

eT Totempole

December 2003



A Newsletter for the Animalwork Community and those interested in The PTPP® and Deep Imagery



This issue contains:

- 1 The "Back Side" of the Chakra Animals
By Kaare Klaudewitz
- 2 "After my Stroke" & "As I Recover" by Rosalie Douglas
p4-6
- 3 Sledge Hammer by William Larro
p6-9
- 4 The End of the First Lindau Training by
Corinna Veit p10
- 5 Letter to Practitioners from Debra Vickroy p11
- 6 Festival of the Animals 2004 p12
- 7 Festival 2003 p13



The "Back Side" of the Chakra Animals

Kaare Claudewitz



Some time ago I attended a lecture about the chakra system in Copenhagen, Denmark. The lecturer explained where the chakras were located in the body, what elements, colours and sounds that are connected to them and about their relations to our mental life. He also talked about the animals which in the Eastern tradition are associated with them, i.e. an elephant should be connected to the ground chakra, an alligator to the belly chakra, a ram to the solar plexus, a gazelle (or an antelope) to the heart, a white elephant in the throat chakra, while no animals were associated with the forehead and the top of the head.

We, who are familiar with the Personal Totem Pole Process, of course know that this is not true. It may have been the truth for the yogi who discovered the system ages ago – he probably experienced these animals in his own chakras and then he thought that it applied to all mankind. We now know that people have individual animals in all their chakras (Gallegos, 1983, 1987). However, at one point during the talk the lecturer mentioned something about that each chakra had a "back side" to it. This puzzled me and during the break I asked him what he had meant by that. He then told me that I had misunderstood what he had said and that "there are only seven chakras".

When I came home I began to speculate more about this. We know that the chakras are energy centres in the body and that they correspond to important acupuncture points (Motoyama, 1984). I then looked at a map over the acupuncture points and noted that there actually are acupuncture points that are horizontally aligned with five of the main chakras, but not with the ground and crown chakra. Could I call out an animal from the "back side" of the second to the sixth chakra? I began to experiment with my clients to see what they would experience. It turned out that there actually are animals coming from the back side of these five chakras, and sometimes they are more willing to show up and talk than the animals from the "normal" front side. They even often seem to express something much deeper than the ordinary chakra animals are willing to come forward with.

For example, I worked with a woman, who was suffering from anxiety, and no animal would show up from her forehead, but when I called the animal from the back side of this chakra an angry elephant came tumbling out telling her that it was tired and irritable, because "it had to walk such a long way to meet her". Afterwards, it took her out to "see the sky". It told her that she had to look more up at the sky to find the calmness inside herself. A woman experienced a vulture coming out of her solar plexus area telling her that it was her father. This animal scared her a lot. However, from the back side of this chakra she imagined a ferocious lion, which wanted to attack the vulture. Another client experienced a fish coming out of his sixth chakra in the forehead. The fish wanted him to float in the water and just relax. But from the back side of this chakra came a furious crocodile which frightened him very much. It had been locked up in a cage in most of its life and now it wanted to get out! It even showed him a picture of himself as a child who had to be set free! The "back side chakra animals" seem to represent very deep unconscious behavioural tendencies inside us, in many ways similar to Jung's concept of the "shadow".

How do I call out these animals? First I call out the animal from for example the forehead. If it turns up and the client develops a relationship with that animal, then I proceed and tell the client to focus his attention on the back side of the head aligned exactly with the "third eye" and imagine that an animal comes out from this position. Sometimes, I tell the client that now he is going to meet with the "back side of his chakra animal". Most clients are very excited and curious about this exploration. After the client has met both animals, I suggest that the two animals meet each other. Since there sometimes can be a very big difference in the character of these animals such a meeting may not be peaceful at all. However, if the two animals accept

each other I sometimes suggest that they merge together. Usually, they are not very willing to do that, perhaps because they often are so different from each other. Another question is whether the back side chakra animals should be invited to the council with the "normal" chakra animals or not. I can't really answer that yet. Perhaps they should hold a council of their own. But sometimes they will show up spontaneously and uninvited to the council with the ordinary chakra animals. A lot more investigation is undoubtedly needed here, but perhaps this short presentation will inspire some of the readers to explore the dynamics of these hidden animals.

Literature

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Kaare Claudewitz is a clinical psychologist and psychotherapist in private practice in Copenhagen, Denmark. He is president of the Danish Psychological Society for Clinical Hypnosis and treasurer of the Danish Society for Psychical Research. He has trained in the PTPP in Germany and organizes now both workshops and trainings in the PTPP with Steve Gallegos in Denmark.

