

## Inner Alchemy Medicine Bag: Create a Personal 'Good Vibrations' Kit

Medicine Bag is the term used for a collection of personally meaningful items (or totems) which carry empowering energy patterns (or 'medicine') to support a purpose.

Just as a crystal or flower essence carries specific vibrations which can be applied for healing or other kinds of support, so medicine bag totems provide energetic support according to their vibrational intentions & meaning for you.

Over this easy creative & intuitive day you will create a medicine bag for your chosen purpose, and dedicate various totems with specific energies to provide supportive medicine for that.

You'll have the opportunity to decorate and personalize your bag (or other container) in a short craft session, and then you will consecrate it (cleanse, bless & dedicate to purpose).

This will be followed by a range of activities for exploring & focusing totem medicine, including programming methods, intuitive techniques, guided meditation to receive totem gifts; and adding specific types of energies, such as crystal, flower, spirit guide, etc.

As we progress through the activities, you will learn about medicine bag support, how to apply it to your purpose, and how you can add new totems in the future.



### Choosing a Purpose for the Medicine you Create

You will dedicate a specific purpose for the medicine bag you create, and all the different totem energies can each, in their own way, be applied to support that purpose.

Traditionally, a medicine bag held items to support one's personal journey in life ... with totems to embody inner qualities & strengths, to draw in the power of spirit guides, or to mark initiations and carry the power of those shifts into the future.

However, you can direct this energetic support towards anything you choose. It may be as broad as 'your life in general' or as specific as 'your kitchen renovation' or 'your knee injury' or 'becoming a better listener'.

You may wish to support your inner growth or physical health, a relationship, a business or project, or a personal intention (like breaking a habit, or reaching a goal), or even an activity (like travelling or painting or taking a course of study).

You may wish to create a medicine bag for your child, your pet, or even your home or garden.

In this workshop, you'll spend the day bringing together totems dedicated to a single purpose.

But, once you learn the processes involved, you'll be able to create such personalized 'medicine kits' for other purposes yourself.

## Course details:

### Date

Sunday 13 November 2016

### Time

10.30 am – 4.30 pm

### Location

Blackwood, Vic

### Fees

One-day **\$125**

### *Payment Options*

*You can book your place by paying the **full amount** or a **deposit of \$50** (with the balance due a week before the course begins, if paying through the website, or on the morning of the session if paying in cash).*