



Elk Medicine

September 8-10, 2017
Camp Asbury, Hiram, Ohio

Strength and Nobility
Cycle of Power is Autumn
Belonging to a Community

The elk is one of the most regal animals of North America. At one time, it lived through the United States, but by the late 1800s, it was wiped out of the eastern part of the country. Today, it is a protected animal living in the western mountains.



The Shawnee Indians named this animal wapiti, which is probably a more appropriate name. White settlers called it Elk, after a European animal that resembled a moose.

The elk is an animal of great strength, power and stamina. It can run at a fast trot for extended periods of time. One of its primary defenses is to outrun its predators.

If an elk has come into your life, it can mean that you are about to hit stride.. Elk may also have shown up to teach you that you are about to hit your stride. Have you been overdoing it? Have others around you? Have you given up or thought about giving up too soon? Are you pursuing things enough? Are you trying for the quick and easy when the long and steady will be most effective for you right now? An elk takes four to five years to reach maturity. If you have started new projects or tasks recently, you may need to give them four or five years to see them reach the peak of success.

Few elks are ever loners or solitary. They congregate and live in herds, staying mostly with their own gender. If elk has shown up, it may reflect a need for companionship or group support of some fashion.



An elk is in its power time in the autumn. This is its rutting season. Except during the season of rut, elks stay with their own gender. Sometimes, elk will show up as a totem to remind us that we need to have the company of the opposite sex occasionally for balance.

- Have you been neglecting your need to relate to others of the opposite sex?
- Are you keeping company of one gender--to the neglect of the other?





- Have you been spending too much time with the opposite sex and not enough with your own?

What to expect: The workshop will do several shamanic journeys over the course of the weekend. A large altar/vortex is created with four large rose quartz crystals and one large selenite. This creates a massive energetic field.

Who Should Come: All interested parties with journey experience.

What to Bring: Please bring any rocks or elk related items that want to come along. A journal notebook with colored pencils or pens is encouraged as well as any comforts 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 12:00 noon on Friday, September 8th at Camp Asbury. The workshop will begin Friday running into the night, Sat-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 \$425 if paid by August 1st, 2017. Send \$125.00 nonrefundable deposit to hold your space or call Lauren if you need to discuss payment. If paid after August 1st, 2017, the fee is \$475. This includes room and six hot meals as listed above. The deposit will not be transferred or refunded. It will be applied to the guaranteed fee of Camp Asbury.

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, P.O. 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 26 people.

One White Horse Standing

www.Onewhitehorsestanding.com

