

SCHOOL FOR RECLAIMING THE WOMANLY ARTS

WE RECLAIM MASTERY OF THE MAGIC OF INCARNATION:

We are one with the Earth, and reclaim the wisdom and the powers that stem from this. We reclaim the perfection of our bodies, the language of symptoms and the healing capacities of All Our Relations.

COURSES

Earth Cycles; Life Cycles – Medicine Wheel and 5-Element teachings for understanding the perfection of our lives and bodies

Moving Mountains – Moving our bodies to move our lives. Finding and releasing learned limitations to the way we move in the World.

Releasing Ancestral Wounding – Freeing each particle of our bodies from intergenerational trauma through guided visualisation

Untangling the Web - Family Constellation work

Understanding our Plant Brethren – Practical ways of accessing the support to body and spirit offered by plants

Meditations with Gaia – Historically, most meditation practises have encouraged us to escape our bodies and the Earth...

Earth Family Reunion – reconnecting with All Our Relations: the Standing, Crawling, Swimming, Four-Leggeds and Flying Ones

Reclaiming Oneness: The Art of Divination – As we assume multidimensionality, connected to the Earth and the Multiverse, we tap into limitless Knowing...

WE RECLAIM THE MYSTERIES OF BIRTH AND DEATH:

Women traditionally acted as way-showers and guides between dimensions of existence.

COURSE

Doula Training – Spiritual Midwifery: assisting souls entering and leaving physical form.

WE RECLAIM THE ABILITY TO NOURISH OUR SELVES:

The selection, gathering, cultivation and preparation of Food to nourish and rebalance our Beings

COURSES

Understanding Food – Why do we rely on so many others to tell us what we should eat? Unlocking and understanding what feeds us.

Eating Wild – Foraging skills to reconnect with the abundance of Nature

Food 101 – Hands-on food preparation and cooking class

WE RECLAIM THE ABILITY TO CREATE SHELTER:

The ability to create shelter – tipis, yurts, earth-houses, etc. – is an essential part of living freely with the Earth.

COURSES

Make your own Tipi

Make your own Yurt

Wild Shelter – Staying warm and dry in changing climatic conditions.

WE RECLAIM BEAUTY:

As we learn to again walk in balance, we radiate Beauty, above, below, around and within us.

COURSES

Inner Balance, Outer Beauty – The creation of Home. Reclaiming the sensation of balance in our bellies – the Knowing of the energetic organisation of our surroundings – conscious/instinctive use of colour, form, sound and spatial relationships.

Walking in Beauty – Cultivating Gratitude, every breath and gesture becomes a prayer – a grateful gift to the World.

Reclaiming the Clothing of our Bodies – Clothing our bodies to reflect our personal needs and desires. Sewing, spinning, weaving, felting, crochet, knitting, embroidery, recycling and restyling, etc.

Art and (R)Evolution - Infusing our lives with Art, we call mystery and magic back into our lives and bodies. Traditional “women’s art”, denigrated as “crafts”, beautify the Home, our bodies, and daily life.

ABOVE ALL, WE RECLAIM SISTERHOOD AND RIGHT RELATIONSHIP WITH ALL THAT IS FEMININE IN NATURE. WE RECLAIM A LOVING AND SUPPORTIVE INTERDEPENDENCE OF WOMEN, HONOURING THE EARTH AND ALL CREATURES CREATED OF HER.