

Native American Weekend Retreat October 16-18, 2009

Mash-ka-wisen, or inner strength, in the Anishinaabe language means to stand like a rock (be strong and grounded) and move like a river (accept help and be fluid). Mash-ka-wisen reminds us of our need to plug into spiritual energy and to stay in balance if we are to remain healthy.

This highly experiential weekend retreat is intended for persons who are seeking spiritual renewal and revitalization. You are invited to enhance your personal growth by participating in Native American teachings, purification lodges and healings. By participating in this retreat, you will:

- Enhance your awareness of Native American values, perspectives and worldview.
- Recognize the importance of community in the healing process.
- Learn to listen and observe from a Native perspective.
- Enhance personal effectiveness by identifying and removing blocks to physical, emotional, mental and spiritual growth.
- Learn a wholistic approach to understanding and treating physical illness, mental health and substance abuse disorders.
- Experience catharsis, rest and renewal through participation in Native American healing ceremonies.
- Learn some general values of ceremonial and social etiquette.

Retreat experiences include, but are not limited to:

- **Smudging:** How to use the smoke of sage, sweet grass and cedar to sweep away negative energy, put on positive energy, and prepare for prayer and ceremony.
- **Sacred Pipe Ceremony:** How to connect with the Seven Directions, offer gratitude and send prayer requests to the Spirit World.
- **Mishomis (Grandfather) Stone Healings:** How to work with rocks and stones to remove blocks to physical, emotional, mental and spiritual well-being, while concurrently filling with healing energy.
- **Mash-ka-wisen (Inner Strength):** How to use your breathing and focused intent to reach your home within your heart (Indiyun), in order to tap into inner strength, and neutralize your fears.

- **Medicine Wheel:** How to come into greater balance spiritually, mentally emotionally and physically by employing the Seven Directions.
- **Sacred Laws:** How to bring yourself into alignment with the Sacred Laws of the Universe, to harmonize your life with Namaji (the ultimate Anishinaabe life principles of pride, honor, dignity and respect) so that you may experience greater joy.
- **Purification Lodge:** How ceremony, sacred steam, prayer and community can cleanse, purify and heal.

General Information

For Program Information: Call Tom Shiltz at 1-800-767-4411, ext. 1349.

Fee: Retreat cost is \$295. This includes lodging, retreat materials, and a traditional Native American lunch on Saturday. Other meals are on your own. Attendance capacity is limited and reservations will close when maximum participation responses are received.

Lodging: Lodging is provided through the *Bridge Builder* retreat house located in Lac du Flambeau Wisconsin. Go to www.nawakwa.com and click on the *Bridge Builder* for directions and more information about the facility.

Date and Time: The retreat begins on Friday evening, October 16, at approximately 6:00 p.m. We will start at 9:00 a.m. on Saturday and Sunday. A purification lodge ceremony is scheduled for Saturday night. The retreat will end at 2:00 p.m. on Sunday, October 18. You can arrive at the *Bridge Builder* anytime after 3:00 p.m. on October 16.

Location of Teaching Lodge: The retreat experience itself will be conducted at the home of Mildred Eagle Woman Schuman, an Ojibwe elder, teacher and ceremonial leader, on the shores of Flambeau Lake in Lac du Flambeau, WI. There is a purification lodge and teaching lodge located on her property where we will meet for teachings, healings and talking circles. Eagle Woman's lodge is about 10 minutes away from the *Bridge Builder* retreat house. We will drive together to Eagle Woman's home each day of the retreat.

What to Bring Each Day to the Teaching Lodge: Wear casual clothes, and be sure to bring along warm clothes as temperatures can fluctuate dramatically in the north woods. Also bring a drum, rattle or flute if you have one. Women are asked to wear a long skirt for retreat activities, as it is traditional for women to wear skirts for ceremony. This includes the purification lodge ceremony on Saturday night. Sweatpants, leggings, etc. are appropriate underneath skirts. For the purification lodge ceremony men typically wear a swim suit. Bring a large towel or two as well to this ceremony.

What to Bring to the Bridge Builder: You will need to bring a pillow, sleeping bag, toiletry items and towel/washcloth as the *Bridge Builder* does not provide these items. There are 5 bedrooms, and 5 full bathrooms. The facility can sleep up to 24, but you will have to share a room. Feel free to bring your own food, snacks, refrigerated items if you like as there are several refrigerators, stoves, cooking utensils, dinnerware, etc. available, as well as an outside grill. Laundry facilities are also available.

Cancellation/Refund Policy: If you are not able to attend the retreat, you are welcome to send a substitute. If you must cancel and do so up to three business days prior to the program, you will receive a full refund minus the \$20 administrative fee. If you cancel less than three business days prior to the program, or do not attend, you are responsible for the entire fee.

About the Presenters

Robert Blackwolf Jones, MS, LPC, CADCD is a Licensed Professional Counselor, Certified Addictions Specialist through the Academy of Addictive Disorders, and an international presenter who speaks on the topic of spirituality and the recovery process. He is an Ojibway elder, sacred pipe carrier, and traditional dancer. He has coauthored four books on Native teachings and healings (Hazelden Publishing), and has practiced as a dual-diagnostic provider within the AODA arena for over 30 years.

Thomas J. Shiltz, LPC, CSAC, has practiced in the mental health and substance abuse field as a therapist, author, consultant and workshop presenter for the past 25 years. He is a Licensed Professional Counselor and Certified Alcohol and Other Drug Abuse Counselor. As Training Specialist for Rogers Memorial Hospital, Mr. Shiltz develops and delivers professional workshops, retreats and community presentations, provides consultation services to schools and mental health agencies, and writes and publishes training materials. He also maintains a private psychotherapy practice.

Registration Form: Many Winds Native American Retreat
October 16-18, 2009

Name: _____

Address: _____

City: _____ State: ____ Zip: _____

Make \$295 check payable to Many Winds LLC, and send payment to:

Many Winds, LLC
5807 N. Bay Ridge Ave.
Whitefish Bay, WI 53217

A confirmation letter will be sent to you upon receipt of your registration and fee.