

FORGIVING OURSELVES AND OTHERS

a workshop with Cecile Carson, M.D.



Rochester, New York

July 21-22, 2018

This workshop will focus on the power of releasing old patterns and constraints that are limiting our ability to be fully who we are. It will explore forgiveness beyond the emotional to the spiritual dimension of the Great Mystery and the Great Game of life. We will look at forgiveness as an energy that neutralizes the charge attached to a person or event, releasing us and the person or event from the debt that is allegedly owed. Through journey and ritual, we will receive the gift of compassion from spirit to ignite our own compassion in transforming the bindings and remembering the great

web of connection in which we are all held. Concepts of “radical forgiveness” and the Hawaiian “ho’oponopono” will be introduced to guide the process.

The workshop will run from 9-5 on both Saturday and Sunday. Please bring a drum or rattle if you have one. Wear comfortable clothing, and bring an eye cover, a blanket, and a pen and notebook to record your journeys. **Prerequisite:** ability to do a shamanic journey and connect with a spirit helper.

Cecile Carson is an experienced teacher and shamanic worker for the past 25 years who has integrated shamanic principles into her Western medical practice. She has had extensive training through the Foundation for Shamanic Studies and has studied in Romani (gypsy) and Celtic traditions as well. She is also a founding member of the Board of Directors for the Society for Shamanic Practitioners and editor of the anthology *Spirited Medicine: Shamanism in Contemporary Healthcare*.

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FEE: \$225 for the training

REGISTRATION: (a \$75 non-refundable deposit is required to hold your space in the Forgiveness workshop)

Name _____

Address _____

Phone & email address _____

