, or deepened my creativity include:

One wound that has been transformed into wisdom is:

One joy that still wants to be expressed is:

One season of life that gave me something worth sharing is:

What Wants to Be Created Through Me Now?

The Rustic Gate asks us to stop treating creativity as optional. Creativity is one way the soul participates in life. It can become a medicine, a bridge, a blessing, a teaching, a record, a prayer, or an offering.

Reflection

Something that wants to be created through me now is:

This creative impulse may want to take the form of:

- A poem
- A song
- A story
- A ritual
- A painting, drawing, or image
- A letter
- A teaching
- A meal
- A garden
- A circle or gathering

- A movement practice
- A meditation
- A healing offering
- A family blessing
- A community project
- A recording
- A book or guide
- A conversation
- A repair
- A new way of living
- Other:

The reason this wants to come through me is:

The people, community, or future generation this may serve are:

The part of me that feels excited is:

The part of me that feels afraid is:

The elder in me knows:

The Gift I Have Been Withholding

Sometimes we withhold our gifts because we fear being judged, misunderstood, rejected, visible, imperfect, or responsible. Sometimes we learned that our creativity was not practical, not good enough, too much, too strange, too tender, or too sacred to share.

The Rustic Gate asks us to reclaim the gift without turning it into performance.

Reflection Questions

1. What gift have I been withholding?

2. Why have I withheld it?

3. What am I afraid might happen if I share it?

4. What might happen if I never share it?

5. Who might be nourished, comforted, awakened, or blessed by this gift?

6. What would it mean to share this gift humbly, without needing it to be perfect?

7. What is one small, safe, honest way I could begin sharing it?

Legacy Is More Than Accomplishment

The Rustic Gate reminds us that legacy is not only what we build, earn, publish, achieve, or possess. Legacy is also energetic, relational, spiritual, creative, and communal.

We leave behind tone.
We leave behind memory.
We leave behind blessings.
We leave behind stories.
We leave behind repair.
We leave behind permission.
We leave behind beauty.
We leave behind ways of loving.

What I Want to Leave Behind

I want to leave behind more:

I want to leave behind less:

I want people to feel this quality in my presence:

I want my family, students, clients, community, or loved ones to remember that I stood for:

A non-material legacy I want to cultivate is:

A blessing I want to transmit is:

A pattern I do not want to pass on is:

A wisdom I do want to pass on is:

Worksheet 6: Wisdom Gained, Wounds Transformed, Gifts Ready to Be Shared

Use this page to prepare for the **Legacy Mandala or Earth Altar**.

Wisdom Gained

Three pieces of wisdom life has given me are:

1.

2.

3.

The wisdom I most want to embody now is:

Wounds Transformed

A wound, hardship, or challenge that has shaped me is:

The medicine or wisdom that came through this experience is:

How this wisdom may serve others:

Gifts Ready to Be Shared

A gift that is ready to be shared more fully is:

This gift serves healing, beauty, or belonging by:

The support I need in order to share this gift is:

My Creative Offering

This practicum invites each participant to bring something that reflects their creativity, inspiration, voice, or wisdom. Your offering may be small. It may be simple. It may be unfinished. It may be something you created or something you carry because it shaped you.

My Offering May Be

- A song
- A poem
- A quote
- A prayer
- A story
- A myth, fable, or folktale
- A short reading
- A painting or image
- A movement practice
- A breath practice
- A meditation
- A ritual
- A teaching
- A sound or instrument
- A book recommendation
- A personal object
- A life lesson
- Other:

Reflection

The offering I feel drawn to share is:

This offering matters to me because:

This offering reflects my voice, creativity, or life wisdom by:

The feeling I hope this offering brings into the circle is:

The part of me that feels vulnerable about sharing is:

The elder in me wants to share it anyway because:

Creativity Without Comparison

Comparison is one of the quickest ways to shut down creativity. The Rustic Gate teaches that every person’s gift has a different texture. Some gifts are quiet. Some are bold. Some are practical. Some are mystical. Some are relational. Some are artistic. Some are organizational. Some are ceremonial. Some are still becoming.

The question is not, “Is my gift as good as someone else’s?”

The question is, “Is my gift true, alive, and offered in service?”

Reflection Questions

1. Where do I compare my creativity to others?

2. What kind of creativity do I tend to undervalue in myself?

3. What do I believe creativity is supposed to look like?

4. Who taught me that belief?

5. What becomes possible when I release comparison?

6. What would it mean to create as an offering rather than a performance?

7. How can I honor another person’s gift without diminishing my own?

How Does My Creativity Serve?

In elderhood, creativity becomes generative. It turns outward without abandoning the self. It asks, “How can what has been given to me become nourishment for others?”

My Creativity Serves Healing By

My Creativity Serves Beauty By

My Creativity Serves Belonging By

My Creativity Serves Community By

My Creativity Serves Future Generations By

My Creativity Serves My Own Soul By

What Can We Create Together?

The Rustic Gate is not only individual. It is communal. A true elder helps draw forth the gifts of the circle. When many people bring their gifts together, something can emerge that no one person could have created alone.

Group Reflection

What gifts do I notice in this group?

What beauty, wisdom, or healing could this group create together?

What might become possible if we trusted the collective field?

What role might I play in co-creating with this group?

What do I need in order to collaborate without controlling?

What do I need in order to contribute without disappearing?

What can we create together?

Drawing Forth the Gifts of a Group
Facilitation Skill Being Practiced

At the Rustic Gate, participants practice drawing forth the gifts of a group. They learn how to invite creativity without comparison, how to support emergent ritual, and how to help people translate personal insight into communal contribution.

A facilitator at the Rustic Gate does not need to control the creative outcome. The facilitator’s task is to create enough safety, permission, and structure for gifts to emerge.

Part One: Inviting Creativity Without Comparison

When I facilitate creative expression, I want participants to feel:

Examples: free, welcomed, unjudged, curious, playful, reverent, brave, connected, relaxed, inspired.

A phrase I can use to reduce comparison is:

A phrase I can use to invite permission is:

A phrase I can use to honor imperfect expression is:

Part Two: Supporting Emergent Ritual

Emergent ritual means allowing meaning, symbols, movement, sound, and participation to arise from the group rather than forcing a rigid plan.

When supporting emergent ritual, I can pay attention to:

- The energy of the group
- The pace of the room
- Repeated images, words, or themes
- What the land or environment is offering
- What wants silence

- What wants sound
- What wants movement
- What wants witnessing
- What wants closure
- What wants to remain unfinished

An emergent ritual I might support could include:

Part Three: Translating Insight Into Contribution

A beautiful insight becomes legacy when it begins to shape action, relationship, service, or creative expression.

When someone has a meaningful insight, I can help them translate it into contribution by asking:

“How might this wisdom want to serve?”

“Who might need this medicine?”

“What small offering could carry this insight into the world?”

“What would be one simple next step?”

“How could this become a blessing, practice, story, ritual, or act of repair?”

My own questions for helping insight become contribution:

Part Four: My Facilitation Commitment

As I practice facilitating at the Rustic Gate, I commit to:

I will help create a field where people can:

I will remember that creativity is:

Partner Practice — Witnessing the Gift

Use this in pairs or triads.

Speaker Prompts

The gift I am ready to share more fully is:

This gift came from:

This gift has been shaped by:

This gift serves:

The fear I have about sharing it is:

The blessing this gift may bring is:

One small way I can begin sharing this gift is:

Listener Instructions

Listen without comparing, evaluating, fixing, or advising too quickly.

After the speaker finishes, respond with:

“I witness the gift that is emerging in you.”

Then complete these reflections:

What I heard in your gift was:

The wisdom I heard beneath your story was:

The blessing I sense your gift may carry is:

Then say:

“May your gift find its true form.
May it bless what it is meant to
bless.”

Speaker Integration

After being witnessed, I notice:

Something in me feels more willing to:

Something in me still feels protective of:

A next small step I feel ready to take is:

My 30-Day Legacy Action

Integration Assignment

Each participant designs one small legacy action they can take within 30 days.

This action should be concrete, realistic, and connected to your emerging elderhood. It does not need to be large. A sincere small act can carry great medicine.

Possible Legacy Actions

- Write a letter
- Mentor someone
- Offer a circle
- Record a story
- Make art
- Share a poem, song, or teaching
- Bless a family member
- Repair a relationship
- Share a practice with the community
- Create a ritual
- Cook a meaningful meal
- Make a small altar
- Visit or honor an ancestor
- Support a younger person
- Begin a creative project
- Finish something incomplete
- Give away something meaningful
- Plant something
- Host a conversation
- Other:

My Legacy Action

Within 30 days, I will:

I choose this action because:

The wisdom, gift, or blessing this action carries is:

The person, group, community, or future generation this may serve is:

The support I need is:

The first step I will take is:

I will take this first step by this date:

The Legacy Blessing

Write a blessing for the legacy you are living into. This may be spoken aloud, placed on your altar, copied into your journal, or carried home.

My Legacy Blessing

May the wisdom I have gained become:

May the wounds I have transformed become:

May the gifts I carry become:

May the communities I serve receive:

May the ancestors who shaped me be honored by:

May the future generations be blessed by:

May what is still unborn in me find:

May my life leave behind:

Rustic Gate Closing Integration

At the end of the Rustic Gate, take a few minutes to gather what creativity, legacy, and community have revealed.

Three Things I Learned About My Creativity

1.

2.

3.

One Gift I Am Ready to Share

One Fear I Am Ready to Soften

One Form of Beauty I Want to Tend

One Community Contribution I Feel Called Toward

One Non-Material Legacy I Want to Leave Behind

One Creative Offering Still Unborn in Me

One Thing We Can Create Together

Closing Statement

Crossing the Rustic Gate

Complete and read aloud, silently, or in council:

I honor the creativity that has carried me through my life.

I honor the songs, stories, images, rituals, meals, movements, prayers, teachings, and quiet acts of beauty that have shaped me.

I release the belief that creativity must be perfect to be worthy.

I release comparison.

I release the need to prove myself through what I create.

I welcome creativity as an offering.

I welcome legacy as transmission, tending, blessing, and service.

I honor the wisdom I have gained.

I honor the wounds that have become medicine.

I honor the gifts that are ready to be shared.

I honor the ancestors, lineages, communities, and future generations connected to my life.

I cross the Rustic Gate willing to create, contribute, and bless the world in the way only I can.

The Bone Gate

Lesson: The Courage to Be What Is Essential

Theme: Developing the Courage to Be Authentically Ourselves in the World

The Bone Gate takes us beneath roles, preferences, pleasing, performance, and persona. Bone is what remains when the unnecessary falls away. This gate asks for truth. Not dramatic truth. Not performative vulnerability. Clean truth.

At the Bone Gate, we are invited to stop abandoning ourselves in order to belong. We are asked to listen for the deeper integrity beneath our fear of rejection, disapproval, conflict, or visibility.

Core Teaching

I no longer need to abandon myself in order to belong.

The Bone Gate invites us to ask:

What truth have I hidden in order to be accepted?
What am I pretending not to know?
Where am I still performing spirituality, wisdom, healing, strength, or peace?
What does my deeper integrity require of me now?
What would I say or do if I trusted my bones?

This gate is not about harsh honesty. It is about clean honesty. It is about the kind of truth that does not need to attack, dramatize, defend, or perform. It simply stands.

Entering the Bone Gate What Remains When the Unnecessary Falls Away?

Take a few breaths and let yourself arrive. The Bone Gate asks us to meet what is essential. Beneath the roles, beneath the pleasing, beneath the performance, beneath the fear of being misunderstood, something true remains.

As I enter the Bone Gate, I notice that I feel:
The part of me that longs to be more authentic is:

The part of me that is afraid to be fully seen is:
A role, mask, or performance I am tired of carrying is:

Something in me knows it is time to:
The truth I sense may be waiting beneath the surface is:

What I Know in My Bones

There is a kind of knowing that does not come from explanation, debate, or proof. It comes from the body, the soul, the lived life. Bone-knowing is quiet, steady, and deep. It may not always be comfortable, but it carries integrity.

Complete the following prompts slowly.

What I Know in My Bones

What I know in my bones is:

I have known this for a long time because:

I have avoided fully admitting this because:

If I trusted this bone-knowing, I might need to:

The courage this truth asks of me is:

The support I need in order to honor this truth is:

The Truth I Have Hidden

Many of us hide truth in order to be accepted, loved, approved of, respected, or included. We may hide our grief, anger, desire, disappointment, intuition, faith, boundaries, longing, creativity, or calling.

The Bone Gate asks: What has it cost me to hide what is true?

Reflection

A truth I have hidden in order to be accepted is:

I learned to hide this truth when:

The fear underneath hiding this truth is:

The cost of hiding this truth has been:

A part of me still believes that if I reveal this truth:

The elder in me knows:

A clean and responsible way to begin honoring this truth is:

Persona, Performance, and Essence

The Bone Gate helps us discern the difference between who we are performing and who we essentially are.

Persona

A persona is the self we present in order to belong, protect ourselves, be admired, or remain safe.

A persona I have worn is:

This persona helped me by:

This persona limited me by:

Performance

Performance is when we act out a version of ourselves in order to be seen a certain way.

I sometimes perform being:

- Strong
- Spiritual
- Wise
- Calm
- Helpful
- Healed
- Certain
- Successful
- Needed
- Agreeable
- Easygoing
- Unbothered
- Compassionate
- In control

Other:

—

I perform this because I am afraid that:

When I perform this way, I lose touch with:

Essence

Essence is what remains when the performance softens.

