

EARTH: The Gravity of Being

May 15-17, 2026

Spiritual Traits: Earth is slow, steady, receptive. The keeper of bones, fossils, ancestry, and stillness. It doesn't rush. It remembers. It holds the imprint of every footprint, not as judgment, but as archive. Spiritually, Earth teaches us about **containment, grounding, endurance, and devotion to life's cycles**—not for productivity, but for continuity.

Shadow Tendency: Stagnation, rigidity, numbness, over-attachment to form or control.

EARTH: The Spirit of Memory, Mattering, and Metabolism

Earth is the ancient one.

The holder of bones.

The mother of mothers.

The listener beneath silence.

While Air drifts, Fire dances, and Water flows—**Earth holds.**

Not to trap, but to *tether*.

Not to limit, but to *ground*.

Earth is the place where all the other elements go *to rest, to root, to become*.

She is the **original compost pile**—turning death into life, pain into pattern, and story into soil.

Spiritual Traits of Earth

1. Grounding & Embodiment

Earth teaches us to live in the body—not just the individual body, but the **relational body**. The community. The land. The shared tissue of aliveness. It is not about stillness for performance, but **belonging without needing to prove**.

Earth says: *"Come home. Not to an identity, but to a rhythm."*

2. Mattering & Materiality

In modernity, matter is often treated as "stuff." But in spiritual terms, **to matter is to be sacred**. Earth teaches us that *what takes up space has value*. Every rock, every worm, every bruise—*it all belongs*.

Earth says: *"There is no waste. Only what hasn't been loved long enough."*

3. Patience & Deep Time

Earth moves slow. Glacial. Tectonic. She doesn't rush insight. She reveals through seasons, not seconds. Her medicine is **duration**—the kind of wisdom that **outlasts empires and outlives trends**.

Earth says: *"What if your healing needs years, not weeks?"*

4. Containment Without Constriction

Earth holds—but does not hoard. She teaches **healthy boundaries**. Holding without control. Nesting without enmeshment. You learn when to say *yes*, when to say *no*, and when to say *not yet*.

Earth says: *"I am the boundary that teaches you how to feel safe without walls."*

5. Interdependence and Metabolism

Earth is not "the ground." She is a **living, digesting intelligence**. Roots speak. Fungi send messages. Stones remember. Soil breathes. Earth is not inert—she is **always in relationship**.

Earth says: *"You are never not in relation. Even when alone."*

Who Should Come

This is an open workshop so spiritual explorers or those seeking deeper understanding of themselves are welcome.

Create your Space

Each person is encouraged to bring whatever stones or crystals that feel appropriate or necessary to support your process. Comfortable chairs and blankets to support you are suggested.

Meals

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

When and Where to Come Show up on time

Registration will begin at 12:00 PM on Friday, the 15th at Camp Asbury. The workshop will begin Friday at 3:00 pm running into the night, Sat-all day and into the evening, and Sunday 9:00 a.m. to 12:00 p.m. The workshop will be held at Camp Asbury, 10776 Asbury Rd., Hiram Ohio 44234.

For further information, kindly email Lisa Roll Kayser, kayseroll23@gmail.com or herb@onewhitehorsestanding.com

What to Pay

The fee for the workshop is **\$395 if paid by April 15th. If paid after the 15th, the fee is \$495.** Payments can be made via Check or Zelle.

If paying by check, send a cheque payable to Herb Stevenson, 9796 Cedar Road, Novelty, Ohio 44072. 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 25 people.



Herb Stevenson

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www.onewhitehorsestanding.com](http://www.onewhitehorsestanding.com)