

Sacred Cedar (*Keezhik*)

September 7-9, 2018

Camp Asbury, Hiram Ohio

Keezhik (Cedar) represents the Southern direction and the soul. The leaves are cleaned from the stems and separated into small pieces, which are used in many ways. When burned, Keezhik acts as a purifier, cleansing the area in which it is burned and emitting a pleasant scent. True cedar is burnt while



praying to the Great Mystery in meditation, and to bless a house before moving in. Cedar was offered to the fire to smudge the lodge and people. It is also used to waft the smoke to ward away sickness. In traditional medicine, a compound decoction of twigs was made into an herbal steam for rheumatism. It works both as a purifier and to attract GOOD energy in your direction. Elders say put some in your shoes and only goodness will come your way. Many traditional women keep some cedar in their left pocket. When you breathe in the smell of cedar you decide that you're going to have courage and stamina and that you're going to survive. You think of what the herb means, why it was given to us ... It's not magic.

What to expect:

The workshop will do several shamanic journeys over the course of the weekend. A large altar/vortex is created with many stones. This creates a massive energetic field.

Who Should Come:

All interested parties with journey experience.

What to Bring:

Please bring any rocks or cedar related items that want to come along. A journal 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---departure at 2 pm

When and Where to Come



Registration will begin at 12:00 noon on Friday, September 7th 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 in full by August 1st, 2018. If paid after August 1st, 2018, 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.

To hold your space, send \$120.00 nonrefundable deposit now.

For further information, kindly call Lauren at 216-272-8438 or e-mail lauren@therockgirls.com to reserve a space in the circle. Please send a check, payable to **The Rock Girls Inc.** Mail the check to Lauren Mazur PO 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.

One White Horse Standing
www.Onewhitehorsestanding.com