My essence feels more like:

- Quiet truth
- Simplicity
- Compassion
- Fire
- Clarity
- Tenderness
- Courage
- Playfulness
- Devotion
- Creativity
- Fierceness
- Stillness
- Humility
- Other:

The essential self in me is asking for:
The essential self in me is ready to stop:
The essential self in me is ready to begin:

What I Am No Longer Available For

The Bone Gate invites a sacred no. Not a reactive no. Not a punishing no. A clean no that rises from integrity.

Reflection

I am no longer available for:

I have tolerated this because:
The part of me that is afraid to say no believes:
The part of me that is ready to say no knows:
A boundary that would honor my deeper integrity is:

The tone I want to bring to this boundary is:

- Clear
- Kind
- Firm
- Simple
- Respectful
- Direct
- Compassionate
- Non-defensive
- Other:

—

A clean sentence I could practice saying is:

What I Am Ready to Stand For

At the Bone Gate, we do not only release what is false. We also claim what is true.

Reflection

I am ready to stand for:
This matters to me because:
I have been afraid to stand for this because:
Standing for this may require me to release:
Standing for this may require me to practice:
The elder in me stands for this by:

The Essential Truth Council



Practicum Activity

Let us gather into council. Each person speaks one truth from the bones.

This is not a time for explanation, debate, performance, or emotional display. It is a time for clean truth, spoken with dignity.

Speaker Prompts

Choose one prompt and speak from the bones:

What I know in my bones is...

What I am no longer available for is...

What I am ready to stand for is...

The truth I have been afraid to embody is...

Council Agreements

Before beginning, the group may agree:

We listen without fixing.

We listen without giving advice.

We listen without interpretation.

We do not interrupt.

We do not rescue the speaker from their truth.

We trust silence.

We allow each person to speak only what is ready.

We protect the dignity of each person.

We respond simply: "We witness you."

After I Speak

When I spoke my truth, I noticed:

My body felt:

The part of me that felt relief was:

The part of me that still felt afraid was:

Something I want to remember is:

Brave Space Facilitation Facilitation Skill Being Practiced

At the Bone Gate, participants practice holding brave space: recognizing when a group is ready for deeper truth, protecting the dignity of the speaker, preventing over-processing, and supporting authenticity without encouraging emotional flooding.

A brave space is not a space where anything goes. It is a space with enough clarity, consent, emotional regulation, and care that truth can be spoken responsibly.

Recognizing Readiness

A group may be ready for deeper truth when there is:

- Enough trust
- Enough emotional regulation
- Clear agreements
- Willingness to listen
- Respect for confidentiality
- Capacity for silence
- A grounded facilitator
- Consent from participants
- Permission to opt out
- No pressure to disclose

Signs a group may not yet be ready include:

- High reactivity
- Confusion about agreements
- Lack of trust
- A desire for drama
- Pressure to share
- Uncontained emotional intensity
- People interrupting or advising
- Participants feeling trapped

As a facilitator, I can assess readiness by noticing:

Protecting the Dignity of the Speaker

To protect the dignity of a speaker, I can:

- Keep the container clear
- Prevent advice-giving
- Stop cross-talk
- Avoid over-focusing on one person
- Invite silence after sharing
- Thank the speaker simply
- Avoid interpreting their truth

- Avoid turning their share into a teaching moment
- Remind the group to witness, not fix

A phrase I can use to protect the speaker's dignity is:

Example:

“Let us simply witness this truth without adding advice or interpretation.”

Preventing Over-Processing

Truth can lose its power when it is over-explained, analyzed, or discussed too quickly.

When a share feels complete, I can help close it by saying:

I can invite the group to respond with:

“We witness you.”

I can also invite:

- One breath
- A moment of silence
- A hand on the heart
- A grounding pause
- A transition to the next speaker

Authenticity Without Emotional Flooding

Authenticity does not mean saying everything. It means saying what is true, timely, and responsible.

When emotion becomes too much, I can support regulation by inviting:

- A slower breath
- Feeling the feet
- Looking around the room
- A sip of water
- Naming one present-moment object
- Pausing the share
- Returning to the body
- Stepping outside with support
- Choosing not to continue

A phrase I can use is:

Example:

“Let us pause here and give your body a moment to come back to the room.”

Emotional Expression Without Flooding

The Bone Gate may pair with emotional expression work, vocal activation, or somatic release. These practices can be powerful when held with care.

The purpose is not to force catharsis. The purpose is to allow truth, sound, movement, and emotion to move in a way that supports integration.

My Relationship With Emotional Expression

When I express strong emotion, I tend to:

- Cry
- Go quiet
- Get angry
- Laugh nervously
- Freeze
- Leave my body
- Explain

- Apologize
- Become dramatic
- Minimize
- Intellectualize
- Seek reassurance
- Other:

A sign that I am expressing emotion in a way that feels connected is:

A sign that I may be flooding or overwhelmed is:

When I am overwhelmed, what helps me return is:

A truth I can express without overwhelming myself is:

Elder Integrity Vow Integration Assignment

Each participant writes an Elder Integrity Vow beginning with:

From this day forward, I will practice living in alignment by...

This vow should be honest, grounded, and livable. It is not a perfection vow. It is a practice vow.

Preparing My Vow

The truth I am ready to honor is:

The behavior I am ready to soften or release is:

The boundary I am ready to practice is:

The value I am ready to embody more fully is:

The support I need is:

My Elder Integrity Vow

From this day forward, I will practice living in alignment by...

I will remember this vow when:

One small action that will help me live this vow is:

Bone Gate Closing Statement

Complete and read aloud, silently, or in council:

I honor the truth that lives beneath my roles.

I honor the wisdom of my bones.

I release the need to abandon myself in order to belong.

I release the performance of being more certain, more healed, more spiritual, or more acceptable than I am.

I welcome clean truth.

I welcome courage.

I welcome integrity.

I welcome the elder in me who can stand without attacking, speak without performing, and belong without self-abandonment.

I cross the Bone Gate with reverence for what is essential.

The Natural Gate

Lesson: Silence, Land, and Soul
Replenishment

Theme: Replenishing the Soul in Silence, Nature, and Reflection

The Natural Gate teaches that spiritual maturity cannot be forced. It must be nourished. Silence, solitude, and nature return us to proportion. The land reminds us that we are not separate from the great cycles of birth, growth, decay, death, and renewal.

At the Natural Gate, we stop trying to manufacture insight. We become quiet enough to receive it.

Core Teaching

When I stop performing, the soul can speak.

The Natural Gate invites us to ask:

What did the land teach me?
What became clear when I stopped speaking?
Where is my soul tired?
What rhythm is nature inviting me to restore?
What does simplicity reveal?

This gate teaches trust in silence, slowness, solitude, and the wisdom of the living world.

**Entering the Natural Gate
Returning to Silence, Land, and Soul**

Take a few breaths and let yourself feel the land beneath you. Notice the sky, the air, the light, the temperature, the sounds, the

textures, and the rhythm of the place you are in.

As I enter the Natural Gate, my soul feels:

My body feels drawn toward:

- Stillness
 - Walking
 - Rest
 - Shade
 - Sunlight
 - Water
 - Stone
 - Trees
 - Open sky
 - Earth
 - Silence
 - Sound
 - Other:
-

—

The part of me that feels tired is:

The part of me that longs for replenishment is:

One thing I hope the land may help me remember is:

One thing I am willing to stop performing is:

Where Is My Soul Tired?

Soul fatigue is different from ordinary tiredness. It may come from over-giving, over-performing, rushing, carrying too much, living away from one's values, ignoring grief, or being separated from beauty, silence, and meaning.

Reflection

My soul feels tired from:

I notice this soul tiredness in my body as:

I notice this soul tiredness in my emotions as:

I notice this soul tiredness in my relationships as:

I notice this soul tiredness in my spiritual life as:

What my soul may be asking for is:

What my soul no longer wants to carry is:

What would replenish me in a real and simple way is:

Preparing for the Sit Spot Practicum Activity

Each participant spends 30 to 60 minutes alone in nature. No phone. No book. No conversation. The instruction is simply to listen.

**This is not a hike for exercise.
This is not a meditation to master.
This is not a search for dramatic revelation.**

It is a practice of becoming available.

Before I Go

The place I feel called to sit or wander slowly is:

The support I need before entering solitude is:

A boundary or safety consideration I need to honor is:

The question I am carrying into the land is:

Something I am willing to release before entering silence is:

My intention for this sit spot is:

Sit Spot Agreements

During my sit spot, I will practice:

- No phone
- No book
- No conversation
- No forced insight
- Listening with the body
- Noticing what draws my attention
- Respecting the land
- Respecting my limits
- Returning at the agreed time
- Remaining open to simple wisdom

Listening to the Land

During or immediately after your sit spot, reflect on what you noticed.

What I Noticed

What moved:

What was still:

What called my attention:

What sound, texture, color, shape, or scent stayed with me:

What emotion arose:

What memory surfaced:

What the land seemed to mirror:

What wisdom came without effort:

The Land as Teacher

Nature teaches through cycles, not lectures. The land may teach through a stone, bird, breeze, shadow, insect, root, flower, dead branch, path, silence, heat, or horizon.

Reflection

An image, object, creature, or element that felt meaningful was:

It seemed to teach me:

The cycle of nature I noticed most was:

- Birth
 - Growth
 - Blooming
 - Ripening
 - Decay
 - Death
 - Stillness
 - Renewal
 - Interdependence
 - Adaptation
 - Patience
 - Resilience
 - Other:
-

This cycle reflects something in my own life because:

The land reminded me that I am:

The land invited me to stop:

The land invited me to begin:

What Became Clear When I Stopped Speaking?

Silence allows deeper knowing to rise. When we stop explaining, performing, filling space, advising, and managing impressions, something quieter becomes available.

Reflection Questions

1. What became clear when I stopped speaking?
2. What did I hear beneath the noise of my own thoughts?

3. What did silence reveal about my pace of life?

4. What did silence reveal about what I truly need?

5. What did silence reveal about what I am ready to release?

6. What did silence reveal about what I love?

7. What did silence reveal about how I want to live?

Simplicity as Medicine

The Natural Gate teaches that the soul often does not need more information. It needs room, rhythm, breath, beauty, silence, and belonging to the living world.

What Does Simplicity Reveal?

When my life becomes too full, I tend to:

The complexity I am ready to soften is:

The simplicity my soul longs for is:

A rhythm nature is inviting me to restore is:

- Morning quiet
 - Evening reflection
 - Seasonal living
 - More rest
 - More time outdoors
 - Eating more slowly
 - Walking
 - Silence before speech
 - Less stimulation
 - More attention to beauty
 - More time with the moon, sun, stars, garden, water, or earth
 - Other:
-

One simple practice that would replenish my soul is:

Returning From Solitude

After solitude, return in silence. Before speaking to another person, give yourself time to journal, breathe, drink water, and let the experience settle.

Integration Reflection

When I returned from solitude, I felt:
One thing I do not want to lose from this experience is:
One thing I am not ready to speak about yet is:
One thing I am ready to share is:
The teaching I want to carry forward is:
The practice that will help me remember is:

Minimalist Facilitation Facilitation Skill Being Practiced

At the Natural Gate, participants practice minimalist facilitation: creating a strong container without overfilling it, trusting silence, letting nature become the teacher, and supporting integration after solitude.

A minimalist facilitator does not confuse more talking with more depth. They know when to give instruction, when to step back, and when to let silence do its work.

Creating a Strong Container

A strong container for solitude includes:

- Clear timing
- Clear location boundaries
- Safety agreements
- Consent
- Permission to choose one's level of solitude
- Guidance about returning in silence

- Respect for the land
- Enough structure to feel safe
- Enough spaciousness to allow discovery

A phrase I can use to open the sit spot is:

Not Overfilling the Space

As a facilitator, I may be tempted to over-explain because:
The cost of over-explaining may be:
A simple instruction I can offer instead is:

Example:

“Find a place to sit or move slowly. Let the land draw your attention. Listen. Return in silence.”

Trusting Silence

When the group is silent, I sometimes feel:
A more mature facilitation response would be:

I can support silence by:

- Not rushing
- Not filling every pause
- Breathing slowly
- Trusting the field
- Letting people write before speaking
- Allowing tears, quiet, and uncertainty
- Inviting only brief sharing at first

Legacy Mandala or Earth Altar Practicum Activity

Using natural materials from the land, create a small mandala or earth altar representing the legacy you are currently living into.

You may use stones, leaves, sticks, flowers, sand, seedpods, feathers, bark, or other found materials. Gather respectfully. When possible, use what has already fallen. Let the land participate without being harmed.

Your altar may include symbols of:

- Wisdom gained
- Wounds transformed
- Gifts ready to be shared
- Communities you serve
- Ancestors or lineages
- Future generations
- Creative offerings still unborn
- Beauty you want to tend
- Blessings you want to leave behind

This is not an art project to be judged. This is a soul map.

My Earth Mandala Object

The central object or symbol I offer is:

It represents:

An object representing wisdom gained is:

It represents:

An object representing a wound transformed is:

It represents:

An object representing a gift ready to be shared is:

It represents:

An object representing my ancestors, lineage, or teachers is:

It represents:

An object representing future generations is:

It represents:

An object representing a creative offering still unborn is:

It represents:

The Meaning of One Object

Each person will share the meaning of one object from their altar.

The object I choose to share is:

This object represents:

The reason I chose this object is:

The legacy it points me toward is:

Supporting Integration

After solitude, I can support integration by asking:

- “What did the land teach you?”
- “What became clear in silence?”
- “What wants to be remembered?”
- “What is not ready to be spoken?”
- “What simple practice will help this teaching continue?”

My own integration questions:

Continuing Nature Practice

Integration Assignment

Each person chooses a continuing nature practice. This practice should be simple enough to sustain and meaningful enough to nourish the soul.

