



## PREPARATION FOR 'NORTH' DIRECTION

### **STARTING YOUR MÁLA NAOFA (Medicine Bag) and Other Items:**

Choose your first **3 Lia Naofa (Sacred Stones)** which will become your 3 '**Seeds Of Your Becoming**' as you step into the Medicine Spiral. (Note that by West Direction of the Medicine Spiral next year, your mála will contain 13 Lia Naofa in total. Think of the size and weight of the Mála you would like to carry upon completion). You may pick stones from your garden, a favourite nature place, one from abroad or a purchased stone from a shop etc. Select stones for their resonance and meaning to you personally, as they will hold the energy of perpetual seeds of who you are becoming, physically, emotionally, psychologically and above all, spiritually. If you think you might like to continue to the Shamanic Energy Medicine training module, optional within The Mastery Spiral and become a Shamanic Energy Therapist, then please don't choose rose quartz or clear crystals as your Lia Naofa in The Medicine Spiral. Generally, the tradition is to select stones rather than crystals.

Your Mála is pronounced *Maw-lah*

Choose an item of **fabric** to fold and hold your stones, whatever you deem appropriate. You may add an outer layer(s) and/or put them in a bag at a later time. (In Karen's informal online *Siopa Shaman* with Irish woven woollen cloths and traditional crios belts for use as a Mála wrapping/binding). You will be learning the traditional way the Mála is wrapped, however your individuality has its place.

Choose an item to be your **Cauldron**. This must be a vessel of ceramic or metal, (if it has a lid, that is an advantage). Your Cauldron should be able to hold fire and water and be readily portable, i.e. no bigger than a large

grapefruit. Black is the traditional colour, but not essential. Many hardware shops or wherever you buy saucepans, crockery, etc., will have something suitable. Your Cauldron is a vessel for alchemy, i.e. transforming energies and it is a vessel for working uniquely with the four elements (a mini saucepan or pot is ideal). Always bring **a small candle** (and ability to light it) to accompany your cauldron.

**A Journal** (ideally large enough to take you through the whole Course including your homework in between module sessions) and Pen/Pencil.

**Other Items:**

Hazelnuts (at least 3, if allergic do not bring)

A sprig of fresh Rosemary, if available

**CLOTHING**

Wear comfortable clothing and you might fancy having a wrap/throw/shawl to cover yourself in for Immrama (Journeying), quiet times and when relaxing. The Transmission of Rites will be a very special Ceremony so you may like to wear a pretty/handsome top/trousers/dress when they will take place. We will let you know which session (not the first Saturday).

**START TIMES**

We meet on the first month of Winter Saturday 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> and 28<sup>th</sup>

November from 5.00-8.00pm Irish time (check your local equivalent on [www.timeanddate.com](http://www.timeanddate.com))

The Zoom Recordings will be sent to you especially our tribal members in the Southern Hemisphere the next day for a week. If you do not wish to be visible you may turn off your video and listen and speak that way.

**REGISTRATION**

Please fill in the Registration Form attached thank you.

**FOOD AND SLEEP**

Please make sure to have a good substantial nourishing lunch the day of each session with snacks to hand for the Break time at approximately 6.15pm for 15 minutes.

We look forward to seeing you for the epic voyage that is the Slí An Chroí Medicine Spiral.