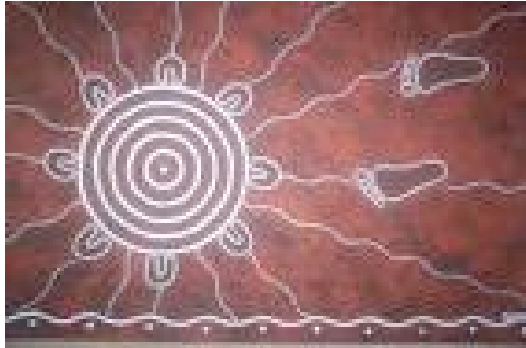


Freedom Lodge Non-Profit Group presents

An EarthLife Study



Somatic Archaeology™

Introduction Weekend Workshop

*Generational Reconciliation and Earth Centered Healing Skills
Training for Professional Therapists, Health Care Providers, Bodyworkers & Healers*

Taught by Ruby Gibson, ThM, LMT, program developer and trainer
www.somaticarchaeology.com

Dates: April 23-25, 2010 • Friday 6-10 pm • Saturday and Sunday 9 am-6 pm • 20 hours

Investment: \$300.00 • Pay by check, cash or PayPal on our website • CE's may be available

Recommended Textbook: *My Body, My Earth, The Practice of Somatic Archaeology* by Ruby Gibson • www.mybodymyearth.com

Contact: Instructor contact Ruby Gibson • (303) 670-7300 • rubygibson@mac.com

Local contact Rebecca Wildbear • (435) 691-3021 • rebeccakane@hotmail.com

Register: We recommend that students register in advance. Space is limited. Make check or money order payable to Freedom Lodge • PO Box 811 • Evergreen • CO • 80437

Location: Rocky Mountain Institute of Healing Arts • 98 Everett Street • Suite F • Durango • Colorado • 81303 • 970-385-5142 • www.instituteofhealingarts.com

Description: *"It is the occupation of our generation to remember. When we wish to peer into our collective past and examine how we progressed as a culture, we dig in the earth – which stores the symbols, skeletons, shadows and trails of our communal evolution. When we wish to explore our personal past, we go to our body – which is the keeper of our individual history and inherits the memories, behaviors and beliefs of our ancestors, along with our spiritual lineage. But when we suppress or forget our personal past, we cork up a very turbulent energy. Historical amnesia creates inner pressure and external conflict, anchoring us into the very thing we wish to avoid – repeating history. This dynamic is the source of most suffering. The key to building our global society into a mutual articulation of harmonious, peaceful living is the empowerment of the individual to reconcile their past and reclaim their ability to co-create a graceful life. This is the journey of Somatic Archaeology. History may predispose the future, but EXAMINING history gives alternatives to the future. I invite you to remember."* ○ Ruby Gibson

Instructor Bio:

Ruby Gibson, ThM, LMT, has a Masters Degree in Theology with a Special Emphasis in Transformational Psychology. She is a gifted empath, earth-centered ceremonialist, national educator, aromatherapist and Certified Somatic Therapist specializing in generational reconciliation of trauma and suffering for thirty years. The author of *My Body, My Earth, The Practice of Somatic Archaeology*, Ruby developed Somatic Archaeology in 1995 and teaches certification programs nationwide. An avid vegetarian and advocate of healthy living since the age of thirteen, Ruby is an earth-conscious consumer residing in the foothills of Colorado. Ruby passionately brings her unique perspective on healing historical trauma in our body and our earth to her current doctoral research and studies at Holos University.

Somatic Archaeology™ Intro Class and Program Description

This class is designed as a comprehensive introduction to Somatic Archaeology™, and also to prepare students for the Somatic Archaeology Master Class. (Visit www.somaticarchaeology.com for details.) Our program focuses on the circle of life as the circle of healing. Everything we do and everything we inherit – familial, cultural and spiritual – has a cause and an effect. We call this effect our Life Story. Many of us unconsciously live out the consequences of cause and effect, while never recognizing that we have the power and capacity to change the Story – for ourselves, for our family, or for our Earth.

Fear of confronting old models or beliefs makes it difficult to advance, and instead we adapt and forget. When we adopt memories laced with trauma and violence, secrecy and repression, abandonment and addiction, loss of tribal lands and culture, religious rigidity or spiritual emptiness, they cause repetitive generational patterns that freeze us into automatic reactions, stress syndromes, relationship patterns, psychological disturbances, chronic pain, disease processes, or addictions.

Somatic Archaeology offers tools to “excavate” seven generations of our familial and spiritual history in order to explore the root or origin of our current experiences and Life Story. Once uncovered, we can carefully “dust off” and remember the trail of events that have led us to this moment in time. This infuses us with incredible power and relief, for we can now clearly discern our truth and create a bridge to conscious, life-affirming choices. This unburdens our children and grandchildren, benefiting seven generations forward.

The cornerstone of all healing is the ability to become whole, to reclaim our power by developing accountability for our choices, to have the capacity to access our body’s wisdom and instinct, and to remember who we are when we are free; for within each of us remains the universal blueprint or memory of peace, joy, harmony and balance – and it resides deep within the compass of our heart. It may be buried or masked by our suffering, but it is the destination and the reward of all good digging.

Somatic Archaeology, then, is a therapeutic intervention that educates the heart, mind, and spirit to create a relationship with our body that honors what has been and supports healing movement toward the future. As a therapeutic collaboration between the ancient Medicine Wheel, transformational psychology, human behavior, energywork, bodywork, shamanism and spirituality, Somatic Archaeology will teach you to guide another to unearth the origins of their Life Story in order to create awareness and reconciliation of tragedies, life patterns and cultural myths. Our experiential program offers the concepts, techniques, and skills for integrating the power of Somatic Archaeology into your practice and into your life.

Learn these skills in the Somatic Archaeology Introduction Weekend:

- The Five Steps of Somatic Archaeology
- The Origins of Depression, Anger, Addictions, Grief and Guilt
- Therapeutic Sound, Movement and Breathwork for Healing Traumatic Events
- The Medicine Wheel as a Diagnostic Tool
- Dancing with The Four Worlds: Animal, Plant, Mineral, Human
- Releasing Emotional Patterns with Essential Oils Basics
- Guided Somatic Meditations for Inner Excavations
- Unearthing Joy and Authenticity for a Full Life