



Cougar Medicine

An Initiation
March 23-25, 2012
Camp Asbury, Hiram, Ohio

Indigenous cultures refer to medicine as the essence of the person, place or thing. In our terms it is the essence of being a spiritual, physical, mental and emotional being. Cougar or Panther medicine is about the essence of the deep knowing spirit. The cougar/panther is the second largest cat in the western hemisphere. It is also one of the fastest and most powerful animals, but it tires quickly. It is powerful enough to kill with its bite or its claws. It can leap over 40 feet.

It is a stealthy hunter, and many of the qualities of the panther hold true for the cougar. If cougar has shown up in your life, it is time to learn about power. Test your own. Most young cougars learn how to use their power through trial and error. It strengthens them and hones their skills. When cougar shows up as totem, much of the trial has been worked through. Now it is time to assert.

People may not like your asserting. They may try and keep you in the category they have always kept you. You can choose to remain so, or you can stretch your muscles and show your capabilities. Those with cougar medicine fall easily under attack, especially by those who have grown comfortable with the status quo and do not wish to truly see you grow. Remember that there will always be some who will not wish to see you come into your own power or will ever acknowledge that you have. If cougar has shown up, there is a choice to be made, and it should be made quickly and strongly. A cougar leaps at its opportunities.

Cougar/Panther Medicine Workshop

The Cougar/Panther Medicine workshop is an initiation—a birthing process to more fully be who you are within the world. The focus is to discover the innate healing presence within yourself that have not been allowed to be seen or heard, let alone to mature as part of who you are. 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 Cougar/Panther medicine.

What to Bring

Please bring your drum(s), rattle(s), bell(s), and/or favorite noisemaker, as well as any rocks or crystals that want to come along. A journal notebook is encouraged as well as any comforts for sitting on the floor, such as 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 23rd at Camp Asbury. The workshop will begin Friday afternoon, Sat-all day 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 March 1, 2012. If paid after March 1, 2012, 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 26635 Amhearst Circle #201 Beachwood Oh 44122. 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 25 people.

Herb Stevenson

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.