The workshops and trainings in Denmark are in English. There is one vacancy in the Year 2 training group with Steve Gallegos in 2004. There are still two places available in the Year 1 training due to begin in 2004 with Steve. Contact Kaare Claudewitz for details. (kchypno@tiscali.dk)

Moon Bear Press is proud to announce the forthcoming publication of Dr. Rene Pelleya's book, "The Seeds of Enlightenment". It will be available from Moon Bear Press in January 2004. eMail: orders@moonbearpress.com

"This magnificent book will touch each person differently. Intimately personal, it is the direct evocation of one man's search for his own soul. And yet, it is universal, humanly mythical, speaking to that which we each seek yet are seldom willing to pay for, because the cost is the abandonment of the narrow surface that has been developed as an interface with our fellow humans, that social being protected by layers of political correctness.

Heavily laden with overtones of Rabelais and Dante, spiced with humor and humanity, this delicious creation was baked in the bowels of Being. Drawing us back to the hazardous functions of motherhood and birth, the Womb Shaman reminds us of the exquisite mixture of gratitude and horror entailed in the passageway through which we are all born.

Dr. Pelleya, a highly skilled medical doctor, does not chase out his demons or try to destroy them, but instead welcomes them, dances with them, gives them room in the fullness of his being, and in this way allows their transformation through a return to balance and wholeness by being allowed a full relationship with all other aspects of his being. Only in this way can one arrive at that pinnacle of being, wholeness."

From the Introduction by E.S. Gallegos

Condor: I am watching, I am watching.
Your Field of Growth.
Your development.
The catalysts.
Your commitment to grow under any circumstance, even after falling and failing a thousand times.
Your unstoppable drive into The Self.
Your honesty.
Your willingness and eagerness at times with a little help from your friends to uncover and heal the darkest shadow realms.
This marks you as a Womb Shaman.
(From Seeds of Enlightenment, p. 95)



Detail from the cover of Rene Pelleya's book

Dark Night: I am the ultimate test.
When even God abandons you.
You have to feel it in your bones even though it is not true.
This is my job.
Dark Night of The Soul.
At your service.
(From Seeds of Enlightenment, p. 170)

Rosalie Douglas experienced a cerebral aneurysm bleed in February, 2002. Her family and friends surrounded her, sometimes arguing with nurses and doctors to ensure her loving care. Their support along with her animals, a knowledgeable neurosurgeon and a marvellous procedure called Coiling brought her back from near death to live to continue her work as a Deep Imagery Guide. She lives in Tucson, Arizona where she conducts individual sessions and two workshops each month: one introductory Personal Totem Pole Process and one continuing PTPP. Contact her at 520-888-1895 or rgdouglas@cox.net for workshop dates and times.



After My Stroke

There is a shadow against the bushes. I can't tell who it is, but I call to it. It is a mourning dove pecking at the ground. I greet it and ask it what it has to tell me. It comes up very close and puts its face against my cheek and says, "Love. Love is what saved you." The dove shows me scenes in the past of how I had been loving and caring to people and how it was all returned to me while I was in the hospital.

The dove is sitting on my shoulder now, so light, it has almost no weight at all. Dove says, "That is how real love is. It has no weight, no demands, no requirements, always giving like little puffs of air that lighten it further."

I ask, "Is there anything more I need to learn from this?"

Dove flies off and I begin to follow. It flies forward, then back to see if I follow, and continues onward and back, onward and back. I'm walking over land that is unfamiliar to me. The dove lands on my shoulder and says, "This is what will be."

The land has hills, valleys and a river. I am very big and the land is like a game board. I experience myself being much freer and more accepting than in the past. Then I see myself sitting beside my infant daughter Cindy's bed in the hospital as she lay dying. I see a comparison between how I sat with her and how people sat with me. I see myself young and filled with anger, guilt and blame, so there is almost nothing left in me to help her, not enough to help her live.

The dove says, "You did what you could with what you knew then. And isn't it wonderful that people know so much more now?"

My little dying baby is replaced with a young woman who is Cindy as she would be now. She holds me and says, "That is how it had to be." She reminds me that everyone has love to give, but many don't know how to give it.

She says, "One of the things that was perfect with your near death experience was that it allowed people to give love who might not have been able to in any other situation. The important thing about any act is the amount and quality of love given and received. Sometimes a small act is filled with love and sometimes a large act has very little. The quality is most important."

She kisses my cheek and leaves me and then the dove is here, weightless little creature. I ask her what needs to happen. She says, "Feel. Feel the weightlessness." I feel her feathers on my cheek, but there is no weight. It is as if she is floating. She says, "Remember in times of anger or sorrow that I am here, weightless on your shoulder."

Rosalie Douglas
Guided by Mary Diggin on 3/10/2002

As I Recover

I am walking on a path in a passageway in the mountain near two rooms where I had spent a lot of time and learned a lot in years past. I am going farther along this path than I have been before. The walls are coated with phosphorescent minerals so that the way is illuminated. I see a shape in the distance and follow it. It is just ambling along, but I can't catch up to it. It stays ahead of me off in the distance.

