



Come, gather in the tent together...

Welcome to our July newsletter. We hope that you are enjoying your summer, but don't forget to put the dates of the retreat in your diary (Oct 27-29th) and book your place now. Places are selling fast. Full details on the website.

Pam is taking a break for this month, but we still have a rich selection of articles to enjoy.

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Sacred Union

The tree which represents this month, July, is Hazel, (Celtic; Coll), its meaning is Intuition, Return to the Source.

In “The Celtic Tree Oracle” Liz and Colin Murray describe the Hazel as a sacred tree which is associated with the Salmon.

The Salmon was swimming in the River Boyne (Ireland) under the Hazel tree when 9 hazelnuts of Wisdom fell into the water. The Salmon ate them and integrated their inspirational talents like intuition, poetry, intermediation, meditation and divination which is directly connected with The Source.

Hazel twigs were also used as divining rod to find water because of their flexibility and connection with it.

Very often you find Hazel trees around old holy places and wells; places where the Druids held their ceremonies.



This month the message of the Hazel tree is Return to the Source.

Find your talents and express them through your creativity to inspire and increase them.

It can be a source of inspiration for others, for your work, hobbies and activities.

The Hazel helps you transform your ideas, by using your intuition to express them.

The Soul and Birds

This month I want to tell you what birds mean for a shaman.

During your training as a shaman you are looking for the power animal that is guiding you during your journeys.

Every shaman has power animals working with them, each with a different function. You are not choosing them, they come to you. As soon as you know who your power animals are, you can start a relationship with them. You are studying their

characteristics and behaviour and integrate them as extra skills.

My Chief Guide, the one that is taking me to the other dimensions, and guiding me during my journeys is a Hawk.

The Hawk stands for Guardianship and strong vision. My Hawk is very important to me. Great strength and vision is his gift. He gives me the ability to observe from above and have an overview. His talons and powerful beak show his great ability to grasp without fear and encourages me to grasp opportunities when they present themselves. He also protects me during my journeys.

In his book "Feathered Omens" Ted Andrews describes birds as Messengers from the Spirit World.

Throughout the world people have always looked to nature for healing, spiritual guidance, signs, omens and messages, and each of us can learn to understand those messages as well.

Birds are some of the most important messengers from the spirit world.

Birds in myths and tales are often symbols of the soul. Their ability to fly reflects the ability to rise to new awareness. They reflect the ability to link the physical realms with realms of the heavens and spirit. Birds link the waking with the dreaming.

Often when I do a journey for someone, my guide tells me to bring an animal to my client with a message. Last time I did a journey I had to bring a little songbird to cheer her up and comfort her.

Nature also teaches you that when you have a confrontation or encounter an animal, it could be seen as a message.

During my training as a shaman, one early morning I was driving along a little dyke at sunrise, to the city where I would give a training to my students. The meadow on both sides was used as a migration stop for the Wild Swans. In the middle of the road a big Swan was lying, hit by a previous car. I got out of my car and it died in my arms.

I was in total shock, such a beautiful bird, dead. I put him to the side of the road into the grass, and decided to come back that evening to pay my respects.

As a shaman you believe that the animal has a message for you and in this case, even sacrificed itself.

At that moment I was very uncertain about my education as a shaman. It was hard work and I had often disagreements with my teacher. I had my doubts if I would go on and be a good shaman because it was often in conflict with my background as a psychotherapist. I was at a crossing in the road I had to take.

When I found out that the Swan is an ancient and powerful totem and that when it appears, it always means that new realms and new dreams are about to open, it became clear to me what my decision would be.

Swan encourages you to try new things while holding onto your present securities. It said the new doors of opportunity will remain open for a while, and so there was no need to panic or rush.



Swan is also the messenger and totem of the child, the mystic, the poet and the dreamer, that part of you that knows your greatest possibilities. He encourages you to manifest dreams and to explore new realms. They will be there for you when you are ready.

The Swan tells you to maintain balance as you move towards them. If you do, the dreams and realms will unfold in a way that makes everyday one of beauty and promise.

As you all know now, I became a shaman and integrated Soul Rebalancing in my practice as psychotherapist. It even has a name - Transpersonal Healing.

When birds appear, we must examine them closely. Remember that all of their characteristics have significance. What is the colour and significance of it. What is the size? How does it behave? Does it migrate? Is it nocturnal or diurnal? In what environment is it more naturally found?

By observing a bird's habitat and flight behaviours, we can determine and gain suggestions and insight into their ties to ourselves and our lives. When you are studying the animal's behaviours, qualities and habitats, ask yourself important questions. What were you doing or thinking at the time of the encounter? What has been most on your mind for the past 24 hours prior to the encounter? The answers to these will often provide good clues as to where in your life the animal's message applies.

Most humans in today's modern world pay little attention to the presence of birds. Most people are blind to their messenger roles. Today, they are thought of as merely backyard friends or decorations, but they are so much more!

