

We gather again in October in Tucson. We will begin together on Friday, Oct 24th and continue until around 1:00 on Sunday, Oct 26. Unlike our first weekend together, which involved lots of journeying, dancing, and engaging with new teachings, the second weekend is a weekend of ritual and ceremony. Our exact locations are being determined, but the timing remains the same and Harmony Hut the central place for those coming from out of town.

The purpose of these elemental rituals and ceremonies is to complete the needed transformations and awaken a healthy, robust, and courageous relationship with your heart. For these rituals and ceremonies to be effective you each need to arrive ready—as in prepared—specifically with your power objects and other preparation for each ritual or ceremony ready to go.

When we closed the first weekend of Awakening the Courageous Heart you were given the task to complete the needed transformations in each of the four chambers of your heart. To do this you were to “take your medicine,” which required embodying the medicines in each of your four stones as the way to begin the needed transformations. Then you were to continue the transformations as guided by spirit until each chamber is a place that Hummingbird would live happily.

The chambers we experience with hummingbird in the journeys are a way the heart can communicate the complexity of its existence or state of being to us. The “stuff” of each chamber gives us a way to work with the energy found there and transform it. They are your chambers and your issues thus they are yours to change.

For each of the four chambers of the heart journey to discover:

1. Current State
2. What remains to be done to make a home for the Hummingbird in this chamber of the heart? (Clarify this with Hummingbird). NOTE: don't freak out. The heart is central to everything so everything you have been doing has been operating one way or another in your heart chambers. So, just journey in and see what remains to be done.
3. From these journeys determine the places in your four transformational processes that you are stuck/blind/whatever and need help transforming this chamber of your heart.
4. With each energy on your list from #3 journey to determine two things:
 - The True Nature or Root Source of the energy
 - What needs to happen relative to that energy? You have four options:
 - a. Release/Let go/Die/Sacrificed
 - b. Cleansed/Restored/Reconciled/Purified
 - c. Planted/Gestated/Nourished/Rooted
 - d. Reawakened/Vow & Witness/Blessed/Offered up

Harvesting the Gold from the Transformational Months**Now the create your power objects part of the preparation:**

The process above, particularly #4, should give you a list of the energies that you have not been able to transform because you need a larger transformational process (a ritual or ceremony) to bring the necessary energies of community and spirit to bear on them to get the transformational job done.

1. Everything on the (a) Release/Let go/Die/Sacrificed list, no matter what chamber it came from will go into the Fire. Please create a power object, no bigger than your head that contains all of the energies on your (a) list. Be sure it is 100% burnable and non-toxic while burning.
2. Everything on the (b) Cleansed/Restored/Reconciled/Purified list, no matter what chamber it came from will go into the Water. Find a broken thing or broken parts of things, one for each energy on the (b) list. Consider shells, ceramics, broken jewelry with gold and silver, etc. Speak to each piece about what it is carrying for you. You can sing to them, rub them on your body to gather the energy, anything. Put the pieces together in a way that makes something of beauty.
3. Everything on the (c) Planted/Gestated/Nourished/Rooted list, no matter what chamber it came from, will go into the Earth. Find small crystals or pieces of crystal, tumbled or not, for each of the energies on the (c) list and clear them. Speak to each piece about what it is carrying for you. You can sing to them, affirm into them, place them on the words about the energy you want them to carry. When they are ready place them in the pouch with your four heart medicine stones.
4. Everything on the (d) Reawakened/Vow & Witness/Blessed/Offered up list, no matter what chamber it came from, will go into the Air. Find long ribbons or colorful strips of natural cloth for each of the energies on the (d) list. Write on the strip the truth of each energy. When they are ready gather them together at one end and tie them so that you can hang them as a bunch where you can see them. Don't tie them together permanently. This is just a way to engage with them until we gather. You will need to separate them later.
5. We will be creating elemental shrines where we go throughout the weekend. Feel free to back a bag with items we can use to create each of the four elemental shrines. These things will not necessarily be left behind, only if appropriate.

Please do not forget to bring all of these things with you to our weekend.