Choose One Practice

- Weekly sit spot
- Sunrise walk
- Silent tea outdoors
- Gardening
- Moon practice
- Daily moment of touching the earth
- Walking without headphones
- Sitting under a tree
- Watching the sky
- Offering gratitude to the land
- Seasonal altar
- Nature journaling
- Evening star practice
- Water blessing
- Other:

My Continuing Practice

The nature practice I choose is:

I choose this because my soul needs:

I will practice this:

- Daily
- Weekly
- At sunrise
- At sunset
- On the new moon
- On the full moon
- Seasonally
- When I feel disconnected
- Other:

—

The first time I will practice it is:

The support or reminder I need is:

The obstacle I may face is:

When that obstacle arises, I will remember:

Natural Gate Closing Statement

Complete and read aloud, silently, or in council:

I honor the silence that restores me.

I honor the land that teaches without forcing.

I honor the cycles of birth, growth, decay, death, and renewal.

I release the belief that spiritual maturity must be achieved through effort alone.

I welcome nourishment.

I welcome simplicity.

I welcome slowness.

I welcome the wisdom that comes when I stop performing.

I cross the Natural Gate remembering that I belong to the living world, and the living world belongs within me.

The Gold Gate

Lesson: Nonattachment and the Final Blessing

Theme: Practicing Nonattachment and Preparing for Our Passing From This World

The Gold Gate is the gate of distillation. Gold is what remains after the fire. At this gate, we contemplate death not as morbidity, but as a clarifier of love, priorities, forgiveness, and essence.

Spiritual maturity asks us to prepare for death while becoming more fully alive.

Core Teaching

I practice releasing what was never mine to keep, so that I may become a clearer blessing while I am here.

The Gold Gate invites us to ask:

- What am I still clinging to?
- What needs to be forgiven, completed, or blessed?
- What do I want my death to teach me about my life?
- What remains when identity, possessions, status, and control are released?
- What is the blessing I came here to give?

This gate is not about despair. It is about clarity. Mortality teaches us what matters.

Entering the Gold Gate What Remains After the Fire?

Take a few breaths and allow yourself to arrive gently. The Gold Gate asks us to face release,

mortality, forgiveness, unfinished business, and blessing.

- As I enter the Gold Gate, I feel:**
- When I contemplate death, I notice:**
- A part of me feels afraid of:**
- A part of me feels grateful for:**
- A part of me knows it is time to release:**
- The blessing I most want my life to become is:**

What Am I Ready to Release?

Nonattachment does not mean indifference. It means loving without clinging. It means honoring what has been given while accepting that nothing is permanently possessed.

Reflection

- Something I am ready to release is:
- I have been clinging to this because:
- This attachment has given me:
- This attachment has cost me:
- If I loosen my grip, I may feel:
- If I loosen my grip, I may become more available for:

A simple ritual action that could help me release this is:

- Burn a letter**
- Bury a symbol**
- Tear paper**
- Place an object on the altar**
- Speak a release aloud**
- Offer it to water**
- Give something away**
- Clear a space**
- Make an apology**
- Have a conversation**

Other:

What Remains Unfinished?

The Gold Gate helps us ask what needs attention before time runs out. This is not meant to create panic. It is meant to create honesty.

Unfinished business may include forgiveness, apology, gratitude, grief, practical planning, creative expression, family conversations, spiritual preparation, or blessings left unspoken.

Reflection

Something in my life that feels unfinished is:

This remains unfinished because:

The emotion connected to this is:

A conversation that may need to happen is:

A forgiveness that may be needed is:

An apology that may be needed is:

A gratitude that may need to be spoken is:

A practical matter that may need attention is:

One next step I can take is:

Death as Teacher

At the Gold Gate, death is not treated as an enemy. Death becomes a teacher of proportion, humility, love, forgiveness, and presence.

Reflection Questions

1. What do I want my death to teach me about my life?
2. If I had less time than I imagine, what would matter most?
3. What would matter less?

4. What love have I delayed expressing?
5. What truth have I delayed speaking?
6. What joy have I delayed allowing?
7. What forgiveness have I delayed offering or receiving?
8. What blessing have I delayed giving?

Worksheet 5: What Remains When Identity, Possessions, Status, and Control Are Released?

The Gold Gate asks us to imagine the great stripping away. When the roles fall away, when possessions cannot come with us, when status loses relevance, when control is no longer possible — what remains?

The Release Letter

Practicum Activity, Part One

Write a release letter naming what you are ready to lay down. This letter may be burned, buried, torn, placed on an altar, or released ceremonially.

This letter is not about forcing yourself to let go before you are ready. It is about naming what is complete, what is too heavy, what was never yours to keep, or what now needs to be returned to life.

My Release Letter

Dear

—,

I am ready to release:

I have carried this because:

It has taught me:

It has cost me:

I thank it for:

I now release the need to:

I return what is not mine to carry:

I ask for support in letting go of:

I bless what has been.

I release what is complete.

I open to what remains true.

Signed:

Date:

The Blessing Letter

Practicum Activity, Part Two

Write a blessing letter naming what you wish to transmit to loved ones, students, community, or future generations.

Unlike the release letter, this letter is kept. It may become part of your ethical will, family blessing, community offering, or spiritual legacy.

My Blessing Letter

Dear

What I most want you to know is:

The wisdom life has given me is:

What I have learned about love is:

What I have learned about grief is:

What I have learned about courage is:

What I have learned about forgiveness is:

What I have learned about joy is:

The blessing I want to leave you is:

May you remember:

May you trust:

May you carry forward:

With love and blessing,

Date:

The Blessing I Came Here to Give

The Gold Gate asks us to distill our life into blessing. Not everything we have done will last. Not everything we built will remain. But something of our love, wisdom, and presence can continue.

Reflection

The blessing I came here to give is:
This blessing has been shaped by:
The people who most need this blessing are:
The communities that may receive this blessing are:
The future generations I want to bless are:
I can offer this blessing now by:
I do not need to wait until the end of my life to:

Practical Nonattachment Integration Assignment

Create one practical act of nonattachment. This act should be concrete, grounded, and connected to real life.

Possible Acts of Nonattachment

- Clear a drawer, closet, altar, desk, or room
- Give away something meaningful
- Write an ethical will
- Have an important conversation
- Simplify a commitment
- Make end-of-life wishes known
- Offer a delayed blessing
- Forgive someone inwardly
- Ask for forgiveness
- Speak gratitude
- Release an old identity
- Complete unfinished paperwork
- Share a family story
- Write a goodbye letter

- Create a death care folder
- Make a list of important passwords or documents
- Name a healthcare decision-maker
- Clarify funeral or memorial wishes
- Other:

My Practical Act of Nonattachment

The act I will take is:

I choose this because:

This act helps me release:

This act helps me bless:

The first step is:

I will take this step by:

The support I need is:

End-of-Life Presence Facilitation Skill Being Practiced

At the Gold Gate, participants practice end-of-life presence: sitting with mortality, grief, gratitude, and surrender without rushing to comfort or spiritualize. They learn how to close a ritual field with care and help participants return with grounded integration.

End-of-life presence is not about having the perfect words. It is about being steady enough to remain.

Sitting With Mortality

When mortality is present, I tend to:

- Become quiet
- Become emotional
- Try to comfort
- Try to explain
- Feel afraid
- Feel reverent
- Change the subject

- Become practical
 - Become spiritual
 - Feel gratitude
 - Feel grief
 - Other:
-

A more mature way I want to practice being with mortality is:

Not Rushing to Comfort

Comfort can be beautiful, but premature comfort can interrupt grief, truth, or surrender.

Phrases that may rush the process:

“Everything happens for a reason.”
 “At least...”
 “Don’t be sad.”
 “They are in a better place.”
 “You should focus on gratitude.”
 “It will all be okay.”

More spacious phrases:

“I am here.”
 “This matters.”
 “Take your time.”
 “You do not have to make meaning too quickly.”
 “Your grief is welcome.”
 “We can sit with this together.”
 “Let us breathe.”

My own spacious phrase is:

Avoiding Spiritual Bypass

Spiritual bypass happens when we use spiritual language to avoid grief, fear, anger, regret, or unfinished pain.

A way I might bypass grief is:

A way I can remain more honest is:

When someone else is grieving, I can support them by:

Closing a Ritual Field

The Gold Gate may bring tenderness, grief, gratitude, release, altered states, or deep reflection. Closing the field matters.

A grounded closing may include:

- Naming completion
- Taking breaths together
- Returning attention to the body
- Drinking water
- Eating simple food
- Touching the earth
- Sharing one word
- Offering gratitude
- Quiet movement
- Clear ending words
- Reminding participants of support
- Inviting rest

A closing phrase I can use is:

Example:

“This ritual is complete. May what has been released return to the earth. May what has been blessed remain in the heart. May we return gently to the body, the room, and one another.”

Medicine, Consent, and Integration

Where any medicine practice is included, the teaching should remain rooted in consent, legality, preparation, integration, and reverence.

This worksheet does not offer instructions for medicine use. It supports the ethical and spiritual container around any altered-state or ceremonial practice.

Consent

My yes feels like:

My no feels like:

My “not now” feels like:

A boundary I may need to honor is:

Preparation

Before entering any deep ritual, I need:

The support I want available is:

The intention I carry is:

Integration

After deep ritual, I may need:

- Rest
- Food
- Water
- Quiet
- Journaling
- Gentle conversation
- Time in nature
- Touching the earth
- Movement
- Support from a facilitator
- Space from others
- A simple next step

My integration plan is:

Gold Gate Closing Integration

At the end of the Gold Gate, take time to gather what has been released, clarified, and blessed.

- Three Things Mortality Clarified
- One Thing I Am Ready to Release
- One Thing That Remains Unfinished
- One Forgiveness I Am Considering
- One Blessing I Want to Give
- One Practical Step I Will Take
- One Way I Want to Live More Fully Now
- Gold Gate Closing Statement
- Crossing the Gold Gate

Complete and read aloud, silently, or in council:

- I honor the fire that has refined me.
- I honor what has been lost, what has been loved, what has been completed, and what remains unfinished.
- I release what was never mine to keep.
- I release the illusion of control.
- I release the need to carry what is complete.
- I welcome death as a teacher of life.
- I welcome grief as a teacher of love.
- I welcome forgiveness as a teacher of freedom.
- I welcome simplicity as a teacher of essence.
- I bless the life I have lived.
- I bless the people I have loved.
- I bless the wisdom I have received.
- I bless the legacy I am still creating.
- I cross the Gold Gate willing to become a clearer blessing while I am here.

Appendix

Chakra Tea Ceremony Guide

Root to 8th Chakra — A Plant, Energy, and Initiation Journey

This guide is designed as a multi-day tea ceremony journey through the chakras, beginning with the Root Chakra and rising through the Crown and 8th Chakra. Each tea is crafted with herbs that reflect the color, energy, elemental quality, and spiritual teaching of that chakra.

This ceremony also weaves in the symbolic wisdom of the Eight Gates of Initiation from Angeles Arrien's *The Second Half of Life: Opening the Eight Gates of Wisdom*. The chakra-to-gate pairings below are interpretive and ceremonial rather than traditional doctrine. They create a meaningful map for moving through the body, the psyche, and the soul: from safety and embodiment, through intimacy, power, love, voice, vision, surrender, and finally blessing.

Ceremony Overview

Each chakra may be explored over one day, one evening, or one dedicated ceremony session. The tea becomes both a physical plant infusion and a symbolic ally.

A suggested format for each ceremony:

- 1. Open sacred space.**
- 2. Introduce the chakra and its corresponding gate.**
- 3. Present the tea and name each herb.**
- 4. Invite participants to smell the dry herbs before steeping.**
- 5. Drink slowly and mindfully.**
- 6. Offer a meditation, reflection, journaling prompt, or sharing circle.**
- 7. Close with an affirmation.**

General Safety Note

These teas are intended as ceremonial, symbolic, and educational blends rather than medical treatments. Some herbs can interact with medications, affect pregnancy, influence blood pressure, blood sugar, sedation, digestion, hormones, or the nervous system. Keep blends gently dosed, clearly disclose ingredients, and offer alternatives for sensitive participants.

Participants who are pregnant, nursing, taking medications, managing chronic illness, preparing for surgery, or sensitive to herbs should consult a qualified healthcare professional before drinking medicinal-strength herbal teas.

1. Root Chakra Tea Ceremony

Muladhara — Safety, Grounding, Belonging

Aligned Gate: The Silver Gate — Facing New Experiences and the Unknown

The Root Chakra, or Muladhara, is the energetic foundation of the body. Located at the base of the spine, it is associated with safety, stability, embodiment, survival, belonging, ancestry, and connection to the Earth. Its color is red, and its element is Earth.

When the Root Chakra is balanced, we feel grounded, steady, present, resourced, and at home in our bodies. When it is imbalanced, we may feel anxious, unstable, disconnected, fearful, unsupported, or unable to trust life.

The Silver Gate from *The Second Half of Life* is the threshold of facing new experiences and the unknown. This aligns beautifully with the Root Chakra because every initiation begins with the body asking: *Am I safe enough to enter? Can I trust the ground beneath me?*

Before we can move into intimacy, power, love, voice, vision, or spiritual surrender, we must first establish safety. The Root Chakra and the Silver Gate both invite us to meet the unknown with presence, grounding, and courage.

Root Chakra Tea Blend

Burdock • Ginger • Clove • Cinnamon • Red Raspberry Leaf • Hibiscus • Ashwagandha • Turmeric

Burdock Root

Burdock is a deep, earthy root traditionally used to support the body's natural cleansing pathways, especially the liver, lymph, skin, and blood. Energetically, it invites us to go down and in.

Root qualities: grounding, cleansing, earthy, stabilizing, ancestral support.