Finally I come up to it and see that it is a bear, with its fur all matted. It looks like it has been wet and rolled in leaves and mud. It is walking along with determination. I walk along with it and ask if it is my guide. It nods curtly and keeps walking. So do I.

After awhile I ask Bear why it is so dirty. Bear says, "That's not important." We're going down steps in the stone. Bear tells me to stay behind it so that if it falls, I can fall on top of it. I thank Bear for the offer.

Bear fills the whole passageway. All I can see is its matted back. I don't know if it has gotten bigger or if the passageway has gotten smaller. Little wisps of mist are coming up from the tunnel ahead and it seems to be getting warmer or maybe I'm just warm from exertion. I ask Bear if we're almost there. It grunts. I tell it that I'm very tired.

Bear says, "Climb on my back. I'll carry you." It is disgusting and grimy, but I do. Under the grime, Bear's fur is very soft. I begin to think that maybe this is MY bear who is my feeling animal, just in a grimy state.

Bear says, "I thought you would know me anywhere." It IS my bear, but in a sad grimy state. It is my feeling bear. I apologize and start picking the burrs out of its fur. Bear says, "It doesn't matter."

We finally come to a dock on a lake or river. Bear has been very business-like throughout our journey and that continues. A boat is there and he gets it ready for us to go somewhere. He holds it so I can step in and then he gets in and starts to row. We're still underground and although the ceiling is covered with the phosphorescent minerals it is kind of dim. I am feeling very uneasy and uncomfortable. I say to Bear, "You've always just held me and supported me and I'm uncomfortable with the way you are now."

Bear says, "All of this grime is from holding you and supporting you through all that we've been through. I've absorbed it all, but just on the surface."

"Can't we wash it off?" I ask. Bear shows me that it is really too ground in to just wash off and he says, "I'll need to be groomed."

"It's far too cold to shear you," I say and Bear agrees. "I'll pick off all I can," I say, and begin doing that.

We don't seem to be going anywhere. We're traveling, but there doesn't seem to be a goal, although Bear is rowing very swiftly and powerfully. Bear says, "Sometimes the goal is less important than the path." As he rows he is doing interesting curlicues with the boat, so that our path is straight for awhile, then a circle, then a jog. I look over the side of the boat and the water is crystal clear. It is so deep that I cannot see the bottom and that frightens me.

"What if I fall in and just go down forever?" I ask. Bear laughs and I realize that my fear is totally irrelevant.

"I feel like I need more concrete answers," I say and as I say this a huge block of concrete falls and breaks through the boat and we sink. I find myself swimming. Bear is swimming with an oar between his teeth.

“I’m not very good at swimming anymore,” I gasp. “Hang on,” Bear says. As he swims, bits and pieces of the grime come off. He swims just like he rowed, very strong and firm, totally efficient.

“I’m really very tired,” I say. Bear holds me, swimming along with his legs and one arm and holding me with the other. I realize that his left arm that he is holding me with is clean. All the grime is gone. I also realize that, grimy or not, he’s here and he is wherever I am. If I lose sight of him or if I don’t know him, he is still here. His presence is independent of my awareness. I feel like we’re just going to swim forever and I ask him what needs to happen now.

Bear says, “You just need to be with me and to accept that I will be here. There’s nothing you need to do. You’re on the path.”

Rosalie Douglas
Guided by Steve Gallegos on 03-31-2002

Sledge Hammer

An almost never ending Journey

These journeys took place during the Intensive Week with Steve Gallegos in November at the Herberge in Unteroed, Germany.

PART I: Afternoon

Among other things, Steve talked about the need to break through the visible and invisible boundaries that hinder growing in our lives. After lunch, the triad I was to work with met in the dining room and started discussing numerous aspects that boundaries effect. At some point in the discussion, someone said “That would be a good thing to journey to.” So, still sitting at the table, I was ask to close my eyes and call for an animal to come to me at this time. My Raccoon, actually my guide for journeys of undefined destinations, appeared and took me in the form of a young boy to a large cement wall about 6 feet high. I was surprised to see that an opening had already been started, and totally astounded to find my father there holding a sledgehammer. Obviously he had already started working on knocking down the wall. My astonishment was real, because I have strong and lasting memories of my father that were quite to the contrary.

I also noted that there was a large heart painted on the wall. It first asked me to pour something into it to fill it up. I tried to funnel various things into the heart, but to no avail. I then leaned on the heart. It felt like satin. I was then drawn into it and told to tank up on it’s energy so I could finish breaking down the wall. When I came out there was also a hole on the other side of the heart, and I was given the sledgehammer to finish the job.

The journey somehow ended there and the three of us went to our assigned room to continue working in the triad.

(It might be interesting to note here that I was actually guided by both of the triad partners, and it went very well. So well, that they coordinated the guiding of me again later (see below) after I had guided them both individually.)

