

The Body of the Mystical Heart

A Women's Retreat in Minnesota

15-16th of July 2010

Offered by Vessel of Voices

Women's Movement, Meditation & Sound Retreat

~ Twin Cities, Minnesota ~

Two days in Quiet Linden Hills Neighborhood, Minneapolis

15th - 16th of July, Thursday and Friday

Movement, Voice, Heart Rhythm Meditation

Spring Forest Qi Gong Healing

*based upon Ancient and Contemporary Disciplines of Authentic Movement, Voice
Movement Therapy, Spring Forest Qi Gong, Heart Rhythm Meditation ~
enhanced by other modalities of Expressive Arts, Visual Arts, and Healing Arts*

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### Schedule

Thursday ~ 10 am to 5 pm

Friday ~ 9 am to 4 pm

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Cost for Retreat ~ \$225, includes pre-workshop phone check-in with Roxanna. No one will be turned away for lack of funds, please call to negotiate fee. Check-in is scheduled at time of registration. Call **510-495-5643**

*Please Register Now or Soon. Space is limited to 8 participants only.

What to bring

Bring your own **lunch**, simple and light

Water bottle (you will be more active than usual, vocal work = extra water)

Journal and pen, drawing pencils if you like

Sketch pad (optional)

Cushion or zafu (meditation pillow)

Wear **comfortable clothing** for movement (workout or yoga clothing is good)

Large piece of **fabric** that **you love** (texture, feel, colour, pattern . . .)

A picture of a Beloved Teacher or someone you hold as a role model
(someone living now or earlier)

A poem, piece of prose, a story you have written of your Vision of
of your life, your purpose, or your heart's desire ~ 30 - 70 words.

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An article for reading before we meet ~

Women are gathering in small circles and larger groups all over the world at this time ~

in dream circles, circles of worship, prayer, meditation, movement, and music~sound~songs of deep healing and transformation.

Grandmothers, mothers, daughters, and aunts; friends and family . . . and even women who have considered each other enemies are gathering for the sake of the heart of humanity and peace in this world.

If you feel your heart aching in response to the enormous changes going on in our country and the world, for stress in your life and your family; if you long for peace, for the health of a loved one or less pain in your own body and heart, support and connection are as close as a heart beat.

In earlier times, women gathering together was woven into the very fabric of society, of everyday life ~ quilting bees, schooling of children, carrying water, cooking and washing at the stream, stirring the dye vat, mending, darning socks, and sewing aprons to knitting sweaters . . . dancing, singing, wailing, and keening, singing and chanting, praying and pondering, storytelling and sitting in silence under the shade of the old willow tree.

We are on the threshold of a new era on earth ~ as we have heard or said ourselves, 'this is the time we have all been waiting for' ~ a great rebalancing of energies is underway. Feminine qualities and energies are rising into new awareness, re-emerging from a long time underground. We are undergoing a re-valuation of what we hold dear and in high regard. Traditionally, women have been associated with the more tender, softer side of life ~ with nurturance, nourishment, caregiving, and living from the heart. Also, we have all known some women who do not necessarily exemplify these qualities of care, nurturance, and warm heartedness.

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Likewise, some men are great role models for generosity of spirit and allowing their hearts to speak as well as their minds.

Both men and women have immense capacities for unconditional love, cooperation, and care for life, as well as untapped potential for great courage, strength, and unbounded magnificence of heart. As the Divine Feminine emerges more and more, we see disruptions and interruptions, fissures and fractures in the old systems and patterns. This is a necessary part of the restructuring, albeit disturbing or even tragic in some cases.

The important thing to remember, especially when we want to think that it won't affect us personally, is that **our own patterns and behaviors** are being shaken up as well. Our own bodily systems are disrupted and interrupted. I will write more on this at a later time ~ since I see all around me and within me a multitude of unbidden change and disturbance ~ the image persistently popping into my vision offers us a very appropriate analogy to what is happening in both the microcosms of our own bodies as well as the macrocosm of the world ~

imagine a lake, a great lake on a relatively calm, windless day.

Down deep in the waters are undercurrents, warm and cool, still and active. Imagine a great roiling, and rolling, a watery vortex spiraling upward toward the surface ~ like a great blue whale that's been disturbed in the dark cold waters down below ~ with one huge flick of her fluke she breaks through hundreds of feet of water to the surface of your consciousness.

Some of us are asking ***"Is it possible to move through this threshold gently or gracefully? And if not with grace or gentleness, how about with acceptance and as much ease as possible?"*** What is possible?

The Unexpected

From all of my years of studying, researching, drawing and dreaming the unknown, the unconscious ~ I know that the unexpected can emerge at any time in our lives. I also know from years of seeing clients, from 2 years

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old to 93 years, from high functioning and brilliant to highly stressed and anxious to deeply depressed and creative, from caucasian to east Indian to southern African American, that, as a species, we want, most of all, to be in control. This is not necessarily a bad thing, yet the way the need for control manifests itself shapes our lives and our bodies. Control can restrict and constrict not only the path of our lives but the pathways to and from our hearts. At this time of a great shift occurring in not only our town or country, but in our world, this need for control is certain to rear its head . . . and many of us have a tendency to be headstrong anyhow!

Positive Side to Control **in the Era of the Emergence of the Divine Feminine**

. . . this is where we begin in the healing ~ through movement, voice, heart, and rhythm . . . through sacred sounds, meditation, concentration, contemplation, and the light . . . each of you who is called to gather in this circle has already begun this 'turning of the control' to work for you rather than against you . .

With our breath, with our intention, and with our attention, we turn toward our hearts and become 'Heart-Strong' (versus headstrong!).

More to come . . . Many Blessings to You.

May you be well until we meet,

Roxanna