Ginger

Ginger brings warmth, movement, and life force. It supports digestion, circulation, and inner warmth. For the Root Chakra, ginger awakens embodiment where energy feels cold, stagnant, or disconnected.

Root qualities: warmth, vitality, circulation, embodiment, digestive fire.

Clove

Clove is aromatic, warming, protective, and strong. Traditionally used for digestion and oral health, it brings a sense of sacred protection to the blend.

Root qualities: protection, warmth, boundaries, strength, sacred containment.

Cinnamon

Cinnamon is sweet, spicy, warming, and comforting. It supports circulation and digestion and evokes home, nourishment, and care.

Root qualities: comfort, warmth, nourishment, stability, home.

Red Raspberry Leaf

Red raspberry leaf is mineral-rich and traditionally associated with women's health, pelvic support, and the womb. It brings a strengthening, maternal quality.

Root qualities: nourishment, pelvic support, feminine grounding, strength, receptivity.

Hibiscus

Hibiscus brings vibrant red color, tart flavor, antioxidants, and sensual vitality. Its red tone mirrors the Root Chakra and the energy of blood, life force, and embodiment.

Root qualities: red vitality, blood, embodiment, life force, beauty.

Ashwagandha

Ashwagandha is an adaptogenic root traditionally used to support resilience, stress response, restoration, and steadiness. It helps the body feel resourced.

Root qualities: resilience, nervous system support, restoration, steadiness, trust.

Turmeric

Turmeric is a golden rhizome known for its anti-inflammatory and antioxidant properties. Though often associated with the Solar Plexus, it also belongs here because it is earthy, root-like, protective, and medicinal.

Root qualities: earthy medicine, protection, vitality, embodied healing.

Root Chakra Reflection

- **What does safety feel like in my body?**
- **Where do I feel supported?**
- **Where do I feel unstable or afraid?**
- **What ancestral strengths live within me?**
- **What part of me is ready to come home?**

Affirmation:

I am safe.

I am rooted.

I belong here.

The Earth supports me.

My body is my home.

2. Sacral Chakra Tea Ceremony

Svadhithana — Pleasure, Emotion, Sensuality, Creativity

Aligned Gate: The White Picket Gate — Changing Identities and Discovering One's True Face

The Sacral Chakra, or Svadhithana, is the energy center of pleasure, creativity, emotion, sensuality, intimacy, and flow. Located in the lower abdomen and pelvic bowl, it is associated with the water element and the color orange.

When balanced, the Sacral Chakra allows us to feel, create, receive pleasure, move with emotion, and remain connected to the living current of the body. When imbalanced, we may experience shame, numbness, emotional stagnation, rigidity, disconnection from desire, or difficulty receiving.

The White Picket Gate invites us to change identities and discover our true face beneath roles, masks, expectations, and inherited ideas of who we are supposed to be. This aligns with the Sacral

Chakra because our authentic self is often hidden beneath shame around pleasure, emotion, sensuality, and creativity.

The Sacral Chakra asks: *Can I feel? Can I enjoy? Can I create? Can I become fluid enough to discover who I truly am?*

Sacral Chakra Tea Blend

Damiana • Orange Peel • Fennel • Turmeric • Rose • Hibiscus • Calendula • Vanilla • Licorice • Cinnamon • Cacao • Cardamom

Damiana

Damiana is associated with sensuality, relaxation, mood, pleasure, and creative life force. It invites desire in the broadest sense: the desire to live, create, connect, and feel.

Sacral qualities: sensuality, pleasure, desire, relaxation, creative spark.

Orange Peel

Orange peel is bright, aromatic, uplifting, and digestively supportive. Its orange color and joyful scent align beautifully with the Sacral Chakra.

Sacral qualities: joy, playfulness, brightness, emotional uplift, pleasure.

Fennel

Fennel is sweet, aromatic, and supportive to the belly. It brings softness, ease, and flow to the lower abdomen.

Sacral qualities: softness, flow, belly support, sweetness, comfort.

Turmeric

Turmeric brings golden-orange vitality, warmth, cleansing, and embodied healing. In this blend, it helps clear emotional residue and restore creative life force.

Sacral qualities: vitality, warmth, cleansing, radiance, embodied healing.

Rose

Rose supports tenderness, emotional healing, receptivity, intimacy, and sacred sensuality. It softens protective armor around the emotional body.

Sacral qualities: tenderness, sensuality, receptivity, emotional healing, sacred intimacy.

Hibiscus

Hibiscus is vibrant, tart, juicy, and rich in red-pink color. It awakens the senses and brings sensual life force to the blend.

Sacral qualities: juiciness, sensuality, vibrancy, emotional flow, life force.

Calendula

Calendula is golden-orange, gentle, sunny, and traditionally used for soothing and healing. It brings warmth to places where shame or tenderness may live.

Sacral qualities: warmth, healing, creativity, brightness, emotional restoration.

Vanilla

Vanilla brings sweetness, comfort, sensuality, and softness. It invites receiving, nourishment, and gentle pleasure.

Sacral qualities: sweetness, sensuality, comfort, receiving, pleasure.

Licorice Root

Licorice is naturally sweet and harmonizing. It brings cohesion to the blend and supports vitality and flow.

Sacral qualities: sweetness, harmony, vitality, integration, flow.

Cinnamon

Cinnamon is warming, comforting, and gently stimulating. It brings movement to emotional waters and awakens sensual vitality.

Sacral qualities: warmth, sensuality, circulation, comfort, emotional movement.

Cacao

Cacao is rich, earthy, sensual, and heart-opening. It brings sacred pleasure, embodiment, and creative depth.

Sacral qualities: pleasure, embodiment, creativity, sensual richness, sacred connection.

Cardamom

Cardamom is aromatic, warming, and slightly sweet. It opens the senses and supports belly-centered flow.

Sacral qualities: sensual awakening, warmth, delight, digestive support, flow.

Sacral Chakra Reflection

- Where am I allowing flow?
- What does my body truly desire?
- Where have I disconnected from pleasure or creativity?
- What emotion is asking to be felt rather than controlled?
- What wants to be created through me?

Affirmation:

I allow myself to feel.

I honor my emotions.

I welcome pleasure, creativity, and flow.

My body is sacred.

Life moves through me with beauty and ease.

3. Solar Plexus Chakra Tea Ceremony

Manipura — Power, Confidence, Will, Transformation

Aligned Gate: The Clay Gate — Intimacy, Sensuality, and Sexuality

The Solar Plexus Chakra, or Manipura, is the energy center of personal power, courage, confidence, will, discipline, digestion, identity, and transformation. Located in the upper abdomen, it is associated with the fire element and the color yellow.

When balanced, the Solar Plexus helps us feel clear, capable, motivated, and connected to our inner fire. When imbalanced, we may feel powerless, controlling, ashamed, indecisive, over-responsible, or disconnected from our own authority.

The Clay Gate is associated with intimacy, sensuality, and sexuality. While this may initially seem Sacral, it also deeply involves the Solar Plexus because true intimacy requires selfhood. We must know who we are, what we want, what we choose, and what boundaries protect our integrity.

Clay is shaped by pressure, water, fire, and touch. In the same way, the Solar Plexus is the inner kiln where experience becomes strength and identity is shaped into form.

Solar Plexus Tea Blend

Lemongrass • Marshmallow Root • Orange Peel • Rosemary • Ginger • Fennel • Chamomile • Star Anise

Lemongrass

Lemongrass is bright, citrusy, uplifting, and clarifying. It supports digestion and clears heaviness.

Solar Plexus qualities: clarity, brightness, digestion, uplift, forward momentum.

Marshmallow Root

Marshmallow root is soothing, moistening, and protective. It balances the fire of the Solar Plexus with softness and self-kindness.

Solar Plexus qualities: soothing power, inner protection, gentleness, emotional cooling, digestive support.

Orange Peel

Orange peel brings brightness, aromatic warmth, digestive support, and joyful confidence.

Solar Plexus qualities: confidence, brightness, joy, digestion, healthy self-expression.

Rosemary

Rosemary is clarifying, protective, aromatic, and stimulating. It supports focus, memory, and self-authority.

Solar Plexus qualities: clarity, focus, protection, self-authority, purposeful action.

Ginger

Ginger awakens inner fire, digestion, circulation, vitality, courage, and movement.

Solar Plexus qualities: inner fire, courage, digestion, vitality, transformation.

Fennel

Fennel supports digestion and eases tension in the belly. It brings sweetness and smoother energy to personal power.

Solar Plexus qualities: digestive ease, sweetness, flow, relaxed confidence, belly support.

Chamomile

Chamomile calms the nervous system and digestive system. It teaches that power can be peaceful rather than forceful.

Solar Plexus qualities: calm confidence, nervous system support, digestive ease, softness, self-trust.

Star Anise

Star anise is warming, sweet, aromatic, and symbolically connected to guidance and direction.

Solar Plexus qualities: direction, warmth, digestion, sweetness, inner guidance, aligned action.

Solar Plexus Reflection

- **Where do I give my power away?**
- **What action is life asking me to take?**
- **Where do I confuse power with pressure?**
- **What am I ready to digest, transform, or release?**
- **How would I move if I believed I was capable?**

Affirmation:

I trust myself.

I honor my inner fire.

I am capable, clear, and strong.

My power is steady and kind.

I allow myself to shine.

4. Heart Chakra Tea Ceremony

Anahata — Love, Compassion, Grief, Connection

Aligned Gate: The Black and White Gate — Relationships and the Crucible of Love

The Heart Chakra, or Anahata, is the energy center of love, compassion, forgiveness, grief, connection, devotion, trust, and emotional balance. Located in the center of the chest, it is associated with the air element and the color green, with pink often included as a heart color.

When balanced, we feel loving, connected, emotionally spacious, forgiving, and able to both give and receive. When imbalanced, we may feel guarded, resentful, lonely, codependent, grief-heavy, or unable to trust.

The Black and White Gate is the gate of relationships: love, generosity, betrayal, forgiveness, and the crucible of human connection. This aligns directly with the Heart Chakra, where love becomes real through relationship.

This gate reminds us that the heart matures not only through sweetness, but through grief, repair, forgiveness, boundaries, and the courage to keep loving wisely.

Heart Chakra Tea Blend

Matcha • Green Tea • Spearmint • Jasmine • Lavender • Hawthorn Berry • Holy Basil • Rosemary • Rose

Matcha

Matcha is vibrant green powdered tea. It brings clarity, presence, ritual, and green vitality.

Heart qualities: presence, vitality, green radiance, mindful awareness, devoted attention.

Green Tea

Green tea is light, refreshing, antioxidant-rich, and gently stimulating. It supports renewal and spaciousness.

Heart qualities: renewal, clarity, freshness, gentle awakening, emotional spaciousness.

Spearmint

Spearmint is cooling, refreshing, sweet, and breath-opening. It helps create emotional spaciousness.

Heart qualities: freshness, breath, openness, emotional clearing, gentle uplift.

Jasmine

Jasmine is floral, delicate, sensual, and devotional. It invites beauty, tenderness, and receptivity.

Heart qualities: beauty, tenderness, devotion, receptivity, emotional softness.

Lavender

Lavender is calming, aromatic, and peaceful. It softens anxiety and guarding around the heart.

Heart qualities: calm, softness, nervous system ease, emotional tenderness, peaceful opening.

Hawthorn Berry

Hawthorn is one of the great herbs of the physical and emotional heart. It carries both berries and thorns: nourishment and protection.

Heart qualities: heart support, emotional resilience, protection, grief tending, loving boundaries.

Holy Basil / Tulsi

Tulsi brings devotion, stress support, spiritual connection, and resilience. It helps transform emotional heaviness into prayer.

Heart qualities: devotion, resilience, spiritual heart, stress support, compassion.

Rosemary

Rosemary brings clarity, remembrance, discernment, and energetic protection. It helps the heart remain clear and wise.

Heart qualities: clarity, remembrance, protection, discernment, loving boundaries.

Rose

Rose is a classic heart ally for love, grief, beauty, compassion, tenderness, and emotional healing.

Heart qualities: love, compassion, grief tending, beauty, tenderness, self-love.

Heart Chakra Reflection

- Where is my heart open?
- Where is my heart guarded or tired?
- What grief is asking to be honored?
- Where do I confuse love with self-abandonment?
- What would loving boundaries feel like?

Affirmation:

I am open to love.
I allow myself to receive.
My heart is soft and strong.
I honor my grief and my joy.
I can love with clear and healthy boundaries.

5. Throat Chakra Tea Ceremony

Vishuddha — Truth, Voice, Listening, Expression

Aligned Gate: The Rustic Gate — Creativity, Service, and Generativity

The Throat Chakra, or Vishuddha, is the energy center of truth, expression, communication, sound, listening, integrity, authenticity, and creative voice. Located at the throat, neck, jaw, mouth, and ears, it is associated with the ether element and the color blue.

When balanced, we speak clearly, listen deeply, name our needs, express creativity, and align our words with truth. When imbalanced, we may silence ourselves, over-explain, speak harshly, fear being heard, or disconnect from authentic expression.

The Rustic Gate is the gate of creativity, service, and generativity. This aligns with the Throat Chakra because creativity and service must eventually become expression. What we know, love, and carry must be spoken, sung, taught, written, offered, and shared.

The Rustic Gate asks: *What am I here to create and offer?* The Throat Chakra asks: *Can I give that offering a voice?*

Throat Chakra Tea Blend

Licorice Root • Slippery Elm • Marshmallow Root • Sage • Butterfly Pea Flower • Wild Cherry Bark • Passionflower • Cinnamon • Fennel • Orange Peel • Peppermint

Licorice Root

Licorice root is naturally sweet, harmonizing, and traditionally used to soothe the throat and respiratory system.

