

Shamanic Journey Retreat & Ceremonial Gathering

at Homestead Retreat, near Asheville, NC * May 25th - May 28th, 2018



This weekend will be a time to explore the ancient, mystical practice of Shamanic Journeing. We will travel to other dimensions and realms of existence to receive answers, healing, wisdom, and guidance. In addition, we will be offering both a Sacred Sweat Lodge and a Medicine Wheel Ceremony.

Information about Sweat Lodge & Medicine Wheel ceremonies can be found below.

Gathering Details: Please be sure to reserve your space well in advance - inside lodging is limited to 14-16 guests. Cost for the weekend: \$180.00. To reserve your space, a 50% non-refundable deposit is due by May 11th, 2018.

Guests are welcome to arrive anytime Friday, after 3pm and before 8pm. Healthy and nutritious potluck meals will be offered, beginning with Friday night dinner. We appreciate everyone's contribution to the shared meals and helping with any needed cleaning up on Monday. Upon registration, further details, will be provided.

Friday evening after dinner, we will enjoy some drumming, dancing, singing, and storytelling led by Hawk. Saturday morning and afternoon we will participate in the magic and mystery of Shamanic Journey explorations. At sunset, Hawk will lead a hike up to the magical Raven's Cliff overlook. Sunday morning, there will be a Medicine Wheel Ceremony. After lunch, Ayal and Hawk will guide participants in building the Sweat Lodge and sacred fire pit, followed by a late afternoon ceremony upon the completion of the Lodge. After Monday morning's breakfast, there will be a final Journey, and then we would invite everyone to help restore the sweat lodge site. After lunch, Hawk will lead those interested on a short afternoon hike. You are also welcome to relax by the pond or by the creeks and enjoy your day, in any way you might like, before departing.

Facilitator Information:

Ayal Hurst, a Shamanic Practitioner, Spiritual Counselor, and Holistic Healer, has worked with individuals and groups for over 35 years.

Hawk Hurst is a skilled storyteller, naturalist, environmental educator, and folk musician. He has participated in numerous Sweat Lodges with elders of the Navajo, Cherokee, and Lakota nations.

To register, please go to: www.HomesteadRetreatatHorseFork.com

Shamanic Journey Retreat & Ceremonial Gathering

at Homestead Retreat, near Asheville, NC * May 25th - May 28th, 2018

What is a Sweat Lodge Ceremony?

The Sweat Lodge ceremony is one practiced by First Nations people throughout North America. Lodges may be conducted prior to other activities, such as a fast or vision quest. This Ceremony is often offered as a ritual for healing, spiritual cleansing, and reaching higher consciousness. Entering the Sweat Lodge is seen as returning to the womb of Mother Earth and the exit to a symbolic rebirth. While inside the lodge one sits in total darkness. The Lodge is designed to provide a safe, sacred place where participants can concentrate on personal healing, the healing of the earth, and the fulfillment of prayers offered up. In the Lodge, through our songs and prayers, compassionate Spirits are invited in to aid us in our healing. Pouring water onto the rocks, known as 'the grandfathers', creates steam. We then have all four elements present in the lodge: earth below, air all around, fire in the grandfathers and water in the steam.



What is a Medicine Wheel Ceremony?



The Medicine Wheel, sometimes known as the Sacred Hoop, has been used by generations of various Native American tribes for health and healing. During the summer of 2016, retreat guests built and conducted our first sacred Medicine Wheel ceremony at Homestead. For centuries, the Medicine Wheel has been honored as a transcendent, ceremonial space - a place to experience our connection to the Great Mysteries of life and all that is. The Wheel embodies the Four Directions, as well as Father Sky, Mother Earth, and Spirit Tree. The Sacred Wheel or circle, throughout time, in all cultures, has always represented a physical embodiment of spiritual energy. It represents the elements of

life, the cycles of the cosmos, the phases of our own life's journey, and the lessons we gain as souls as we travel around the wheel. We will connect to the spirit of this beautiful land as together we share in creating harmony and healing on the planet.

To register, please go to: www.HomesteadRetreatatHorseFork.com