



The Four Chambered Heart

A Journey into Wholeness

October 27-30, 2022

The four chambered heart consists of being fully centered (in our heart) and actively maintaining a strong, clear, open, and full heart. The **strong heart** means that we have true courage that is based on our internal authority of whom we are. We are able to show up and be present without preconceived notions, while having the Ability to Take Action and Enforce Boundaries. The **clear heart** means that we have removed our personal biases and blinders and developed a clarity about self so that we can see clearly whom we are by having respect for self and for others without confusing external temptations that can lead down the destructive path of envy or entitlement. With a clear heart, we are able to assess, analyze and contain, while saying what is so when it is so, without blame or judgment. The **open heart** is a heart that can love itself, having been nurtured by self, family, nature, and life. It does not measure against a bucket emptied by draining one's source of life by not accepting the innate sense of being loved regardless of circumstances. With an open heart, we have the Ability to Connect and Feel, while paying attention to what has heart and meaning. The **full heart** means that we can embrace all of life with a sense of wisdom and generosity. It is an awareness that there are as many stories of what is life as there are people; hence, though we can influence others, we must always be open to them and their evolving story. With a full heart, we have the Ability to Initiate, Support and Create Order while being open to outcome.

Wholeness

In the silence of who we are, we discover a part of our self that is sacred. This part of our self does not come to the surface through determination or brute force or sheer will power. Rather it emerges from within the sacredness of who we are when sacred space is opened and safely held. When we touch our own sacredness, we touch our soul.

To find this part of ourselves, we need to re-member who we are by traveling through the four chambers of our heart.

What to expect: The workshop will do several shamanic journeys over the course of the weekend. The focus of the workshop is total immersion into the spiritual world for two days so that the emergence of one's soul can surface through a memory, an insight, or a deep awareness. A large altar/vortex is created with four large rose quartz crystals and one large selenite. This creates a massive energetic field. Within this field, the people are able to find the safety necessary for the soul or inner parts of the self to come to the surface to heal and





be healed. It is common for people to have transformational healing experiences.





Who Should Come: All participants need to be experienced with the shamanic journey.

What to Bring: Please bring any rocks or crystals 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.

Details: The workshop is residential and will be held at a beautiful Lutheran kids camp at Dodgeville, WI. You will receive detailed directions and a list of what to bring with your registration.

Please include your email with any registration. Suzette will send out registration confirmation. These emails will come from rocksandsouls@gmail.com . Suzette and I will both be able to read any replies.

The fee for the workshop is \$545, which includes lodging for Thursday, Friday and Saturday night, a light luncheon on Thursday evening, 3 meals on Friday, 3 meals on Saturday, and brunch on Sunday. Payment in full is due by September 30, 2022. There is a fee of \$10 for linens and towels or you can provide your own. Class size is limited to 22.

To Register: Please send a refundable \$100 deposit or the amount in full to Marie Smith 19126 Campbell Hill Dr, Richland Center, Wi. 53581

We eat gluten free at these workshops and you can preview the menu upon request. All special needs like vegetarian or dairy-free can be honored. I will take names for the waiting list if/when the class fills.

We will begin class at 9 am on each day and end at ~2:00 pm on Sunday afternoon. If you have questions, please contact Marie Smith at marie@hawkrdg.org or (608)

<http://www.onewhitehorsestanding.com>

