Shriving The Shadows Programme

Times	Thursday 10th June	Friday 11th June	Saturday 12th June	Sunday 13th June	Monday 14th June
7:30		Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation
8:00		Breakfast	Breakfast	Breakfast	Breakfast
9:15		Resonance and shadows	Sacrifice of the Fetish	Swaying Walk	Ashes in the Heart: The shadow bundle
13:00		Lunch	Lunch	Lunch	Lunch
14:00		Practical shadow healing	Sacrifice of the Fetish	Shriving the shadows	Clodagh
18:45	Dinner	Dinner	Dinner	Dinner	
20:00	Opening ritual	Evening Ritual	Evening Ritual	Fire Ritual	

Sacrifice of the Fetish, will focus on shadows which block our destiny

Swaying Walk: a ritual of the old times, in the ancient traditions of exorcising the demons that turn our thoughts and bodies against us. From an animist perspective, the ritual is the retrieving of those soul songs that are imprisoned and trapped by the shadows of trauma.

Shriving of Shadows - Ag Tabhairt Neart – giving strength ritual – forgiveness of shadows

Ashes in the heart (embracing the shadows in our hearts) will be a guided trance (I have this for you to read, needs a slight adaption first), descending through the heart to the ash beneath it, it is this ash that stores the potential of shadow, waiting for an opportunity to disempower the heart's fire. From this will be a ritual by which some ash is produced. However, this will be 'holy' ash, so to create a 'healing tool'

Shadow Bundle will be a tulpaic totem, to take away and maintain the defence against the shadows; it will embody the shadow guide. It will include ash from the fire ritual

Clodagh, is a farewell ritual

Arrival is set for 6pm Thursday 10th June

Departure by 3pm Monday 14th June