

# *Loving Our Land*

**MAY 6 & 27, 2012**

*A series of experiential workshops that promote sacred practice & places to connect the spirit of place with the spirit of people. Participants will start to build a sacred garden & labyrinth, and journey to connect with the spirit of the land and trees. Hosted at Lenape-Abenaki Farm, an emerging sacred place, in Durham-Pownal, Maine, where visitors can walk trails, meditate, and connect with the spirit of our earth, plants, and animals.*



**Drumming Circle**

**Sacred Gardens**

**Labyrinths**

**Tree Magick**

**SUNDAY, MAY 6, 2012**

## **Loving Your Land (9AM - NOON)**

Join us for celebration, learning and healing as Kaye Lawrence and Paul Knoll hold Circle on the land. Their intention is to lead you in joyfully partnering with the spirits of place. It will be a morning of drumming, rattling, shamanic journeys, welcoming helping spirits, meeting spirits of the land, learning about geomancy, creating a medicine bundle and receiving a healing. Feel the blessings of this connection and learning, then carry this wisdom home to connect with your own sense of land and home. No special skills required, just an open, adventurous heart.



## **The Sacred Garden (1PM - 4PM)**

Whether for color, aroma, nutrition or simply for relaxation, many are turning their energies to the land and to the creation of gardens as a healthful and satisfying past time. But science is showing that we are now able to create landscapes and gardens that are more than that! Healing gardens are now becoming part of the health care vernacular. But what is it about those gardens that makes them healing places? The answers come from within and from understanding how to form a deep connection with the natural world. That connection can occur in a variety of ways, through myriad vehicles. In this workshop, we will look at the essential components of a healing garden, what makes it a sacred place and how the natural world heals. We will look at examples of existing healing gardens, and be introduced to some of the research done to provide evidence of the effects of healing gardens. Participants will be invited to take part in exercises that promote a connection to nature and will begin the process of creating a sacred garden. Taught by Kat Beaudoin, of Intentional Garden Designs.

## SUNDAY, MAY 27, 2012

### **Creating a Labyrinth (9AM - NOON)**

Walk out of this class being able to create your own labyrinth on the beach, in the snow, or even at your home! A labyrinth is used as a walking meditation, a pilgrimage to go deep inside to find meaning. Learn about what a labyrinth is, how it can benefit you, and how you can build one of your own. We will discuss how we can determine where a labyrinth will be built on the Lenape-Abenaki Farm by tapping into the earth energies through intuition and dowsing. We will explore topics such as temporary and permanent labyrinth site placement, design, types of resources that may be used and maintenance. Be prepared to be active in this class as we move the class outside to build a labyrinth! Taught by Tami Goodrich.



### **Creating a Partnership with Trees – The Magick of Trees (1PM - 4PM)**

During this class we will explore the magical, medicinal, spiritual and energy uses of our local New England trees such as Ash, Oak, Birch, Maple, Apple, as well as others. Through discussion and guided meditations we will learn what the Tree Teachers have to offer us and what we can do for each other. We will learn how to responsibly harvest what we need from the largest of our Plant Kingdom allies and what offerings are appropriate to give in return. We will learn how to make tools such as simple charms, talismans, and amulets as well as wands and other tools from found and salvaged wood. Taught by Bob Hackett.

### **About the Teachers**



*Paul Knoll* - Through dowsing, energy practices, and shaman traditions, Paul works with his clients to strengthen the relationship between the spirit of place and the spirit of the people. When the relationship between place and people is aligned, amazing blessings and tranquility come to the place and to the people who live or work there. In 2003, Paul founded *New England Dowsing* and recently expanded his services and renamed his practice *Trust Your Spirit*. Paul is the steward of Lenape-Abenaki Farm.



*Kaye Lawrence* - Kaye's love of the land began as a child growing up in rural North Carolina. She drew upon this love and understanding of Nature in her earlier work as an environmental lawyer, former board member of the Pownal Land Trust, creator of children's Nature programs, and facilitator of numerous drumming circles in Nature. Currently, her heart's work is, with other practitioners, to learn from the experience of being in respectful and loving relationship with all beings of the land she helps steward. Kaye is a trained and experienced shamanic practitioner and has been doing shamanic work for over a decade. She is also a licensed clinical mental health therapist with a practice locally.



*Kat Beaudoin* -Kat is a native of Maine with a Bachelor's degree in Plant and Soil Science from the University of Maine at Orono. She has studied garden design at the Anna Gresham School of Landscape Design and at the Boston Architectural College. She is also a certified planner with the American Institute of Certified Planners and spent a large part of her adult life helping communities and regions collaborate for the public good before refocusing her career and energy on her passion.



*Tami Goodrich* - Tami is a local Realtor who specializes in finding, creating, and living in sacred space. She is also a space clearer, healer, and organic gardener. She can intuitively feel the energies of a space and can guide you in opening and accepting these into your life. After 10 years as a Faculty Lecturer at Indiana University, she now calls Maine home and is in the fullest spiritual awakening of her life as she helps others recognize the beauty in finding their sacred space.



*Bob Hackett* - Bob is an active member and priest in the Temple of Witchcraft tradition (TOW) based in Salem New Hampshire. He is currently studying High Magick (ceremonial magick) with the TOW Mystery School but his personal practice is based on natural or shamanic magick and especially focuses on connecting with the Genius Loci or spirits of the land and the Tree Teachers. He also specializes in making custom made ritual tools in metal, stone, bone and wood.

## **REGISTRATION**

Please call Leapin' Lizards at 207-865-0900 to register for each workshop. The exchange is \$50 per workshop or \$90 if you take two workshops on the same day. Space is limited so please call Leapin Lizards to confirm space is available. Books and other related items will be available for sale at the workshops.

## **LOCATION**

Lenape-Abenaki Farm is an emerging place for retreat, meditation, & healing. It is being designed, built, and maintained entirely by people who attend these workshops or visit the land at their convenience. It is our belief that those who come to this land, come with the intention of connecting with the spirit of the land, plants, or animals, and do so in order to help make the land a sacred space and to bring more meaning, joy, light, love compassion, and healing to their own lives. Lenape-Abenaki Farm is just as much about the process of letting the land be developed by a collective spirit in addition to the many meditative, healing, and sacred places found on the land. Lenape-Abenaki Farm is located at 499 Runaround Pond Road, Durham, Maine. The land abuts the Pownal town line, so the driveway marks where Fickett Road becomes Runaround Pond Road. A town line sign is across from the driveway. You may call 688-3045 on the day of the workshop for answers to any list minute questions.

## **WHAT TO BRING**

Please bring your own beverage, snacks and/or lunch. Outdoor seating will be on logs that already rest on the property, but we encourage you to bring meditation pillows, blankets, chairs or whatever would help you feel comfortable while sitting on the lawn or in the building. The workshops will occur rain or shine! You are welcome to bring seeds, plants or other items you feel led to contribute to the development of the farm.

## **MORE INFORMATION AT**

[www.leapinlizards.biz](http://www.leapinlizards.biz) or  
[www.trustyourspirit.org](http://www.trustyourspirit.org)

## **OR CALL**

**Leapin Lizards at 207-865-0900 or  
Paul Knoll at 207-332-9681**

**Sponsored by Leapin' Lizards  
207-865-0900**

