

From our heart of hearts we invite you to

THE MESAYOK MEDICINE SPIRAL

A sacred medicine journey

inspired by the teachings, the technologies and the mysteries of the Inca/Andean Shamanic Tradition.

We will gather for 16 circles. Our intent is to heal ourselves by -

Engaging with the power of the Ancient Incan Archetypes

Encountering the wisdom of the 4 cardinal directions and five elements

*Experiencing the beauty of shifting from where we are now into the majesty
of who we are becoming*

4 CIRCLES OF THE SOUTH

-we meet with Mother Sister Serpent; shedding our past and our pain like she sheds her skin

4 CIRCLES OF THE WEST

- we meet Mother Sister Jaguar; learning to leap beyond fear, violence and death

4 CIRCLES OF THE NORTH

- we meet the Hummingbird and the bee; drinking directly from the sweetness of life

4 CIRCLES OF THE EAST

- we meet Mother Sister Eagle and Mother Sister Condor, rising up on their wings we gain a divine perspective, call out to our true destiny and take our place among the Star Nations

COME AND FEEL THE MYSTERY AND THE WONDER OF TRIBAL RITUAL AND CEREMONY.

Through our individual willingness and with our collective love, we each manifest a mesa – a medicine bundle, our personal altar of beloved medicine stones and sacred objects. The mesa becomes a place of profound healing where our wounds and our traumas are transformed into places of power, compassion and communion.

Join us for this deeply transformative experience.

It is a time of crucial change in our world. Each of us who commits to their personal healing contributes to the evolution of our entire planet.

Amen. Aho. Heyaya.

In love and service

Eileen O'Hare and Tom DiMauro

845-831-5790

eohare@mindspring.com

We gather the third Saturday of every month for 16 months starting Sept. '09.

9 am to 8 pm including fire ceremony

Cost is \$150 per circle.

Delicious vegetarian lunch and dinner provided as well as coffee, tea and water.

If a circle must be missed – each of us must commit to a makeup class.

Eileen and Tom commit to assisting anyone who needs to do make up work. Yet, we ask everyone to make their best effort to make the scheduled circles.

**The gatherings are being held at our home:
The Healing House, 11 North Cedar St., Beacon, NY
Located just 1 hr north of NYC by car or train
Pickup from train is available.**

Join the Medicine Spiral and become a cherished member of a vibrant and growing spiritual community dedicated to personal and planetary evolution.

We have weekly meditations on Thursday night, Women's Manifestation Circle every Monday night, Omnifaith Chanting every Sunday night, monthly healing circles, and an e-mail group in order to love and support each others life and soul mission. We also offer regular Quantum Touch workshops; a powerful hands on healing modality easily and affordably learned and practiced. QT is an effective and complimentary tool for our shamanic practices.

We look forward to welcoming you to our community of like minds and kindred spirits.

Facilitators: Eileen O'Hare and Tom DiMauro

We are husband and wife called to hold a sacred space in the world practicing the balance of the Sacred Masculine and Sacred Feminine. We began our shamanic journey over eight years ago by first completing and then assistant teaching the Incan Medicine Wheel with Val Lordi. We have gone on to sit with a variety of teachers in different traditions. Eileen has studied with Alberto Villoldo, Jose Luis Herrera, Tom Cowan, and others. She was called to Peru in June '04 and '06 where she studied and practiced with the powerful and beautiful medicine men and medicine women of the Q'ero indians.

Tom is a holistic health counselor, herbalist and homeopath. He is a graduate of the British Institute of Homeopathy and has studied with several well known herbalists including an apprenticeship with Matthew Wood, AHG and an extensive clinical training with Margi Flint, AHG. He received his training to practice Health Counseling at the Institute for Integrative Nutrition.

We both have private practices out of our home, "The Healing House" in Beacon, NY.

Eileen has a private shamanic practice in NYC. Tom also practices out of a medical office in Cold Spring, NY.

**Call 845-831-5790 with questions or to make the commitment to:
The Mesayok Medicine Spiral**



"This work has helped mature me into a better man, a better human being, and a better father." - Frank K.

"Thanks to the work we're doing in the Spiral I am now in touch with my own spirituality and that brings me peace of mind. Now that I am more open and secure in who I am, I find new opportunities abound all around me. Tom and Eileen's approach to the teachings of the Incan Medicine Spiral have drawn a wonderful caring group of people and I believe that is because these two teachers create a warm and safe environment for their students. Studying with these two has changed my life."
- Nancy S.

Through my work in the spiral, I have been able to shed the past and come to place of forgiveness for both myself and others. Eileen, Tom, and my fellow journeyers have helped me reconnect with my personal power, enabling me to embrace and thrive during some major life changes. Even if your outer life situation says the same, your inner being will be transformed through this journey.
- Mike T.

Since joining the medicine spiral my life has undergone tremendous transformation. Through Eileen and Tom's teachings, I have improved my ability to live in the present. I am communicating more clearly and powerfully and actually, I am living a more joyful life! I am so grateful to all of the members of our spiral for sharing... loving... and creating a safe space for growth. I am also grateful to the lineage who has blessed us with this beautiful and renewing tradition.
- Jen S.

For a number of years I have been looking for a safe and supportive place to heal and grow spiritually. I found that place with Eileen and Tom and the members of our medicine spiral. So many profound inner (and some outer) changes have occurred for me in less than a year and I am eternally grateful for the experience. With all the ups and downs that we have experienced together and the sacred journey we have shared, I know that we have a supportive circle of friends for life.
- Margie O.

"With every gathering of the Medicine Spiral I am more in touch with who I am. I have been able to let go of being a victim and experience myself as being powerful and consciously creating my world. My life is becoming simpler and more profound. I am at peace with myself. Eileen and Tom are wonderful teachers - they are able to share their deep knowledge and wisdom with great grace and playful humor. Participating in the Medicine Spiral has been great fun and a magnificent journey."

- Lisa M.



I received much healing not only in the group, but in private sessions with Eileen as well. She is, in my perception, not only a great teacher, but a great healer. Eileen is a lady of utmost integrity, who walks the walk and talks the talk.

- Mario D.

For a diehard city guy such as me, the Medicine Spiral has been a time and place of profound rediscovery of and reconnection with Mother Earth. And my fellow medicine people I will carry in my heart always and forever.

- Ben M.