Throat qualities: sweetness, harmony, throat support, gentle expression, soothing communication.

Slippery Elm

Slippery elm contains mucilage that coats and soothes the throat and digestive tract. It is a balm for raw or strained expression.

Throat qualities: soothing, protection, vocal comfort, emotional repair, gentle truth.

Marshmallow Root

Marshmallow root is soft, moistening, and soothing. It supports tender expression and vocal ease.

Throat qualities: softness, tenderness, vocal ease, emotional soothing, gentle self-expression.

Sage

Sage is clarifying, aromatic, purifying, and connected with wisdom and sacred speech.

Throat qualities: clarity, purification, truth, discernment, sacred speech.

Butterfly Pea Flower

Butterfly pea flower creates a vivid blue infusion, making it a perfect visual ally for the Throat Chakra.

Throat qualities: blue medicine, beauty, creative expression, clarity, symbolic voice activation.

Wild Cherry Bark

Wild cherry bark is traditionally used in cough and throat formulas. It supports easing constriction and calming the voice.

Throat qualities: respiratory support, vocal release, calming, soothing, easing constriction.

Passionflower

Passionflower calms and softens the nervous system, helping participants speak from safety rather than fear.

Throat qualities: calm expression, nervous system ease, courage, softness, emotional safety.

Cinnamon

Cinnamon warms the voice and brings sweet courage to communication.

Throat qualities: warmth, courage, sweetness, embodied voice, kind honesty.

Fennel

Fennel supports belly-breath connection and helps expression rise from the body.

Throat qualities: sweetness, breath, body-voice connection, ease, gentle flow.

Orange Peel

Orange peel brings brightness, uplift, and creative confidence.

Throat qualities: brightness, creative voice, confidence, uplift, expressive joy.

Peppermint

Peppermint is cooling, clarifying, breath-opening, and refreshing.

Throat qualities: clarity, freshness, breath, openness, clear communication.

Throat Chakra Reflection

- Where have I silenced myself?
- What truth is asking to be spoken?
- What boundary needs language?
- How can I listen more deeply?
- What prayer, song, poem, or message wants to move through me?

Affirmation:

My voice matters.

I speak my truth with clarity and compassion.

I listen deeply.

My words are aligned with my heart.

My voice is a sacred channel.

6. Third Eye Chakra Tea Ceremony

Ajna — Intuition, Vision, Insight, Discernment

Aligned Gate: The Bone Gate — Authenticity, Character, and Wisdom

The Third Eye Chakra, or Ajna, is the energy center of intuition, inner vision, perception, imagination, dreamwork, insight, wisdom, and expanded awareness. Located between the eyebrows, it is associated with the color indigo.

When balanced, we feel intuitive, reflective, imaginative, discerning, and connected to inner guidance. When imbalanced, we may feel confused, overly analytical, lost in fantasy, disconnected from intuition, or unable to trust what we know.

The Bone Gate is the gate of authenticity, character, and wisdom. This aligns with the Third Eye because true seeing requires honesty. The bones are what remain when everything false has fallen away. The Third Eye helps us perceive what is real beneath illusion.

The Bone Gate asks: *What is essential? What is true? What wisdom has life carved into me?* The Third Eye asks: *Can I see clearly enough to live from that truth?*

Third Eye Tea Blend

Mugwort • Lavender • Gotu Kola • Blue Lotus • Eyebright • Passionflower • Star Anise • Holy Basil

Mugwort

Mugwort is associated with dreamwork, intuition, liminal states, moon rituals, and symbolic awareness.

Third Eye qualities: dreamwork, intuition, symbolism, liminality, inner vision.

Lavender

Lavender calms the nervous system and quiets mental noise, allowing insight to arise from stillness.

Third Eye qualities: calm, mental quiet, subtle perception, peaceful awareness, inner spaciousness.

Gotu Kola

Gotu kola is traditionally associated with meditation, clarity, focus, and cognitive support.

Third Eye qualities: clarity, meditation, focus, insight, lucid awareness.

Blue Lotus

Blue lotus is ceremonial, dreamy, and historically associated with sacred waters, vision, and spiritual unfolding.

Third Eye qualities: sacred vision, dreaminess, subtle expansion, beauty, mystical perception.

Eyebright

Eyebright is traditionally associated with the eyes and clear seeing, making it a symbolic ally for perception and discernment.

Third Eye qualities: clear seeing, discernment, insight, perception, inner clarity.

Passionflower

Passionflower supports relaxation and receptive awareness, helping the mind soften into deeper listening.

Third Eye qualities: relaxation, receptive awareness, dream support, nervous system ease, inner listening.

Star Anise

Star anise brings symbolic guidance, pattern recognition, warmth, and the imagery of an inner compass.

Third Eye qualities: guidance, pattern recognition, inner compass, warmth, symbolic awareness.

Holy Basil / Tulsi

Tulsi supports devotion, stress resilience, spiritual awareness, and heart-guided intuition.

Third Eye qualities: devotion, clarity, spiritual awareness, stress support, heart-guided intuition.

Third Eye Reflection

- What am I ready to see clearly?
- Where do I ignore my intuition?
- What dream, symbol, or pattern keeps returning?
- Where do I confuse intuition with fear?
- What would change if I trusted my inner guidance?

Affirmation:

I trust my inner knowing.

I see clearly with compassion and discernment.

My intuition is grounded and wise.

I honor dreams, symbols, and subtle guidance.

I am open to seeing what is true.

7. Crown Chakra Tea Ceremony

Sahasrara — Spirit, Unity, Surrender, Divine Connection

Aligned Gate: The Natural Gate — Grace, Happiness, Satisfaction, and Peace

The Crown Chakra, or Sahasrara, is the energy center of spiritual connection, unity, divine consciousness, surrender, wisdom, grace, and remembrance of our place within the greater whole. Located at the crown of the head, it is associated with violet, white, and sometimes gold.

When balanced, the Crown Chakra brings peace, spiritual connection, humility, inspiration, and trust. When imbalanced, we may feel disconnected, spiritually numb, overly intellectual, rigid, dissociated, or unable to trust life.

The Natural Gate is the gate of grace, happiness, satisfaction, and peace. This aligns with the Crown Chakra because the Crown is not about efforting our way into spirit. It is about opening to what already holds us.

The Natural Gate asks us to recognize grace in ordinary life. The Crown Chakra asks us to rest in connection.

Crown Chakra Tea Blend

Tulsi • Blue Lotus • Lavender • Saffron • Rose • Ashwagandha • Optional Linden Flower

Tulsi / Holy Basil

Tulsi is sacred in Ayurvedic tradition and associated with devotion, spiritual steadiness, resilience, and prayer.

Crown qualities: devotion, spiritual connection, reverence, resilience, sacred presence.

Blue Lotus

Blue lotus brings sacred vision, dreaminess, mystical awareness, and spiritual unfolding.

Crown qualities: sacred vision, spiritual unfolding, dreaminess, mystical awareness, surrender.

Lavender

Lavender brings peace, calm, violet softness, and receptive stillness.

Crown qualities: peace, stillness, calm awareness, spiritual softness, receptivity.

Saffron

Saffron is golden, precious, luminous, and ceremonial. A few threads bring blessing and illumination.

Crown qualities: illumination, blessing, sacred beauty, golden wisdom, divine connection.

Rose

Rose bridges human love and divine love. It softens spiritual practice through compassion and beauty.

Crown qualities: divine love, compassion, beauty, tenderness, devotional heart.

Ashwagandha

Ashwagandha grounds spiritual opening in the body. It supports restoration, steadiness, and embodied connection.

Crown qualities: grounded spirituality, restoration, steadiness, embodied connection, resilience.

Linden Flower

Linden flower works beautifully here. It is soft, honeyed, calming, and prayerful. It bridges heart and crown, helping spiritual opening feel gentle and held.

Crown qualities: grace, softness, calm, blessing, heart-to-crown connection, peaceful surrender.

Crown Chakra Reflection

- Where do I feel connected to something greater than myself?
- Where do I struggle to trust life?
- What does surrender mean to me now?
- What belief am I ready to soften?
- What prayer wants to move through me?

Affirmation:

I am connected to the sacred.

I surrender to the wisdom of life.

I am held by something greater than myself.

I open to grace, guidance, and divine love.

My spirit is rooted in my body.

8. Eighth Chakra / Golden Gate Tea Ceremony

Soul Star — Legacy, Blessing, Soul Wisdom, Golden Thread

Aligned Gate: The Gold Gate — Non-Attachment, Surrender, and Letting Go

The 8th Chakra, often called the Soul Star Chakra, is commonly understood as an energy center above the crown. It is associated with soul memory, higher guidance, ancestral wisdom, spiritual inheritance, divine purpose, and the golden thread connecting personal life to transpersonal meaning.

For this ceremony, the 8th Chakra is aligned with the Gold Gate, the final gate of non-attachment, surrender, and letting go. This is the threshold of spiritual maturity. It is not only about rising upward into spirit; it is about becoming a blessing through the life we have lived.

If the Crown Chakra says, *I am connected to the sacred*, the 8th Chakra says:

How does the sacred want to live through me? What wisdom have I earned? What blessing am I becoming?

The Gold Gate invites us to release what no longer needs to be carried, bless the path behind us, and walk forward with grace.

8th Chakra / Golden Gate Tea Blend

Saffron • Tulsi • Linden Flower • Rose • Blue Lotus • Lavender • Gotu Kola • Honeybush • Orange Peel • Optional Damiana • Optional Bobinsana

Saffron

Saffron is the central golden herb for this tea. It is rare, precious, luminous, and deeply ceremonial. It represents illumination, blessing, wisdom, and the golden thread of the soul.

8th Chakra qualities: golden light, blessing, wisdom, sacred refinement, soul remembrance.

Tulsi / Holy Basil

Tulsi brings devotion, sacred service, humility, and spiritual steadiness. It asks: *How can my life become an offering?*

8th Chakra qualities: devotion, spiritual maturity, sacred service, reverence, humility.

Linden Flower

Linden has a honeyed, soft, elder-like quality. It feels like a grandmother tree: protective, wise, gentle, and heart-centered.

8th Chakra qualities: grace, elder wisdom, heart blessing, softness, peaceful surrender.

Rose

Rose bridges human love and divine love. In the Golden Gate, it asks: *What has my heart learned? What love am I here to leave behind?*

8th Chakra qualities: divine love, compassion, beauty, forgiveness, sacred legacy.

Blue Lotus

Blue lotus brings dreamlike awareness, spiritual perspective, and mystical softness. It helps the soul rise above the ordinary self to see life from a wider view.

8th Chakra qualities: mystical awareness, soul vision, sacred dreaming, spiritual perspective.

Lavender

Lavender brings peace, stillness, receptivity, and subtle guidance. It quiets the mind so the soul can be heard.

8th Chakra qualities: peace, stillness, receptivity, subtle guidance, calm awareness.

Gotu Kola

Gotu kola supports clarity, meditation, insight, and discernment. It balances the visionary elements with integration.

8th Chakra qualities: clarity, meditation, insight, discernment, wisdom integration.

Honeybush

Honeybush is caffeine-free, softly sweet, warm, and golden-red. It makes the blend nourishing and accessible.

8th Chakra qualities: warmth, sweetness, nourishment, golden softness, gentle grounding.

Orange Peel

Orange peel brings brightness, joy, and radiant blessing. It helps wisdom shine outward.

8th Chakra qualities: radiance, joy, blessing, illumination, lightness.

Damiana — Optional

Damiana can work beautifully if the Golden Gate ceremony is about embodied aliveness, creative purpose, sensual wisdom, or reclaiming joy in the second half of life. It bridges the lower chakras and upper chakras by reminding us that spirituality is not separate from the body.

8th Chakra qualities: embodied life force, creative vitality, sacred sensuality, joy, aliveness.

Bobinsana — Optional

Bobinsana is a powerful Amazonian plant ally often associated with heart opening, emotional healing, dreams, and plant-spirit connection. It fits the Golden Gate when the ceremony focuses on forgiveness, ancestral blessing, dream wisdom, and the awakened elder heart.

Use Bobinsana respectfully and gently, ideally as an optional ceremonial ally rather than a default ingredient for everyone.

8th Chakra qualities: wise heart, dream guidance, emotional healing, soul river, heart-to-crown connection.

Suggested Golden Gate Blend

For a balanced and accessible ceremonial tea:

- Honeybush as the warm golden base
- Tulsi for devotion
- Linden flower for grace and elder wisdom
- Rose for divine love
- Lavender for peace
- A few threads of saffron for golden illumination
- Small amount of blue lotus for sacred vision
- Orange peel for radiance
- Optional gotu kola for clarity
- Optional damiana for embodied aliveness
- Optional bobinsana for heart-mystical dream wisdom

8th Chakra Reflection

- **What wisdom have I earned through living?**
- **What am I ready to bless and release?**
- **What part of my life wants to become legacy?**

- What golden thread has been guiding me all along?
- What does my soul want to offer now?
- What am I being initiated into at this stage of life?
- How can I become a blessing to those who come after me?

Affirmation:

I honor the wisdom of my life.

I open to the golden thread of guidance.

I receive the blessings of my ancestors and offer blessings forward.

My life is becoming an offering.

I trust the mystery of my becoming.

I walk through the Golden Gate with grace.

Closing the Full Chakra Tea Journey

After completing the full sequence from Root to 8th Chakra, invite participants to reflect on the entire arc:

- What shifted in my relationship to my body?
- Which chakra felt most alive?
- Which chakra felt most tender?
- Which gate felt like my current threshold?
- What wisdom did the plants offer me?
- What am I ready to embody now?

A closing blessing:

May I be rooted in safety.

May I flow with life.

May I stand in my power.

