

Walking on the Wind

Teachings for Harmony and Balance



Nancy Long Foster, APRN, PhD is from the Aniwodi Cherokee clan. The Aniwodi clan were historically known as prominent medicine people. Dr. Foster is founder of Therapeutic Lifestyle Center of Utah where she practices psychiatric medicine.

Cost: \$25/session

Location:

Real Caring Integrative Therapy
1151 East 3900 South. SLC, UT
Parkview Bldg B, enter B175

Contact: Shannon McQuade at shannon@realcaring.org or 801-712-6140 to reserve your space.

Thursdays, June 2 - 30 6:30 - 7:30

June 2: The Circle of Life: the passing of the Sun and the Moon

~Seven Clans, Seven Rites to "Good Medicine"

~The Four Directions:

East: Spirits of Fire/Sun—warmth, light

West: Spirits of Water—purity and strength

North: Spirit of Wind—wisdom and giving

South: Spirit of Earth—peace and renewal

June 9: Mother Earth: Unity of Mind, Body, Spirit

~Every Breath is a Gift

~The Four Gates: clarity, openness, strength, wisdom

~We (Ani): Those Who Walk Beside, past, present, future (now)

June 16: The Rule of Acceptance

~Give thanks

~Observe, Ask (inquire), Interpret (listen), our sacred stream of consciousness, connectedness

~Overcome Limited: perceptions of time and space, our world is our mind, Beta, Alpha, Meta, Delta, "natural cycle", spirit is like a bird (moves by experiencing and learning)

~Connection: depends on ability to perceive and receive

~The Difference: in knowing something and feeling something (discernment)

June 23: The Guides: Spiritual and Natural Laws

~Never take more than we need

~Give thanks for what we have or what we receive

~Use all of what we have

~Give away what we do not need

June 30: We Are One

~Respect: commitment to growth of self and others' growth. Mind, body, spirit

~Rights: choice to grow or not grow. Live to live or live to die

~Responsibility: Ownership of choices we make. To learn direction not perfection.