



# Journeying and the Pachakuti Mesa

## THE JOURNEYING EXPERIENCE

Around the world for thousands of years people have journeyed to gain experience of other realms. Often guided by an appointed leader, they found worlds with Teachers and Guides to help them with their day-to-day lives! Sometimes a Power Animal would appear and they took this to be an omen that there was something to be learned from the behavior and personality of this animal.

We will explore all the basics of journeying and some of the fascinating history of this modality. These experiences will be integrated with the mesa to provide you with a **fantastic experiential weekend!**

**Presented by: Karen Rice King**

Karen has a double degree in World Religion and Psychology. She started her own private practice in Boulder County, Colorado after years of teaching Psychic development and Spiritual workshops. As well as a Master Dowser, she is one of Sandra Ingerman's (Author of **Medicine for the Earth**) recognized teachers. Besides seeing clients, Karen is currently teaching dowsing and Earth Acupuncture and running an apprenticeship program.

**(Karen can be reached at 303.665.0175 or [www.KarenRiceKing.com](http://www.KarenRiceKing.com))**

## PACHAKÚTI MESA (SHAMANIC "MEDICINE WHEEL")

From the Curanderos (healers) of Peru comes the medicine work and wisdom teachings of Pachamama (Earth Mother). **Learn how to create and utilize the power of a Mesa as a catalyst for healing and transformation.**

**What is a Mesa?** An altar-like arrangement of sacred items and power objects reverently used to activate profound states of non-ordinary consciousness. This sacred altar works in mediation with spiritual and cosmic forces for healing. Simple to create, yet when activated produces powerful medicine work which appeals to those who resonate with the healing power in natural patterns, earth rhythms and cosmic cycles. Works well with other healing modalities.

**Presented by: Sally Yates**

Sally met Peruvian born master curandero Oscar Miro-Quesada in 1990. She has experienced two self-transformational journeys to Peru and Bolivia working with master shamans. Sally also apprenticed with Oscar for several years. She has also worked extensively with medical intuitive Dr. Gregory Anthuin, learning advanced energy techniques. She is also a gifted Reiki practitioner, and utilizes these diverse techniques in her work. As a certified hatha and kundalini yoga instructor of 15 years, Sally is also offering classes for different levels.

**WHEN:** September 10 and 11, 2005  
10am- 5pm Saturday  
10am-4pm Sunday

**WHERE:** earthaven / 40 Elk Ridge Place / Pagosa Springs / 81147  
(Contact Sally Yates at 970.264.3006)

**ASK ABOUT RATES TO STAY AT EARTHAVEN!**

**COST:** \$250.00 includes gourmet lunches and snacks. Registration deadline, September 2.  
Payable to Sally Yates at earthaven address.

\* If you prefer not to receive future mailings, please contact us at the phone number shown