



## **Opening Gathering Course Work**

- Buy yourself a new journal to use for the Four Seasons Journey.
- If you haven't already got one, have an Astrology Natal Chart done. If you have one, I suggest a more in depth look at your natal moon from Persia Wildwood <http://www.astrologyofthemoon.com.au/>
- Discover your 'access sense' by using the exercise from the article "The High Performance Mind" by Anna Wise.
- Identify your dominant Goddess archetypes using the "Goddess Archetype Questionnaire" and the information in the book Goddesses in Every Woman by Jean Shinoda Boden. This is a very useful book that I suggest you get for your library. The "Goddess Archetype Questionnaire" has been tinkered with by Rebecca Funk, to make it more relevant for today's woman.
- Read and complete the "Finding your Subconscious Beliefs" exercise.
- Bring your awareness to your menstrual cycle so that you know what day you are (day 1 is the first day of bleeding). If not menstruating, then bring your awareness to the lunation cycle.
- Familiarise yourself with/research: altar, drum, ritual, ceremony, smoke clearing, invoking directions and elements.
- Bring an awareness of your indiginity. That being where your family is from, this may not be where you were born, rather your bloodline's deeper roots, and familiarize yourself with the, the traditions that come through your mother and father line.
- Formulate your intentions for yourself for the Four Seasons Journey year. We will be using these in a ceremony. If you're not completely sure, just get the 'bones' and you can 'flesh' it out on the weekend.
- Map your own birth to see how it reflects the way you 'do process'/ how you engage with the creative act. What did you imprint from your own birth?
- Read the following articles **we have emailed you:**
  - Honouring Rites of Passage in a Woman's Life by Jane Hardwicke Collings
  - From Bad Ritual to Good Ritual by Gregg Lahood
  - Instinctive Birth by Jeannine Parvati Baker
  - Shamanic Midwifery by Jeannine Parvati Baker



- The Shamanic Dimensions of Childbirth by Jeannine Parvati Baker
- Shamanism and Complimentary Therapy by Mike Money
- The Varieties of Vision by Larry Dossey
- Birthing as Shamanic Experience by Leslene Della Madre
- Converging Cycles of Change: Cosmic and Personal by Caroline Myss

### **Recommended Reading:**

***Herstory: Womanifesto*** by Jane Hardwicke Collings

***Shakti Woman – Feeling Our Fire, Healing Our World, The New Female Shamanism*** by Vicki Noble

***The Shamanic Witch - Spiritual Practice Rooted in the Earth and Other Realms***  
by Gail Wood

***The Woman in the Shaman's Body – Reclaiming the Feminine in Religion and Magic*** by  
Barbara Tedlock

***Goddesses in Everywoman – Powerful Archetypes in Women's Lives***  
by Jean Shinoda Boden

***Falcon, Feather and Valkyrie Sword - Feminine Shamanism, Witchcraft and Magick*** by D. J.  
Conway



### **What to Bring to the Opening Gathering**

- Your Four Seasons Journey journal and something to write with
- Bring materials, symbols from nature or things you have that represent your intentions to contribute to a group created altar. (The altar will be taken down at the end of the weekend, so your treasures will go home with you)
- You may have some beads or special feathers or something else you'd like to bring along to incorporate into your drum.
- A spare towel for drum making
- Bring a pillow case or similar to transport your drum home in.
- There are a few things you will be required to speak of during our circles at the Opening Gathering. Following are these subjects so you can prepare:
  - I am (name) daughter of..., granddaughter of. ...., great granddaughter of...,
  - Introduce yourself.
  - Include Dominant Goddess archetypes
  - What is your indigenality ?
  - What of the 'work of the shamanic midwife' speaks to you
- Write out your intentions for the Four Seasons Journey year to be read out.
- Bring a crystal to absorb the goings on and energy.
- For a detailed "What To Bring" list of all camping and personal items required, please refer to the "Four Seasons Journey Camping Gatherings" information found in the administration section of this handbook folder.



## **Opening Gathering Reading**

- Discover your Access Sense Exercise
- Goddess Archetype Questionnaire
- Finding your Subconscious Beliefs exercise by Gregg Braden
- Honouring Rites of Passage in a Woman's Life by Jane Hardwicke Collings
- From Bad Ritual to Good Ritual by Gregg Lahood
- Instinctive Birth by Jeannine Parvati Baker
- Shamanic Midwifery by Jeannine Parvati Baker
- The Shamanic Dimensions of Childbirth by Jeannine Parvati Baker
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