May my heart remain wise and open.

May my voice speak truth.

May my inner vision be clear.

May I rest in grace.

May my life become a blessing.

Final Safety Considerations

For a group ceremony, consider creating a simple intake or herb disclosure form. Ask about:

- Pregnancy, nursing, or trying to conceive
- Heart conditions or blood pressure concerns
- Liver or kidney disease
- Autoimmune or thyroid conditions
- Use of blood thinners, sedatives, psychiatric medications, blood pressure medications, diabetes medications, thyroid medications, seizure medications, or immune-suppressing medications
- Caffeine sensitivity
- Allergies to ragweed, mint family plants, or other botanicals
- Sensitivity to psychoactive or sedating herbs

Particular herbs to use with extra care include:

- Licorice root
- Ashwagandha
- Hawthorn berry
- Mugwort
- Blue lotus
- Gotu kola
- Passionflower
- Wild cherry bark
- Bobinsana
- Damiana
- Saffron in large amounts
- Caffeinated green tea and matcha

Keep the ceremonial intention clear: the teas do not need to be strong to be powerful. The plants, colors, aromas, prayers, reflections, and ritual container can carry the medicine gently.

Calling in the Directions

Begin by inviting everyone to arrive in the space.

Take a breath.

Feel your feet on the earth.

Let your shoulders soften.

Let the day fall away.

Let your body know that you are here now.

We gather in reverence.

We gather in humility.

We gather with open hearts, open minds, and willing spirits.

We gather to learn, to remember, to practice, to listen, to heal, to create, and to become.

May this circle be held in integrity.

May all that unfolds here be guided by love, wisdom, protection, consent, and right relationship.

May each person be honored in their truth.

May each voice be welcomed.

May each body be respected.

May each gift be received.

May this space be clear, sacred, and protected.

Calling in the East

Spirit of the East,

Direction of the rising sun,

Direction of new beginnings, breath, vision, clarity, and awakening,

We welcome you.

Come into this circle with the light of dawn.

Bring us fresh perspective.

Bring us the courage to begin again.

Bring us the willingness to be students of life.

Help us see what is ready to emerge.

Help us open to wonder.

Help us release the need to know everything before we begin.

May the winds of the East clear our minds.

May they awaken our insight.

May they help us listen for the wisdom that arrives on the first breath of morning.

Spirit of the East, we welcome you.

Please be with us.

Calling in the South

Spirit of the South,

Direction of warmth, innocence, trust, play, passion, vitality, and the open heart,

We welcome you.

Come into this circle with the fire of life.

Bring us courage.

Bring us tenderness.

Bring us the willingness to feel.

Help us return to the wisdom of the heart.

Help us remember joy, creativity, movement, and connection.

Help us soften the places that have become guarded.

May the fire of the South warm what has grown cold.

May it enliven what has become stagnant.

May it teach us how to walk with courage, compassion, and love.

Spirit of the South, we welcome you.

Please be with us.

Calling in the West

Spirit of the West,

Direction of the setting sun,

Direction of water, emotion, release, mystery, dreams, shadow, and transformation,

We welcome you.

Come into this circle with the wisdom of descent.

Teach us how to let go.

Teach us how to listen beneath the surface.

Teach us how to honor grief, emotion, intuition,
and the unseen.

Help us release what is complete.

Help us meet what has been hidden with
compassion.

Help us trust the medicine of the dark, the
unknown, and the deep waters within.

May the waters of the West cleanse us.

May they soften us.

May they carry away what we no longer need
to hold.

Spirit of the West, we welcome you.

Please be with us.

Calling in the North

Spirit of the North,

Direction of earth, wisdom, elderhood,
stillness, strength, ancestors, and deep
remembering,

We welcome you.

Come into this circle with your steady
presence.

Bring us grounding.

Bring us discernment.

Bring us maturity.

Bring us the wisdom of those who have
walked before us.

Help us remember the teachings of the elders,
the stones, the bones, the mountains, the
trees, and the ancient ones.

Help us become worthy ancestors.

Help us walk with integrity.

Help us honor the gifts we have received and
the legacy we are here to leave.

May the earth of the North steady our bodies.

May it strengthen our roots.

May it remind us that true wisdom is humble,
embodied, and lived.

Spirit of the North, we welcome you.

Please be with us.

Calling in Father Sky

Father Sky,

Great expanse above us,

Keeper of stars, sun, moon, wind, clouds,
vastness, and vision,

We welcome you.

Open the space above this circle.

Bring clarity to our minds.

Bring spaciousness to our hearts.

Help us remember that we are held beneath
something greater than ourselves.

May the sun illuminate what is ready to be
seen.

May the moon bless what is tender and
hidden.

May the stars remind us of mystery, guidance,
and the long path of the soul.

Father Sky, stretch above us as protection and
blessing.

Help us dream beyond what we have known.

Help us receive guidance from the highest
light.

Father Sky, we welcome you.

Please be with us.

Calling in Mother Earth

Mother Earth,

Great mother beneath us,

Body of soil, stone, root, river, desert,
mountain, flower, seed, and bone,

We welcome you.

Hold us.

Ground us.

Nourish us.

Teach us through your cycles of birth, growth,
decay, death, and renewal.

Help us remember that we belong to you.

Help us listen to the land.

Help us honor the body as sacred.
Help us move slowly enough to feel your
support beneath every step.
May this ceremony be rooted in respect.
May our healing serve not only ourselves, but
the web of life.
May we walk gently.
May we give thanks.
May we remember that we are held.
Mother Earth, we welcome you.
Please be with us.

Calling in the Higher Self

Beloved Higher Self,
Wise one within,
The part of us connected to truth, love,
guidance, courage, clarity, and divine
remembrance,
We welcome you.
Come forward gently.
Lead us from within.
Help us hear the quiet wisdom beneath the
noise.
Help us trust the part of us that already knows
how to heal, how to listen, how to release, how
to love, and how to become.
Guide each person in this circle according to
their highest good.
Help us stay connected to compassion.
Help us speak truth with care.
Help us receive what is ready to be received.
Help us release what is ready to be released.
Help us remember who we are beneath fear,
performance, protection, and forgetting.
Beloved Higher Self, we welcome you.
Please be with us.

Sealing the Circle

To the East, we give thanks.
To the South, we give thanks.

To the West, we give thanks.
To the North, we give thanks.

To Father Sky, we give thanks.
To Mother Earth, we give thanks.
To the Higher Self within each of us, we give
thanks.
May this circle be protected.
May this ceremony be guided.
May this space be filled with love, reverence,
humility, truth, and grace.
May all that happens here unfold for healing,
wisdom, integration, and the highest good of
all.
We are here.
We are listening.
We are held.
The circle is open.
The ceremony has begun.

Circle Opening Version 2

Calling the Quarters and Opening the Sacred Circle

Let us begin by arriving.

Feel your feet upon the earth.

Feel the breath moving through your body.

Feel the presence of this circle forming around us.

We gather between earth and sky,
between seen and unseen, between what has
been and what is becoming.

We gather in reverence for the old ways,
for the living land, for the wisdom of the
elements,
for the ancestors who walked before us, and
for the sacred fire of spirit within.

May this circle be a place of truth.
May this circle be a place of protection.

May this circle be a place of healing,
remembering, learning, and becoming.

By breath, by flame, by water, by stone,
we open this sacred space.

The circle is being cast.
The threshold is being crossed.
The work is beginning.

Air, Dawn, Vision, and New Beginnings

We turn to the East,
place of dawn, breath, birdsong, and
beginning.

Spirits of the East,
keepers of Air, wind, thought, vision, and
inspiration,
we call to you.

Come to us on the morning breeze.
Clear our minds.
Open our perception.
Awaken our intuition.
Help us see with new eyes.

May the winds of the East carry away
confusion,
stagnation, and old stories that no longer
serve.

May Air bring us clarity, curiosity, and the
courage to begin again.

Let every breath remind us:
we are alive,
we are teachable,
we are listening.

Spirits of the East,
element of Air,
we honor you.
Hail and welcome.

Calling the South

Calling the East

Fire, Passion, Courage, and Transformation

We turn to the South,
place of warmth, sunlight, vitality, and sacred
flame.

Spirits of the South,
keepers of Fire, passion, courage, creativity,
and transformation,
we call to you.

Come to us as hearth fire,
as candle flame,
as sun on the skin,
as the spark of life within the heart.

Warm what has grown cold.
Illuminate what is ready to be seen.
Burn away what is false, heavy, or complete.

May Fire give us courage to feel,
courage to speak,
courage to create,
and courage to become.

May we remember that transformation is not
always gentle,
but it can be holy.

Spirits of the South,
element of Fire,
we honor you.

Hail and welcome.

Calling the West

Water, Emotion, Mystery, and Release

We turn to the West,
place of twilight, dream, descent, and the
deep waters.

Spirits of the West,
keepers of Water, emotion, intuition, mystery,
grief, and release,
we call to you.

Come to us as rain,
as river,
as tears,
as ocean,
as the deep well of memory within.

Help us soften.
Help us surrender.
Help us listen beneath the surface.

May Water teach us how to feel without
drowning,
how to grieve without becoming lost,
how to release what is complete,
and how to trust the wisdom of the unseen.

Wash through this circle with compassion.
Cleansed what is ready to be cleansed.
Bless what is tender.
Carry away what no longer belongs.

Spirits of the West,
element of Water,
we honor you.

Hail and welcome.

Calling the North

Earth, Ancestors, Wisdom, and Elderhood

We turn to the North,
place of stone, root, mountain, bone, and
ancient knowing.

Spirits of the North,
keepers of Earth, ancestors, wisdom,
endurance, and elderhood,
we call to you.

Come to us as mountain strength,
as forest root,
as standing stone,
as fertile soil,
as the bones of those who came before.

Ground us.
Steady us.
Teach us patience, humility, and belonging.

May Earth remind us that we are held.
May Earth remind us that wisdom is lived
through the body.
May Earth remind us that we are part of the
great turning:
birth, growth, harvest, decay, death, and
renewal.

Ancestors of blood, bone, spirit, land, and
lineage,
those who come in love and wisdom,
we invite your blessing.

May we become good ancestors for those yet
to come.

Spirits of the North,
element of Earth,
we honor you.

Hail and welcome.

Honoring Mother Earth

Mother Earth,
Great Mother beneath us,
body of soil, stone, root, river, flower, seed,
and bone,
we honor you.

You hold us without question.
You feed us without demand.
You receive what we release.
You teach us through every season.

May our feet remember you.
May our bodies remember you.
May our ceremonies be rooted in respect for
you.

Help us walk gently.
Help us listen deeply.
Help us remember that healing is not separate
from the web of life.

Mother Earth,
we honor you.

Bless this circle from below.

Honoring Father Sky

Father Sky,
Great One above us,
vastness of sun, moon, stars, cloud, wind, and
endless mystery,
we honor you.

Stretch your cloak of light and darkness above
this circle.

May the sun bring illumination.
May the moon bring reflection.

May the stars bring guidance.
May the winds bring messages from beyond
what we can see.

Open our vision.
Expand our hearts.
Remind us that we are part of a mystery far
greater than ourselves.

Father Sky,
we honor you.

Bless this circle from above.

Calling in the Sacred Center

Now we call upon the Sacred Center,
the place where all directions meet,
the still point within the turning wheel.

May the center of this circle be clear.
May the center of each heart be clear.
May the center of this work be love.

We call upon the wisdom of the Higher Self,
the soul-self,
the ancient self,
the luminous self,
the part of us that remembers why we came.

Beloved Higher Self,
come forward gently.

Guide us from within.
Help us listen beneath fear.
Help us speak with truth.
Help us receive with humility.
Help us release with grace.
Help us create with devotion.
Help us become who we are here to become.

May each person be guided by their own
deepest wisdom.

May each person be protected in their
unfolding.

May each person be held in dignity, consent,
and care.

Calling the Awen / Divine Inspiration

Awen,
sacred breath of inspiration,
flowing spirit of poetry, song, wisdom, and
creation,
we invite you into this circle.

May inspiration move through our words.
May beauty move through our hands.
May truth move through our bodies.
May song, story, silence, and prayer find their
rightful place.

May we not force what wants to emerge.
May we become vessels for what is true.

Awen,
flow through us.

Awen,
guide us.

Awen,
bless this work.

Sealing the Circle

By Air, we are cleared.
By Fire, we are transformed.

By Water, we are softened.
By Earth, we are held.

With Mother Earth beneath us,
Father Sky above us,
the ancestors behind us,
the spirits of the directions around us,
and the wisdom of the Higher Self within us,
this circle is now open.

May nothing enter here that is not in service of
love, truth, healing, wisdom, and right
relationship.

May all that unfolds be for the highest good of
each person, this circle, the land, the
ancestors, the descendants, and the web of
life.

We are here.
We are listening.
We are held.
We are ready.

The circle is cast.
The ceremony has begun.

Hail and welcome.

Jewish-Inspired Opening Ceremony Script

Calling the Directions, Creation, Angels, and Divine Presence

Let us begin by arriving.

Take a breath.

Feel your feet upon the earth.

Feel the breath moving through your body.

Feel the quiet presence of this circle forming
around us.

We gather in humility.

We gather in reverence.

We gather in the presence of the Holy One,
the Source of Life,
the Breath of all breath,
the Mystery beyond all names.

We gather to listen, to learn, to heal, to
remember, and to become.

May this circle be a place of **shalom** — peace,
wholeness, harmony, and right relationship.

May this circle be a place of **emet** — truth.

May this circle be a place of **chesed** —
lovingkindness.

May this circle be a place of **rachamim** —
compassion.

May this circle be a place of **kavod** — dignity
and honor for every soul.

We say inwardly:

Hineni.
Here I am.

