

Music  
Movement  
Mindfulness  
&  
Myth

Weaving the Hero's Journey to the  
Divine Self and Re-birthing Your  
Holy Mission on Earth.



Experiences on the Journey include:  
Mindfulness Meditation  
Labyrinth Walks  
Body Scans  
Rituals of Intention  
Drumming/Dance/Music/Movement  
Art/Writing  
Polarity Exercises  
Body-Dowsing  
Guided Meditations  
Pranayama  
Kinesthetic Integrations  
Individual and Small Group Activities

### Information

#### What to Bring

Comfortable Clothes  
Cushion or Blanket  
Water and Snacks  
Notebook and Pen  
Drums if you have them  
A small object of Nature for ritual  
Any altar decorations you love  
Food to share for potluck  
An empty jar with a lid  
An open heart  
A desire to know your Divine Self

#### Costs

\$111.00 per person  
No cost to Host  
Payments made in advance  
Cash, Check or Money Order only

#### Journey Guides:

Micah Dobush  
soykasue@yahoo.com  
707-223-4044  
Karen Sheeks  
k\_sheeks@yahoo.com  
505-770-7783  
Mailing Address  
P.O., Box 767  
Mount Shasta CA 96067

## The Myth That Changed The World

### Living Your Inner Story Ascension is an "Inside-Job"

Take a journey into the depths of your  
unique part of the ascension story

Participate in the formation of spiritual  
community and follow your bliss  
A weekend of incredible opening  
and joy-filled fun



Once upon a time, a great soul  
embarked upon an important  
journey ... one that led to the most  
significant moment on the planet  
called " Mother Earth".  
This illumined One arrived with  
special gifts for the healing and  
Ascension of Human-Kind ...

### The Eve of the Journey

6:30 p.m. 9:30 p.m.

Introductions and Preparations

Pot-Luck Dinner  
(the breaking of bread)

Individual  
15-minute Intuitive Readings

Community Building before embarking  
on the Quest

Ritual of Intention

Dream time Assignment



### The Journey

#### Day One

Returning from Dream time  
Diving the depths  
The Karmic Labyrinth  
The Mind VS. Awareness  
Speaking Through Dance  
Scanning the Body Sacred  
Body Sacred Dowsing  
Pranayama/Movement  
A Guided Journey Home  
Integration Art & Writing

#### Day Two

Returning from Dream time  
Embracing Body Sacred  
Sharing the Insights  
Diving Inward Ritual  
Return to the Center of Light  
Recognizing Divinity/Namaste  
The True Story  
Speaking the Story  
Weaving the Stories  
Birth of the Holy Self  
Gratitude  
Community



### Intentions

This experience is designed to be an  
intimately shared journey for small  
groups of 8-12 people who wish to  
create community on their path to  
fulfillment and full expression of their  
Divine Selves in this world.

The Hosted event is held in a place of  
peaceful comfort where all participants  
can relax and go deeply into the story  
of their True Soul Mission on Earth.

Hosts receive complimentary  
90-minute intuitive readings and  
Integration sessions as a gift of  
Gratitude from the Journey Guides.

It is our sincere wish that all who  
attend will continue to maintain the  
community formed during the weekend  
as we all need each other in this  
wondrous journey of unfolding that  
Mother Earth and her inhabitants are  
experiencing now.

We invite you to schedule this heart-  
opening weekend in your community.

Micah Dobush & Karen Sheeks  
Journey Guides and Loving Teachers  
shastalight@sbeglobal.net