



Buffalo Medicine

March 15-17, 2013

Camp Asbury, Hiram, Ohio

Buffalo (Bison)

Keynote: The Emanation of Abundance Through Right Action and Right Prayer

Key Principle: *The Wisdom of Deep Holding*—The Ability to Initiate, Support and Create Order while being open to outcome

Cycle of Power: Year-round

The American buffalo is actually a bison. The buffalo is a name that applies to the animals of Asia and Africa. To the plains Indians, it was a symbol of sacred life and abundance.

Once a beautiful woman dressed in white buffalo fur appeared. She brought to the Lakota the sacred pipe which showed how all things were connected. She taught the men and women many mysteries of the earth, and she taught them how to pray and follow the proper path upon the earth. She showed them how to pray for and bring forth abundance. As she left, she rolled upon the earth and became a white buffalo calf and then disappeared over the horizon. No sooner has she disappeared and great herds of buffalo were seen all around the Indian camps.



The bison is a large animal and can weight up to a ton and a half. It has a massive head, humped shoulders, and an almost exaggerated appearance because of its shaggy fur. Humps are often symbolic of stored forces—reservoirs that can be tapped. In the case of the bison, it reflects the abundance that is available if we know how to tap it. The fact that the hump occurs at the shoulder level, implies that we must incorporate our own efforts. Shoulders are symbolic of the ability to embrace and hold life. Upon shoulders are carried either our burdens or our rewards. Th humped area on the shoulders implies the need for our own efforts.

Buffalo Medicine Workshop

The Buffalo Medicine program is an initiation—a birthing process to more fully be who you are. The focus is to discover the innate healing presence within your self that have not been allowed to be seen or heard. We will nurture those parts so as to begin to create a more centered and balanced life. Our intent is to create the sacred space that will enable you to fully birth who you are, shedding the parts that no longer serve the fullness of your presence. Each person will be given the opportunity to be initiated into the Buffalo medicine.

What to expect: The Buffalo Medicine workshop will do various journeys over the course of the weekend.





Hence, participants need to be experienced with the shamanic journey. The focus of the workshop is total immersion into the spiritual world for three days. A large altar/vortex is created with large rocks and crystals. This creates a massive energetic field. Within this field, the people are able to find the safety necessary for the soul or inner parts of the self to come to the surface to heal and be healed. It is common for people to have transformational healing experiences.

Who Should Come: The workshop is designed for people from all walks of life. It is focused towards expanding the skills for Shamanic practitioners, spiritual explorers, practicing healers, and curious people.

What to Bring: Please bring any rocks or crystals that want to come along, as well as any Buffalo artifacts, claws, teeth, tools. A journal notebook is encouraged as well as any comforts for sitting on the floor, such as floor chairs, back supports, blankets, pillows, etc.

Meals

Dinner will be served on Friday night, Saturday- breakfast, lunch and dinner, Sunday breakfast and lunch--- departure at 3pm

When and Where to Come

Registration will begin at 1:00 PM on Friday, March 15th at Camp Asbury. The workshop will begin Friday running into the night, Saturday- all day and into the evening, and Sunday 9:00 a.m. to 3:00 p.m. The workshop will be held at Camp Asbury, 10776 Asbury Rd., Hiram Ohio 44234

What to Pay

The fee for the workshop is \$395 if paid by February 1st, 2013. Send \$100.00 deposit to hold your space or call Lauren if you need to discuss payment. If paid after February 1, 2013, the fee is \$445. This includes room and six hot meals as listed above.

For further information, kindly call Lauren at 216-272-8438 or e-mail lauren@therockgirls.com to reserve a space in the circle. Please send a check, payable to The Rock Girls inc. Mail the check to The Rock Girls Inc PO Box 24455, Cleveland Ohio 44124. Once paid-in-full you will receive info on your stay at Camp Asbury.

Due to the workshop focus and the unique facilities, the attendance will be limited to 30 people.

One White Horse Standing

Herb "One White Horse Standing" Stevenson has bridged the worlds of business and spiritual healing. A part of his efforts to reclaim his Native American Indian heritage (Shawnee and Cherokee), he has been exploring indigenous healing practices. He provides workshops around the country upon request.

