

# Caribou/Reindeer

November 30-December 2, 2018

Camp Asbury, Hiram Ohio

**Spirit of the Caribou (Reindeer):** Stamina, Gentleness & Self-Esteem, Determination  
(Caribou is a Combination of Elk, Deer & Moose Qualities)

Yearly Cycle of Power: Winter

Time of Power: Daytime

Attributes: Wandering, Navigation, Protection while Traveling, Socialization, Transition through Darkness, Discovering of that which is hidden, Adaptation to the Cold, Staying Afloat

**Caribou/Reindeer's Wisdom Includes:**



- \* Connection to home over long distances
- \* Power of wandering
- \* Protection while traveling
- \* Social skills
- \* Retention of one's power in group situations
- \* Ability to go long periods in the dark

The reindeer is a family-oriented totem, skillful in communication and social activities. This totem is a born-leader and welcomes any opportunity to guide others in his herd into new directions. Reindeer has an innocent demeanor and is helpful to friends and family members. Receptive to the needs of others this totem teaches how to adapt to community concerns. "All for one, and One for all" could easily be the

motto for this totem. If a reindeer makes its appearance in your life the lesson may very well be that it is time for you to step up and take an active role in caring for the herd. If you have become isolated it may be asking you to take on a leadership role in getting everyone to work as a team. Or, if you currently have a domineering role, you may need to look and see if you are overshadowing others with your ideals, in that case, step back a bit. Guidance is a key role for this totem. Be a kind and helpful teacher, not a bossy one. Look around you, your help is needed.

**What to expect:** The workshop will do several shamanic journeys over the course of the weekend. A large altar/vortex is created with four large rose quartz crystals and one large selenite. This creates a massive energetic field.

**Who Should Come:** All interested parties with journey experience.

**What to Bring:** Please bring any rocks or deer related items that want to come along. A journal notebook with colored pencils or pens is encouraged as well as any comforts such as blankets, pillows, etc.

### Meals

Dinner will be served on Friday night, Saturday- breakfast, lunch and dinner, Sunday breakfast and lunch.

### When and Where to Come

Registration will begin at 12:00 noon on Friday, November 30<sup>th</sup> at Camp Asbury. The workshop will begin Friday running into the night, Sat-all day and into the evening, and Sunday 9:00 a.m. to 2:00 p.m. The workshop will be held at Camp Asbury, 10776 Asbury Rd., Hiram Ohio 44234

### What to Pay

The fee for the workshop is \$450 if paid by October 1<sup>st</sup>, 2017. Send \$125.00 nonrefundable deposit to hold your space or call Lauren if you need to discuss payment. If paid after October 1<sup>st</sup>, 2017, the fee is \$495. This includes room and six hot meals as listed above. The deposit will not be transferred or refunded. It will be applied to the guaranteed fee of Camp Asbury.

For further information, kindly call Lauren at 216-272-8438 or e-mail [lauren@therockgirls.com](mailto:lauren@therockgirls.com) to reserve a space in the circle. Please send a check, payable to Rockgirls, Inc. P.O. Box 24455 Cleveland, Ohio 44124. Once paid-in-full you will receive info on your stay at Camp Asbury.

**Due to the workshop focus and the unique facilities, the attendance will be limited to 26 people.**

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