

Healing Grief Around the Sacred Wheel October 31 - November 5, 2021



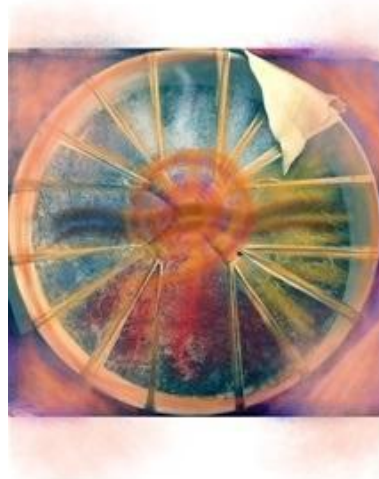
Welcome to "**Healing Grief Around the Sacred Wheel**" - a course for empowering those finding it difficult to move forward in life due to past or present pain of grief and loss. My name is Cheryl Downey, and I am your leader, guide and companion through this week of safe, gentle yet potentially deep and powerful grief-healing meditations and experiences.

I have supported those who are grieving life changes from illness, dying, and death to loss of home, family, career or community for over 35 years as a hospital, hospice and palliative care chaplain. Since 1985 I have also trained, practiced, and mentored spiritual healing and sacred arts from within shamanic

teachings that are rooted in the ancient power of Woman and the Earth. After retiring from hospice work, I founded Sacred Wheel Center for Grief and Healing to empower those suffering with past or present loss to find healing and release through exploring the deeper life-giving mysteries of their grief and within their hearts. Since 2014 my work has included private sessions, classes and workshops in the Twin Cities (MN) area, and grief-healing retreats in Florida, Minnesota, Colorado and at Ghost Ranch.

I have been attending training events and painting workshops at Ghost Ranch since 2003 - sometimes staying twice a year! I fell in love with the warmth of the ranch staff and the light, colors and power of the land and sky!! To this day there is nowhere I would rather come to reconnect with my inner self, and with the power of the Earth, to let go, heal and regenerate my spirit - alone or with others. Spirit speaks in all ways at Ghost Ranch - it is the perfect place to heal the pain of grief!

This course is entitled "**Healing Grief Around the Sacred Wheel**" for many reasons. The Sacred Wheel and the powers of the four directions are ancient and profound tools for deepening self-awareness and bringing healing balance to the flow of life energies. Movement around the Wheel honors each one's uniqueness of and faith powerful guide for exploring one's personal whether old or current or past loss, life transitions. The culture, personality, perspective; and is a non-judgmental and understanding energies of grief - young, experiencing or anticipating future Wheel is meant to



move - and so *is grief!* - and both will do so at the pace that is right for each of us. There is no right or wrong way to do this, as there is no right or wrong way to grieve.

The course will bring participants into the four major healing aspects of their own grief experience by spending a day in each direction: South (Physical/Earth); West (Emotions/Relationships/Dreaming/Water); North (Spirit/Air/Wind); East (Mind/Fire) ending in the Center (Heart). Group teachings, reflections and guided visualizations will fill the mornings 9:00 - noon, followed by personal free time/ work on the land after lunch until dinner (5:30 - 6:30). We will do our West work by traveling to Lake Abiquiu and Rio Chama for a morning field trip with the additional possibility of going to the hot springs of Ojo Caliente for the afternoon, if they have re-opened after their recent fire. (There is a \$25 individual day use fee for each participant to enter the hot springs). Participants will gather for evening sessions in our designated space from 7-8:30 pm for circle-sharing and artwork.

Throughout the week participants, in addition to journaling, will be creating their personal sacred art ongoing (absolutely no artistic skill or experience needed). Each participant will create their own personal Grief Shield. In addition, each will receive a small pouch to hold found symbols of letting. The Grief Shield will be a healing wisdom-keeper to take home. The pouches with

their contents will be released in a give-away to the Sacred Fire in ceremony the last evening.

There is no pre-requisite knowledge or preparation for this work. Participants may be any age (18+) having experienced any loss(es) - including loss of a loved one through death or illness, loss of relationship through break-up or divorce, home, job, career, health, community - and need only to be willing to start the journey around the Sacred Wheel!

What participants may gain from this course:

- The discovery of the four directional aspects around the Sacred Wheel and the grief energies held within each of them
- An understanding that grief is not something to be cured but simply accepted and allowed as healing movement
- An awakening to energy we get from the earth to help us feel and heal the ways we hold grief in our bodies
- An experience of the power of water for grief movement and release
- Empowerment of personal spirit connections and healing wisdom through inner conversation, ceremony, listening to the wind, prayer, dreams, meditation and journaling
- Illumination of one's mind control over the grief process and experience and the power of telling grief's true story
- The power of sacred art for healing and wisdom-keeping
- The blessings of love and gratitude!

What to bring:

- comfortable clothing for layering and warm socks for both indoor and outdoor work
- comfortable hiking/walking shoes - covered toes
- umbrella/rain gear/warm jacket/light gloves for walking in potentially cool or inclement weather
- swimsuit (and flip-flops, if available)
- sunglasses, hat, sunscreen, insect repellent, small carrying pack, refillable water container for being out on the land
- blanket, mat or cushion for meditating, indoors and outdoors
- notebook, pens
- several Sharpie fine and med-pt markers in favorite colors
- inexpensive children's watercolor paintset (tubes are ok)
- pad of 12 X 16 watercolor paper (at least 10 sheets)
- 1 inch-wide paintbrush; and 1 half-inch wide brush
- large garbage bag for spill-protection, for drying paintings and to protect them on journey home
- object of remembrance for the group's healing altar, such as a photo, jewelry, handkerchief, coin, etc - to return home with you
- a personal sacred symbol/inspirational object for the healing altar, such as a special stone or crystal, feather, fetish, bowl, bead, bundle etc - to both give and gather energy from the retreat and return home with you
- flashlight
- extra cash for field trip, if one is scheduled (minimum \$30 for day pass) and additional for sundry expenses (gift shops, drinks, snacks etc).

Course will supply:

- Grief Shield materials

- Cotton pouches
- Decorative supplies (bring your own favorites, too, if you desire)
- Glue and glue guns
- Sacred herbs for grief-healing teas and essential oils for application, if desired



If you have questions, email me at sacredfire44@gmail.com or call: 612-272-3977. Or go to ghostranch.org for more details.

I honor you for having the courage to follow your heart to this healing time together! I am excited to meet you!

From my heart to yours ~ Cheryl

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