Here I am before the Holy One.

Here I am before the mystery of my own
becoming.

Here I am before this circle.

Here I am before the work of healing, truth,
and blessing.

Opening Blessing

Ribbono Shel Olam,
Source of the Universe,
Holy One of many names and beyond all
names,

Bless this gathering.

Let wisdom rest upon us.

Let compassion move through us.

Let our words be clean.

Let our hearts be softened.

Let our bodies be respected.

Let our spirits be protected.

Let anything not aligned with love, truth,
healing, consent, and right relationship be
released from this space.

May this circle be surrounded by light.

May this work be guided by wisdom.

May the Divine Presence dwell among us.

Calling the East

Ruach / Air / Dawn / Wisdom / Archangel Uriel

We turn to the East,
place of dawn, breath, first light, and new beginning.

We call upon **Ruach** — sacred breath, holy wind, spirit moving through all life.

Breath of the Holy One,
clear our minds.

Open our perception.

Bring wisdom, insight, and fresh seeing.

Help us begin again.

Help us release old stories that cloud the heart.

Help us listen for the quiet voice of guidance.

We call upon **Archangel Uriel**,
angel of Divine light, illumination, and wisdom.

Uriel, light of God,
stand before us.

Illuminate the path.

Help us see what is true.

Help us remember what is sacred.

Help us walk forward with humility and clarity.

Spirit of the East,
Ruach of Creation,
Uriel of holy light,

we welcome you.

Shalom. Welcome.

Calling the South

Esh / Fire / Courage / Devotion / Archangel Michael

We turn to the South,
place of warmth, courage, devotion,
transformation, and holy fire.

We call upon **Esh** — sacred fire, flame of life,
light of the soul.

Fire of the Holy One,
warm our hearts.

Strengthen our courage.

Burn away fear, shame, falsehood, and
anything that keeps us from love.

Help us become brave enough to speak truth
with kindness.

Help us become strong enough to protect
what is sacred.

Help us become clear enough to act with
integrity.

We call upon **Archangel Michael**,
guardian and protector, defender of Divine
light.

Michael, strength of God,
stand at our right hand.

Protect this circle.

Guard the threshold.

Help us release what is not ours to carry.

Help us stand in courage, dignity, and faith.

Spirit of the South,
Fire of Creation,
Michael of holy protection,

we welcome you.

Shalom. Welcome.

Calling the West

Mayim / Water / Emotion / Mystery / Archangel Gabriel

We turn to the West,
place of twilight, dream, emotion, mystery,
release, and the deep waters of the soul.

We call upon **Mayim** — sacred waters, river of
compassion, tears of healing, womb of
renewal.

Waters of the Holy One,
soften us.

Cleanse us.

Help us feel without drowning.

Help us grieve without becoming lost.

Help us release what is complete.

Help us trust the wisdom of the unseen.

May our tears be honored.

May our intuition be welcomed.

May our hearts become tender enough to
receive.

We call upon **Archangel Gabriel**,
messenger of God, angel of revelation,
dreams, and sacred communication.

Gabriel, voice of God,
stand behind us.

Carry messages of truth.

Help us hear what is ready to be heard.

Help us speak what is ready to be spoken.

Help us receive guidance through prayer,
dream, symbol, silence, and the deep well
within.

Spirit of the West,
Waters of Creation,
Gabriel of holy message,

we welcome you.

Shalom. Welcome.

Calling the North

Adamah / Earth / Ancestors / Body / Archangel Raphael

We turn to the North,
place of earth, root, stone, body, ancestors,
patience, and sacred remembering.

We call upon **Adamah** — holy earth, sacred
ground, body of Creation.

Earth of the Holy One,
ground us.

Hold us.

Steady us.

Teach us patience.

Teach us humility.

Teach us how to belong.

Help us remember that we are formed from
earth and breath.

Help us honor the body as sacred.

Help us walk gently upon the land.

We call upon **Archangel Raphael**,
angel of healing and restoration.

Raphael, healing of God,
stand at our left hand.

Bring healing to the body.

Bring peace to the nervous system.

Bring restoration to the heart.

Bring wholeness to the soul.

Help us remember that healing does not mean
becoming perfect.

Healing means returning to wholeness,
compassion, and right relationship.

Spirit of the North,
Earth of Creation,
Raphael of holy healing,

we welcome you.

Shalom. Welcome.

Honoring the Heavens Above

HaShamayim

We lift our awareness to the heavens above.

HaShamayim — the heavens, the vast
expanse, the realm of sun, moon, stars,
clouds, wind, and mystery.

Holy One who stretches the heavens,

Bless us from above.

May the sun bring illumination.

May the moon bring reflection.

May the stars bring guidance.

May the vast sky remind us that we are held
inside a mystery greater than our
understanding.

Open our minds beyond smallness.

Open our hearts beyond fear.

Open our lives to wisdom, wonder, and awe.

May we remember:

The heavens declare glory.
The breath of life moves through

all things.

We are part of Creation, not
separate from it.

Heavens above,
Shamayim of blessing,

we welcome you.

Shalom. Welcome.

Honoring the Earth Below

Ha'Adamah

We lower our awareness to the earth beneath
us.

Ha'Adamah — sacred ground, soil, stone,
root, mountain, desert, river, seed, and bone.

Holy One who forms life from the earth,

Bless us from below.

May the ground beneath us hold every body in
this circle.

May the land receive what we are ready to
release.

May the earth nourish what we are ready to
grow.

May we remember that Adam, the human one,
comes from Adamah, the earth.

We belong to the living world.

We are not separate from the soil, the plants,
the waters, the animals, the seasons, or the
ancestors.

May we walk gently.

May we give thanks.

May our healing serve life.

Earth below,
Adamah of blessing,

we welcome you.

Shalom. Welcome.

Calling in the Shekhinah

Divine Presence Within and Among Us

Now we call upon the **Shekhinah**,
the indwelling Divine Presence,
the Holy Presence that rests among us,
the Presence that accompanies us in exile,
healing, grief, joy, and return.

Shekhinah,
Presence of the Holy One,

Dwell among us.

Rest upon this circle.

Move through our breath.

Soften our hearts.

Guide our words.

Bless our silence.

Help each person feel held in dignity and care.

May the Divine spark within each soul be remembered.

May the **neshamah**, the sacred soul, be honored.

May the deepest wisdom within us come forward gently.

May we listen beneath fear.

May we speak from truth.

May we receive with humility.

May we release with grace.

May we become vessels of healing, courage, compassion, and peace.

Shekhinah,
Holy Presence,

we welcome you.

Shalom. Welcome.

Prayer for the Circle

May this circle be protected.

May this circle be clear.

May this circle be rooted in love.

May no harm be done here.

May every person's dignity be honored.

May every boundary be respected.

May every body be treated as sacred.

May every voice be welcomed at the right time.

May silence be honored as deeply as speech.

May tears be honored.

May laughter be honored.

May truth be honored.

May mystery be honored.

May what is ready to heal be held with compassion.

May what is ready to be released return to the Holy One.

May what is ready to be born be blessed.

Angelic Protection Prayer

Before us, Uriel, light of God.

Behind us, Gabriel, messenger of God.

At our right hand, Michael, protector of God.

At our left hand, Raphael, healer of God.

Above us, the light of the Holy One.

Below us, the sacred earth.

Within us, the Divine spark.

Around us, the wings of peace.

May we be held in a circle of blessing.

May we be surrounded by **shalom**.

May we walk in wisdom.

May we speak in truth.

May we serve in love.

Sealing the Circle

To the East, Ruach, and Uriel,
we give thanks.

To the South, Esh, and Michael,
we give thanks.

To the West, Mayim, and Gabriel,
we give thanks.

To the North, Adamah, and Raphael,
we give thanks.

To the heavens above,
we give thanks.

To the earth below,
we give thanks.

To the Shekhinah, Divine Presence within and
among us,
we give thanks.

To the Holy One, Source of Life,
we give thanks.

May this circle be held in **shalom**.

May this ceremony be guided by **emet**, truth.

May this work be rooted in **chesed**,
lovingkindness.

May this space be filled with **rachamim**,
compassion.

May all that unfolds here serve healing,
wisdom, liberation, blessing, and the repair of
the world.

Hineni.

We are here.

We are listening.

We are held.

The circle is open.

The ceremony has begun.

Amen.

Christian-Inspired Opening Ceremony Script

Calling the Elements and Archangels

Let us begin by arriving.

Take a deep breath.

Feel your feet upon the earth.

Feel your heart soften.

Feel the presence of God within us, around us, above us, and beneath us.

We gather in the name of Divine Love.

We gather in the name of Christ consciousness, sacred wisdom, compassion, healing, and truth.

May this circle be held in grace.

May this space be protected by the Light of God.

May anything not aligned with love, healing, truth, humility, consent, and right relationship be released from this space now.

We ask that this ceremony be guided by Divine Wisdom.

May our hearts be opened.

May our minds be clear.

May our bodies be honored.

May our spirits be strengthened.

May we be instruments of peace.

And now, with reverence, we call upon the sacred directions, the holy elements, and the archangels of Divine Light.

Calling the East

Air and Archangel Raphael

We turn to the East,
direction of dawn, breath, new beginnings,
clarity, and healing.

Element of Air,
sacred breath of God,
we welcome you.

Clear our minds.
Open our perception.
Bring fresh understanding.
Help us breathe deeply and receive the
wisdom of this moment.

Archangel Raphael,
holy healer and messenger of God,
we invite your presence.

Bring healing to our bodies, minds, hearts, and
spirits.
Guide us toward wholeness.
Help us listen for the breath of God moving
through us.
Help us receive the medicine of clarity,
renewal, and gentle restoration.

May the winds of the East clear away
confusion.

May each breath remind us that we are alive,
loved, and held.

Archangel Raphael, guardian of healing,
Element of Air, breath of life,
we welcome you.

Be with us now.

Calling the South

Fire and Archangel Michael

We turn to the South,
direction of warmth, courage, passion,
transformation, and holy fire.

Element of Fire,
sacred flame of God,
we welcome you.

Ignite our courage.
Warm our hearts.
Illuminate what is ready to be seen.
Burn away fear, falsehood, shame, and
anything that keeps us from love.

Archangel Michael,
protector, defender, and warrior of Divine
Light,
we invite your presence.

Stand at the edge of this circle with your sword
of truth and protection.
Guard this space.
Strengthen our spirits.
Help us release what is not ours to carry.
Help us stand in courage, integrity, and faith.

May the Fire of the South transform us without
consuming us.

May it awaken holy courage within us.
May it help us become brave enough to love,
speak truth, and walk in alignment.

Archangel Michael, guardian of protection,
Element of Fire, flame of transformation,
we welcome you.

Be with us now.

Calling the West

Water and Archangel Gabriel

We turn to the West,
direction of evening, emotion, intuition,
dreams, release, and the deep waters of the
soul.

Element of Water,
sacred flow of God,
we welcome you.

Soften us.
Cleanse us.
Help us feel without fear.
Help us release what is complete.
Help us trust the holy current of grace.

Archangel Gabriel,
messenger of God, angel of revelation,
annunciation, and sacred communication,
we invite your presence.

Help us hear the messages meant for us.
Help us speak truth with tenderness.
Help us receive guidance through dreams,
intuition, prayer, and the quiet movements of
the heart.

May the Waters of the West wash through this circle with compassion.
May grief be honored.
May emotion be welcomed.
May what is ready to be released return gently to the stream of Divine Love.

Archangel Gabriel, guardian of sacred messages,
Element of Water, river of grace,
we welcome you.

Be with us now.

Calling the North

Earth and Archangel Uriel

We turn to the North,
direction of earth, wisdom, ancestors,
patience, roots, bones, and sacred remembering.

Element of Earth,
holy body of God's creation,
we welcome you.

Ground us.
Steady us.
Nourish us.
Teach us humility, patience, reverence, and belonging.

Archangel Uriel,
angel of wisdom, illumination, and the light of God,
we invite your presence.

Bring wisdom to our choices.
Bring steadiness to our bodies.
Bring peace to our nervous systems.

Help us remember what is essential.
Help us walk with dignity, maturity, and devotion.

May the Earth of the North hold us in strength.
May the stones, roots, mountains, trees, and soil remind us that we are part of creation.
May we become wise stewards of our lives, our bodies, our communities, and this sacred earth.

Archangel Uriel, guardian of wisdom,
Element of Earth, ground of life,
we welcome you.

Be with us now.

Calling Father Sky

The Heavens Above

Heavenly Father,
Source of Light, Love, Wisdom, and Life,
we lift our hearts to You.

Father Sky,
holy heavens above us,
sun, moon, stars, clouds, wind, and vast mystery,
we welcome your blessing.

May the light of God shine upon this circle.
May Christ's love guide our hearts.

May the Holy Spirit move through this space as breath, warmth, wisdom, and peace.

Open the heavens above us.

Pour grace over this gathering.

Let this ceremony be covered in Divine Light.

May we remember that we are never separate
from God's love.

Heavenly Father,
Sky of blessing,
Light above all light,
we welcome you.

Be with us now.

Calling Mother Earth / Divine Mother

The Sacred Ground Beneath Us

Mother Earth, Divine Mother
sacred creation of God,
body of soil, stone, root, river, flower, seed,
and bone,
we honor you.

You hold us.
You feed us.
You receive our prayers, our tears, our grief,
and our gratitude.

May we remember that our bodies were
formed from the earth.
May we walk gently upon you.
May we honor the land as holy ground.

Bless this circle from below.

Ground every prayer.
Hold every body.
Receive every release.
Nourish every seed of healing planted here.

Mother Earth, Divine Mother
holy ground of creation,
we honor you.

Be with us now.

