

MOUNTAIN, EARTH & SKY: INDIGENOUS HEALING WISDOM

With Ken Cohen and
Grace Alvarez Sesma

June 20-21, 2009
Summer Solstice Weekend
IN NEDERLAND, COLORADO

A dynamic husband and wife team, Ken and Grace will show you how to tune in to the healing forces of Mountain, Earth, and Sky in order to re-establish your connection to nature and your own soul. Join them at the beautiful Shooting Star Light Center in the Rocky Mountains 40 minutes west of Boulder, Colorado.



As indigenous calendars -- such as the Mayan -- come to a turning point, it is time to break down barriers formed by small-mindedness. Opposites are brought to unity and harmony, fire and water, male and female, mind and body. We merge with *El Gran Silencio* — the Great Silence of Spirit. **Experience the use of prayer, song, and dance in healing. Learn about the role of herbs and plants in indigenous medicine. Practice subtle energy healing techniques. Through discussion and story telling, learn about the ancient values that are the key to a whole and happy life.** This workshop is for beginners as well as for those who are familiar with healing traditions.

The program will include:

- **Power of Ritual, Sacred Breath, and Prayer in Healing,**
- **Cross-cultural “breath energy” exercises from various indigenous cultures**
- **How to enter and “awaken” the dreaming mind**
- **Mexican *Limpias*: Cleansing and Protection of the Physical and Spiritual Body with ordinary raw chicken eggs and healing plants—demonstrations and learn how to do it!**
- ***Kinam*: Walking in Balance & Beauty**
- **Prophecy Traditions**
- **Entering *El Gran Silencio*, The Great Silence of Spirit**

Please note that this class is spirit-led and content may vary slightly depending on Ken and Grace’s inner guidance and participants’ needs. Fees are only charged for educational sessions, a portion of which is donated to Native American and environmental organizations. There will be a Saturday evening healing ceremony, free and open to the public, with 100% of any donations given to Native Seed Search, for the preservation of indigenous crops and agriculture.

ABOUT THE PRESENTERS:

Ken "Bear Hawk" Cohen (www.sacredearthcircle.com) is an internationally renowned educator, author, and traditional healer. Of Russian Jewish ancestry-- a tradition he deeply respects-- he has followed the path of indigenous wisdom, his calling and his gift, for more than 40 years. He was an apprentice to Rolling Thunder, Keetoowah, and other noted North American Indian medicine people, and also worked closely with elder healers among the Chinese, African Zulu, and Nigerian Igbo peoples. A member of various medicine societies, he maintains close ties with his adoptive Cree Indian family from Canada. Ken's lectures and keynotes have been sponsored by universities, clinics, and conferences, including the Mayo Clinic, the American Cancer Society, the Canadian Ministry of Health, the Menninger Institute, the International New Thought Conference, and the World Congress on Energy Medicine. He is the author of *Honoring the Medicine: The Essential Guide to Native American Healing* (Ballantine Books), best-selling Sounds True audio/video courses, and more than 200 journal articles on spirituality and health. In 2003 Ken won the leading international award in energy medicine, the Alyce and Elmer Green Award for Innovation and Lifetime Achievement.

Griselda (Grace) Alvarez Sesma, www.curanderismo.org, a curandera (healer) of Mexican/Yaqui heritage, was born in Baja California. She has studied with several indigenous healers from Mexico as well as the United States, principally with the noted elder, Yaqui/Lacandon Maya Medicine Man, Tezkalci Matorral Kachora of Mexico. She is Adjunct Professor at Arizona Western College in Yuma, Arizona where she teaches "Exploring Native American Healing Traditions." A lively and inspiring presenter, Griselda has a consulting and private healing practice that draws from Aztec and Mayan spiritual and healing traditions. She collaborates with physicians to integrate western allopathic medicine with traditional Mesoamerican healing and lectures nationally on curanderismo. A leader in the Latina community, in 1993 she was the recipient of the prestigious leadership fellowship award by the National Hispana Leadership Institute in collaboration with Harvard University, John F. Kennedy School of Government. That same year, she became the founding President of the Imperial Valley, California chapter of MANA, a national Latina organization, based in Washington, D.C. Griselda is currently developing a monthly cultural education outreach program for Arizona Western College that will feature lectures by elders of local Arizona and California tribes on sacred sites, herbal and medicinal knowledge, and indigenous traditions

SCHEDULE:

Saturday 9 AM-12, 2- 4 PM, 7-9 (Healing Ceremony)

Sunday 9-12, 2-4 PM

Lodging and Directions: marie@shootingstarlightcenter.com
www.shootingstarlightcenter.com Phone: 303-258-9263

For more information about the program, call 303-258-0971.

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INDIGENOUS HEALING WISDOM

REGISTRATION FORM

The cost for this dynamic weekend is \$275 per person. Please register early, as space is limited. Registration: a \$75 non-refundable deposit, the balance payable on the opening day of workshop. Accommodations and meals are not included.

PLEASE PRINT

Name

Address

Email

Phone

Method of Payment

Check \$ _____

Visa \$ _____

MasterCard \$ _____

Credit Card No.

Expiration Date:

Signature (for credit card payments)

Return this completed and signed registration form, along with your check payable to Kenneth Cohen, to:

Kenneth Cohen or Grace Sesma
Indigenous Wisdom
P. O. Box 1727
Nederland, CO 80466
U.S.A.

**FOR MORE INFORMATION OR TO REGISTER BY PHONE
CALL 303-258-0971 OR VISIT OUR WEBSITES:**

www.sacredearthcircle.com
www.curanderismo.org