

# **Communicating with the Living Energies of Nature Through your Mesa With Diana Summer**

This two-day workshop will aid and help you connect shamanically with the living energies of nature through building your own portable mesa (altar), which becomes part of you. You will be shown how to explore the basic principles of working with a mesa that you can continue to add to and work with after the workshop.

We will work out on the landscape to connect and communicate directly with Pachamama (our Earth Mother) and the other elements, the beautiful spirits of water, air, fire and earth as we honour and respect them in their natural surroundings. You will be working on yourself as well as sharing and working with others, there will be meditations plus experiential and practical opportunities to discover your potential. This enables you to open your energy field to the primal power of nature and experience deep connection to the living energies that surround us.

Please bring with you a strong square cloth (approx 2ft. square) or scarf plus a long ribbon or cord etc to tie the mesa with & notebook and pen. Instructions will be given on how to put it together

We will clear our energy field at the beginning of each session in preparation for the work ahead. You will also learn how to build up your own energy system by working with these powerful sources of nature.

**To book please contact:**

**Diana Summer, 12 Fairfield Drive, Dorking, Surrey RH4 1JH.**

**Tel: 01306 876951 or email: [dianasummer05@AOL.com](mailto:dianasummer05@AOL.com)**

**Fee £150**

**Deposit £75 to book your place (non returnable)**

**Balance due at door - Numbers will be limited**

**(Staggered payments available via post dated cheques to be arranged with Diana)**

**Dates: Saturday 29<sup>th</sup> & Sunday 30<sup>th</sup> May 2010**

**Time: 10.00am – 5.00pm**

**First Venue: Meet at 12 Fairfield Drive, Dorking RH4 1JH**

**Please bring with you suitable shoes/boots and waterproofs/outdoor clothing as we will be out on the landscape in all weathers. Participants to provide own lunch & refreshments**