Mi Takuaway OYasin (we are all related)

Wakinyan Hotun

* Source; “Feathered Omens” Messenger Birds from the Spirit World. Ted Andrews
(www.dragonhawkpublishing.com)



Sacred Union

Kris Misselbrook

*There was a Door to which I found no Key:
There was a Veil through which I could not see:
Some little Talk awhile of Me and Thee
There seemed — and then no more of Thee and Me.*

(Rubiat of Omar Khayyam)

All movement into the sacred is movement into union,
All movement into union is movement into the sacred.
Holiness is Wholeness.
Of its nature this union is beyond words, beyond the veil.

The sacred union above is the all in one, the source of all emanations of the godhead ; the sacred union on earth is the union of male and female and is central to most ancient spiritual traditions. Each lineage has their own mythology and sacred couple that taught the keys of this great mystery : Isis and Osiris, Jesus and Mary Magdalene, Parvati and Shiva..... We seek the sacred union in our marriages, but there is no sacred union in our outer relations until we find the inner sacred union between our own masculine and feminine, and the sacred union of self with the ground of its being. In our wholeness we can become whole with another, if we are not whole we are just desiring, seeking, in the other and will not move into union together.

We have seen in our voyages in the soul realms, going back to the moment of conception how even a mundane union of a couple sends a thrill of message into the spirit realms where it may call a new incarnation to the earth-plane. Remember the vortex pull of the moment returning into the physical, finding two bodies coupling, calling you into their union. How much more does the fully conscious union reach higher into spirit, calling, bringing greater blessing on the couple and manifesting the divine on earth. This union reaches beyond the moment in time and place, calls to more union, sending joyful frissons into the web of being.

In another context, here in France, ‘Union Sacré’ is the term used for the agreement from the unions to government not to strike during World War I in the national interest. There is still a war on now – a cold war for the soul of homo sapiens – between those who glimpse the awesome cohesion of enlightenment and work to live into it, and those forces seeking to dumb-down and keep a compliant ignorant population in their service.

It is still time now to stop any political rivalry, and invent new ways of cooperation, in the face of this more important challenge to our future, with its threat to our sacredness, and of our intrinsic union.

Movement - Dance - T'ai Chi - The Breath - Rooting

Suzanne Ross

When I was a child I loved to dance and went to various dancing classes including with an elderly Cuban dancing teacher who taught our small class children's ballet and basic Spanish dancing with castanets. As a teenager I rock and rolled, did the twist and took part in all the other free form dancing teenagers and twenty somethings do.

Since those youthful years, like many of us, I have taken part in movement classes and circle dancing at various healing workshops and courses. One of the most wonderful and exuberant was a weekly class called 'Dancing Your Socks Off' run by Sue Weston in Isleworth at her Buddhist group. After limbering up we formed a large circle and one at a time went into the centre of the circle to do our own personal dance which could be any movement we liked whilst a drummer hand drummed and the circle clapped to the rhythm of the drum, after a few minutes the next person took their turn until we had all individually had a turn in the centre. It was very powerful and beautiful to experience and we came away from the class feeling joyful and full of life.

Sue now lives just outside Monmouth and teaches Mindfulness Movement, T'ai Chi and Chi Kung and takes a group to Holy Island once a year on a Buddhist Retreat.
Email: taichi@sueweston.com

Now, I attend a weekly T'ai Chi class with Russel King in Richmond and realise there are many different approaches to T'ai Chi. The one Russel teaches is from the Yang school based in France. It's a particularly slow, sensitive, exacting form of T'ai Chi helping one to experience the strong energy in the body created by the movements and the breath, it seems to build up the power within and brings all of me into body awareness in a strong peaceful way despite its original application as a martial art. As a moving meditation it works on many levels similar to a sitting meditation.
russelking145@msn.com

Whether we practise Dance, T'ai Chi, yoga, mindfulness or meditation or any other body work the importance of the breath is fundamental. Gentle aware breathing is movement, balancing and grounding us in our bodies. Even between breaths we are still moving as our heart beats and the blood flows through our veins and arteries - just listening between each breath, listen and find what you experience in the quiet stillness.

Before I see clients I usually clear the room of negative energy and bring myself into my body through gentle movement or perhaps a short meditation and connect with my Spirit Helpers then I feel balanced and ready to work.

When I am with a client if their energy field is experienced as floating around the top of their body or hovering above or they're particularly anxious I may take them

through one of the rooting exercises or a simple relaxation exercise, talking them through relaxing their muscles bringing them down to their feet and grounding them as they just sit breathing in and out normally, feeling perfectly okay in their body. Depending on the situation I might include a cleansing exercise visualising standing under a waterfall of light flowing around and through each cell of the body. Surrounding their aura in gold and blue protective light before bringing them back to the here and now by slowly counting down from 10 to 1. I find the relaxation exercise so pure and simple both my client and I are changed by it.

It would be interesting to learn what you do to help yourselves either in your daily lives or in your work.