



PREPARATION FOR 'NORTH' DIRECTION – Tutorial #3

YOUR MÁLA NAOFA (Medicine Bag) and Other Items:

3 North Lia Naofa (Sacred Stones) & fabric wrapping or bag you use to hold your growing Mála

Extra Item of strong fabric or small flat cushion

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, 6 preferably, if allergic do not bring)

A sprig of fresh Rosemary, if available

Clothing – Special for Tutorial #3

In this Tutorial, you will receive the 3 *Deasghnátha an Slí Aduaidh*, the Shamanic Rites of Passage of the North:

1. Bands of Protection, Power, Balance & Harmony
2. The Rites of Lightening, (aka The Rites of the Warrior(ess) Of The Heart)
3. The Healers Rites

You will be standing (1), lying flat (2) and sitting up (3) to receive the *Deasghnátha*. It is tradition to invite she/he who is receiving the Rites to choose special clothing to wear for these initiatory rituals. Reflect on this invitation and you may like to choose special clothing that you envisage wearing for all your Rites throughout the four directions. You are especially welcome to wear sacred items (such as jewelry) that hold relationship with

your Spiritual path, Ancestors, Spiritual Helpers (Animals, Guides, etc), ethnic tradition, special power places in Nature.

During the mid-Tutorial comfort break you can change clothing if desired.

The Deasghnátha will happen in the first half. Immrama in the second half.

Wear comfortable clothing and you might fancy having a wrap/throw/shawl to cover yourself in for Immrama (Journeying), quiet times and when relaxing.

Sacred Meal after Tutorial 3

It is tradition that a celebratory meal (of any size) is eaten after receiving the Deasghnátha and discovering your Seeds Of Becoming following deep sacred engagement with the archetype of An Breadán (Salmon). This will be the core syllabus of the Tutorial. Those who eat fish often choose to eat a dish containing salmon. Nut eaters often choose to eat a dish containing hazlenuts. However, you are not bound by these choices, be inspired by the totality of your North journey thus far to create a special plate, which can of course be shared with others.

START TIMES

We meet on the first month of Winter Saturday 6th, 13th, 20th and 27th November from 5.00-8.00pm Irish time (check your local equivalent on 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.

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.