Calling the Christ Within

Higher Self / Divine Self

Beloved Christ within,
Holy Spirit within,
Divine wisdom within each heart,
we welcome you.

Come forward gently.

Guide us from the deepest place of truth.

Help us remember who we are beneath fear,
performance, protection, and forgetting.

Help us listen to the still small voice within.

Help us speak with love.
Help us receive with humility.
Help us forgive where forgiveness is ready.
Help us release what is complete.
Help us bless what is sacred.
Help us become instruments of healing and
peace.

May the Christ Light within each person be
strengthened.

May the Higher Self, the soul-self, the
God-connected self, lead us toward love,
courage, compassion, wisdom, and grace.

Beloved Christ within,
Holy Spirit within,
Divine wisdom within,
we welcome you.

Be with us now.

Prayer of Protection and Blessing

God of Love,
surround this circle with protection.

May Archangel Raphael bring healing.
May Archangel Michael bring protection.
May Archangel Gabriel bring clear messages.
May Archangel Uriel bring wisdom and grounding.

May Air clear us.
May Fire strengthen us.
May Water soften us.
May Earth hold us.

May God the Father bless us from above.
May the Divine Mother support us from below.
May Christ's love shine within us.
May the Holy Spirit move through us.

Let this be a space of reverence.
Let this be a space of consent.
Let this be a space of truth.
Let this be a space of compassion.
Let this be a space of healing.

May all that unfolds here be for the highest good, in alignment with Divine Love.

Sealing the Circle

To the East, Air, and Archangel Raphael,
we give thanks.

To the South, Fire, and Archangel Michael,
we give thanks.

To the West, Water, and Archangel Gabriel,
we give thanks.

To the North, Earth, and Archangel Uriel,
we give thanks.

To God the Father and the Heavenly Realms,
we give thanks.

To the Divine Mother and all of creation,
we give thanks.

To Christ within, the Holy Spirit, and the Divine Light that guides us,
we give thanks.

This circle is protected.

This ceremony is blessed.

This space is held in love.

We are here.
We are listening.
We are guided.
We are held.

In the name of Divine Love,
in the light of Christ,
and in the presence of grace,

the circle is open.

The ceremony has begun.

Amen.

Songbook:

Medicine songs are typically simple in melody and lyrics, making them easy to learn and sing together. Here are some medicine songs that are well-suited for group singing:

1. The River is Flowing

This song has a gentle, flowing melody and is often used in healing circles. Its repetitive lyrics make it easy to learn:

"The river is flowing, flowing and growing. The river is flowing, down to the sea. Mother Earth carry me, your child I will always be. Mother Earth carry me, down to the sea."

2. Earth My Body

- A simple and powerful chant that connects singers with the elements:

"Earth my body, water my blood, air my breath and fire my spirit."

It's often sung in a round, creating beautiful harmonies.

3. Grandmother Song

Song by Sheffy Oren Bach

I hear the voice of my grandmothers callin' me
I hear the voice of my grandmother's song
She says, "Stand in your power
Women stand in your power
Listen, listen, listen, listen"

I hear the voice of my grandmothers callin' me
I hear the voice of my grandmother's song
She say, "Give birth, give life
Mothers give birth, give life
Listen, listen, listen, listen"

I hear the voice of my grandmothers callin' me
I hear the voice of my grandmother's song
She say, "Teach them, be wise
Grow and teach them, be wise
Listen, listen, listen, listen"

I hear the voice of my grandmothers callin' me
I hear the voice of my grandmother's song
She say, "Wake up wake up
Child wake up, wake up
Listen, listen, listen, listen"

I hear the voice (listen, listen)

I hear the voice (listen, listen)

I hear the voice (listen, listen)

I hear the voice (listen, listen)

4. Amor Song

_____, yo canto para ti

Eleva su alma

Amor amor amor

Es amor amor amor

Amor amor amor

Es amor

- Based on a traditional Navajo prayer, it's a song of harmony and beauty:

"I walk in beauty, beauty before me, beauty behind me, beauty above and below me."

5. Angel Heart

Angel heart is this another ending or a start
is there anyway that they could ever be a part in the
end we come full circle again

Gentle soul
you know each day the trouble takes its toll
but every silver lining hides a seam of gold in the end
we come full circle again

Angel heart never be afraid to face the dark
if you are, you will never let the healing start
in the end we come full circle again

Gentle soul never be afraid to face the goal
don't you know the light you see is your own soul
in the end we come full circle again

Special one such a ship to sail into the sun
and when you finally get there, you'll have just begun in
the end.

Will come full circle again.
in the end we come full circle again

6. Ho'oponopono Song

- Based on the Hawaiian practice of reconciliation and forgiveness, the lyrics are simple:

Thank you, I love you

Please Forgive Me, I Forgive You

Ho'oponopono, Mahalo ia 'oe

7. Illumina

Ó, grandioso sol, sol central x2
Ilumina, ilumina, ilumina, ilumina

Ó, grandiosa lua no céu x2
Ilumina, ilumina, ilumina, ilumina

Ó, grandiosa estrela no céu x 2
Ilumina, ilumina, ilumina, ilumina

8. I Find my Joy in the Simple Things

I find my joy in the simple things, coming from the earth. I find my joy in the sun that shines and the water that sings to me. Listen to the wind and listen to the water, hear what they say.

Singing hey yah hey yah hey yah hey yah hey yah hey
yah hey
X3

Let us never forget, never forget to give thanks, Give thanks, give thanks, give thanks, and praise
X2

Singing hey yah hey yah hey yah hey yah hey yah hey
yah hey

9. We all Come from the Goddess

chorus
We all come from the Goddess
And to her we shall return
Like a drop of rain
Flowing to the ocean

Hoof and horn, hoof and horn
All that dies shall be reborn
Corn and grain, corn and grain
All that falls shall rise again
Repeat chorus

Sage and crone, sage and crone
Wisdom's gift shall be our own
Crone and sage, crone and sage
Wisdom is the gift of age.

Repeat chorus

10. The Tree Song

Standing on the earth with my roots dug down
Branches are wide and open
Down comes the sun
Down comes the rain
Down comes the fruit to a heart that is open to be
Standing on the earth with my roots dug down

11. I Walk Your Sacred Ground

I walk your sacred ground, healing waters I have found.
Rivers flowing strong and deep, wash away your tears.
Mother, I hear your cry, I feel your every sigh.
I have come to comfort you, Round the Medicine Wheel.
Om Tare Tuttare Soha (Meaning: Your body, speech and mind are transformed in Tara's holy body, holy speech, and holy mind. She is the green goddess of Tibet.)
Om Tare Tuttare Ture Soha

12. Sweet Surrender

We are opening up in sweet surrender to the luminous love light of the one.
We are opening up in sweet surrender to the luminous love light of the one.
We are opening, we are opening.
We are opening, we are opening. (Repeat)

13. There is a Secret One Inside

There is a secret one inside
All the stars and all the galaxies
Run through her hands like beads

14. Mother I Feel You

by Diane Martin and Windsong

Mother I feel you under my feet
Mother I feel your heartbeat
Mother I feel you under my feet
Mother I feel your heartbeat
Heya hey hey hey hey hey hey o
Heya hey hey hey hey hey hey ooo
Heya hey hey hey hey hey hey o
Heya hey hey hey hey hey hey ooo (Repeat)

Mother, I hear you in the river's song
Eternal waters flowing on and on
Mother, I hear you in the river's song
Eternal waters flowing on and on

Father, I see you when the eagle flies
Light of the spirit going to take us higher
Father, I see you when the eagle flies
Light of the spirit going to take us higher

Mother, I feel you under my feet
Mother, I hear your heartbeat
Mother, I feel you under my feet
Mother, I hear your heartbeat

Mother, I hear you in the river's song
Eternal waters flowing on and on
Mother, I hear you in the river's song
Eternal waters flowing on and on

15. Amazing Grace

- 1 Amazing grace! how sweet the sound,
That saved a wretch; like me!
I once was lost, but now am found,
Was blind, but now I see.
- 2 'Twas grace that taught my heart to fear,
And grace my fears relieved;
How precious did that grace appear
The hour I first believed!
- 3 The Lord hath promised good to me,
His word my hope secures;
He will my shield and portion be
As long as life endures.

- 4 When we've been there ten thousand years,
Bright shining as the sun,
We've no less days to sing God's praise
Than when we first begun.

16. Heart of the Universe

Snatam Kaur

There is a space
That exists with us
And around us
Where angels sing on rays of light
On rays of light

And love pours forth
Love pours forth
Love pours forth...
From the heart of the universe

17. Rose

Ayla Schafer

Softening, softening, softening all the hardness
Melting, melting, melting all that's frozen
Letting go, letting go of the sorrow
Dissolving into love all the shadow
We are woman, we are bringers of life
We are vessels of love, we are expressions of the divine
We are woman, we are bringers of life
We are vessels of love, we are expressions of the divine

Sisters hold my hand
You are stronger than you know
We are opening to love
We are learning how to grow
We hear the call
We are returning, we remember
We are like the rose
We are stronger than we know
We are like the rose
We are stronger than we know

Ancient mother, moving through us
Roots growing deep in our ancestry
Medicine woman, daughter, mother and lover

Reclaiming the power of our sacred memory
We are woman, we are bringers of life
We are vessels of love, we are expressions of the divine
We are woman, we are bringers of life
We are vessels of love, we are expressions of the divine

Sisters hold my hands
You are stronger than you know
We are opening to love
We are learning how to grow
We hear the call
We are returning, we remember
We are like the rose
We are stronger than we know
We are like the rose
We are stronger than we know

Sisters holding hands, in this circle we are held
Sisters holding hands, in this circle we are strong
Sisters holding hands, in this circle we remember
Sisters holding hands, in this circle we belong
Sisters holding hands, in this circle we are held
Sisters holding hands, in this circle we are strong
Sisters holding hands, in this circle we remember
Sisters holding hands, in this circle we belong

We are like the rose
We are stronger than we know
We are like the rose
We are stronger than we know
We are like the rose
We are stronger than we know
We are like the rose
We are stronger than we know

18. Cauldron of Changes

Cauldron of changes feather on the bone
Ark of eternity ring around the stone

We are the old people we are the new people
We are the same people wiser than before

Brooms of the witches fire in the night
Dance of creation we won't give up the fight

19. Born of Water

Born of water

Cleansing, powerful
Healing, changing
I am
Born of water
Cleansing, powerful
Healing, changing
I am
Born of water
Cleansing, powerful
Healing, changing
I am
Born of water
Cleansing, powerful
Healing, changing
I am
Born of water
Cleansing, powerful
Healing, changing
I am

20. Burn It all Away Kali

Om namo Kali Kali om namo
Om namo Kali Kali om namo
Oh great mother we invoke you in this space
Take away the pain and fill us with your grace
Kali burn it all away burn it all away
If it doesn't serve us then burn it all away

21. Created by Sound

We are created by sound/ we are created by the song of
the universe
We are created by sound/ we are created by the song of
the universe...
Singing with the trees/ singing with the song of the
universe
Singing with the whales/ singing with the honeybees...

(All creation/ sings...)

22. In Sunlight

Tina Malia

Om Asatoma Sat Gamaya
Tamasoma Jyotir Gamaya
Mrityorma Amritam Gamaya

23. Oeaho

Alexia Chellun

Oeaho
E a ho
E a ho
Oeaho
E a ho
E a ho
Oeaho
E a ho
E a ho

Hampue Sachamama
Hampue Kenti
Hampue Aquila
Hampue Pachamama
Wiracocha
Hatun Sonko
Los Q'eros
Munay Sonko
Otorongo

24. SWEET EARTH

I lay my head upon the sweet sweet earth,
As the stillness sings around me
Every breath I sink deeper
As the sweet sweet earth holds me
As the sweet sweet earth holds me

I rest my head upon this blossoming tree
As the gift of grace embraces me
I belong to everything
As the deep deep mystery shows me

31. Gayatri Mantra

A very ancient Indian mantra. Although the words are more complex, its repetitive nature makes it easy to learn:

"Om Bhur Bhuvah Svah, Tat Savitur Varenyam, Bhargo Devasya Dhimahi, Dhiyo Yo Nah Prachodayat."

32. Om Shanti

Edo & Jo

I woke up to the light of the earth, there was people dancing, people singing
Om Shanti, Om
Om Shanti, Om
Om Shanti, Om
I put on my fisherman pants and I left the city, left it for some
Om Shanti, Om
Om Shanti, Om
Made it to the riverside, there was freedom waving, holding out some
Om Shanti, Om
Om Shanti, Om
And in the times of silence in my head I open to the emptiness
That only sees everything that's grace
Let's open to the emptiness
Let's open to togetherness of
Om Shanti, Om
Om Shanti, Om
The seasons charge but we are here
The stars spin but we'll remain
The earth will shake and the seas will soar
The world will end, but we'll remain in
Om Shanti, Om
Om Shanti, Om
Om Shanti, Om
Om Shanti, Om
Om Shanti, Om
Om Shanti, Om

33. Ide were

Ide were were nita ochun
Ide were were
Ide were were nita ochun
Ide were were nita ya
Ide were were
Ocha kiniba nita ochun
Cheke cheke cheke
Nita ya
Ide were were

34. Altar of Love

All that I am, I offer at the Altar of love

In sweet surrender

In sweet surrender

35. Om Sri Laxmi

I sing like the birds, I grow like the trees, I
choose to live in love, I am joy I am ease.

Om Sri Laxmi Mahadevi Namaha

I choose no more fear, I choose no more
shame, I choose to live in love, I am light I am
grace.

Om Sri Laxmi Mahadevi Namaha

Om Sri Laxmi Namaha,

Sri Laxmi Namaha,

Sri Laxmi Namaha