

## Crystal Bear Connections - February 2011

### MUNAY-KI - Introduction and Mentoring

Friday, February 18<sup>th</sup> 7-9 pm

Gather with others to learn about, and how to work with, the Munay-Ki Rites. This Class is for everyone. It is my way of introducing you to the Munay-Ki, which are The Great Rites of the Q'ero, the indigenous people of the high Andes in Peru. Learn ways to grow your seeds or continue to grow your seeds if you have received any or all of the great Rites. Receive Rites that have been mulched or get your Rites for the first time. Cost: \$10-\$30 sliding scale.

For those of you who have taken the Rites Intensive with me, please come as my guest, and bring a friend!

### Experiential Shamanic Journey

Saturday, February 19<sup>th</sup> - 2-4 pm

Sellwood Spirit Feathers - 7704 SE 13<sup>th</sup> Ave Portland 97202

Learn and experience this core Shamanic skill - the Journey. Using drums or rattles, we will enter into the "Shamanic State of Consciousness". Cost \$20

Please bring something to lie on (like a yoga mat), and a blanket. We have pillows and cushions.

### Dying Consciously: The Greatest Journey

When: Thurs. Feb. 24<sup>th</sup> ~ 9-5 pm

Where: Spirit Feathers ~ 7704 SE 13<sup>th</sup> Ave Portland 97202

This Dying Consciously Training is organized to prepare for the death of a loved one, to learn to assist others with their process or simply to re-frame death as the great transformation it can be. Receive resources and information about the dying process; gather inspiration and learn hands-on practices to support others in their dying process and in healing a lifetime. Investment: \$100. Contact Rosemary to register at 503-895-4730 or info@rosemarybeam.com.

### Healers Training

#### Resetting and Resourcing: Reinforcing Skills of Shamanic Integrity

Facilitated by Elynn Rosenthal

When: Mon. Feb. 28<sup>th</sup> ~ 10-5 pm

Where: 4307 SE Jackson St., Milwaukie, OR 97222

Spend a full day in retreat, practicing old skills and developing new ones that will support a strong, resilient healing practice. Feed your compassion and presence in community with other practitioners - take the opportunity to share questions and discoveries with your peers. Join us as we reset our intention and work deeply with the land and the ancestors. Investment of only \$125. Contact Rosemary for more info!



### Fire Ceremony

Wednesday, Feb. 16<sup>th</sup> ~ 7PM

Come join us to experience a traditional Peruvian Fire Ceremony. This is a powerful way to release worries and heavy energies, call in what is needed, and express prayers and gratitude. This event occurs outdoors in Clouds, Rain and Moonbeams, so be sure to bring warm clothing and rain gear. parted most nights! This event does **NOT** occur at Spirit Feathers. A 'pay what you can' fee starts at \$10.00 to help offset costs of this event. Contact Rosemary for location info.

### ALL MONTH LONG

#### Tuesday Night Meditation Class

When: Every Tuesday Night  
from 7:00- 8:00(ish) pm

Where: 7704 SE 13<sup>th</sup> Ave. Portland,  
OR 97202

This class is for everyone that wants to create calm in their life. Learn walking meditation, body and mind calming techniques and much, much more. Each week we will focus on different techniques to enhance, or build a foundation for your own practice. Meet other local people who practice Meditation. Discuss techniques, philosophies and schools of thought. Come join us in our beautiful, peaceful healing space. By donation, everyone is welcome!

#### RosemaryBeam.com

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