PART II: Late afternoon

Raccoon came again, and we approached a mound that had a large wooden door in its’ opening. Raccoon slips through a cat door and disappears. I try to follow him and see that there is no door handle. I peak through the cat door and see Raccoon sitting in a deep beer cellar, enjoying himself in a medieval scene. Raccoon says, “Leave me alone, I’m done for the day.” I must admit he has earned a break, having been with me on almost every journey so far during the week.

My Raven, my animal for predetermined journeys, (They seem to have reversed roles this time.) waddles up and I tell him what happened. He says, “Raccoon is not a playboy, but he does like to play and be adventurous.”

Raven hops up on the top of the mound to see what is going on around us. He see lights in the distance. We fly there and it turns out to be the Los Angeles basin, a sea of lights. I see my brother and his wife, and my uncle. The two are sitting in their new house in the Valley all alone not knowing what to do with the peace and quiet. Their dog died shortly after they moved in, and their two children are off to college. Raven says, “Why don’t you invite them over for a visit?” Not a bad idea. How shall I make this offer without hurting the feelings of others?

“Raven, what do you think my Uncle would like to have from us? Maybe a picture of the two of us, a Thanksgiving Day card. Too late!! Today is Thanksgiving!

“What do we do now” I ask, “visit the rest of the relatives?” Raven say, “No, I have a better idea. Maybe we could visit Las Vegas.” “You know that I am a lousy gambler”, I say. “Get too excited, too impulsive, and the atmosphere smothers my intuition .” I am being distracted by an attractive Blackjack dealer. “I would rather see a show”, I say. Sinatra, Elvis, Sammy Davis, all dead. Regret not haven seen the old stars. “That will change,” say Raven. “That will change” We will travel to various places and attend concerts in the future. Great to have the time to do that now.

Raven suggests we journey to visit our members of my family, whereby we go through a load of work on personal issues. The main theme being wanting to help and heal all who are presently in need.

(What now follows is one of the most disheartening and disappointing feelings I have ever experienced in the years of the animal work. Even worse than being once speared to death in a journey.)

“That is not cool what the sledgehammer just did. Why did he do that?!?! He has just destroyed all the good ideas and intentions I had in mind to do. Smashed them to bits.”

“No guts!! “No guts!! “No guts!! said the sledgehammer.

“You can’t plan, or set goals.” It says. Why is that feeling coming up again, I ask myself. “Because you don’t believe in yourself, or trust yourself enough to get the job done. You are afraid of the responsibility.”

I am now supposed to return to the wall and enter the Heart. I asked Heart, “How can I do all this without hurting anybody’s feelings?” Heart says, “Just believe in it, and don’t try to do it all at once. What ever I do, I should do with my whole heart.” This makes me feel better.

I am supposed to pour something into the heart. My blood! Why that?!?! Heart says, it wants recognition, total attention and to be present in all that I do.

I am now back at the Blackjack table, and the dealer hands out all the cards of the heart suit to me. I gather then up and leave.

I step into a Taxi and I want to go home. The driver is the Joker, he turns to me and says, "I don't believe a word of it!" I slam shut the window separating us and return to here and now. I fell very heavy and tired after over two hours of "work".

PART III: Next morning

In the relaxation, I visit various scenes, then I am suddenly back in the taxi. The Joker is up front and laughs out loud. Raccoon says, "Don't pay any attention to him." Raven has apparently passed this time.

The road leads into the mountains. I pull out the heart playing cards. Joker says, "You won't need those." Kept them in my pocket anyway.

There is a bar and a TV in the back. I don't use the bar and there is only "bla, bla, bla" on the TV. I want out of this! I then see myself sitting under an umbrella on the beach in what looks like Hawaii. Raccoon comes and says. "Get working. No laying around here."

"You have to love the sledgehammer," he says.

"For me, it is a permanent threat."

"It can't stand self confidence," Raccoon says.

"How heavy is it anyway?" He asks.

"Very."

Raccoon replies, "Then why do you carry it around with you all the time?"

"It actually doesn't want to be destructive, but I demand it from him. The negative aspects are hard to suppress." I feel lousy now.

The sledgehammer laughs at me.

Raccoon, "Come! Let's get out of here. This doesn't help at all."

Raccoon says, I should take a closer look at my impulsive ideas. If they are worthy, then take action on them. If not, then put them away to either ripen, or die.

I see myself, and rows of Garden Gnomes like figurines, all with signs showing all the negative aspects one can imagine.

REJECTION, FEAR, FRUSTRATION, ANXIETY, SELF PITY. Name it!

I feel the urge to smash them all with the sledgehammer. "Great Idea!" says Raccoon.

The sledgehammer then says, "You have to control me, not I you!" Raccoon is really impressed about what's

happening. I smash all the Gnomes to pieces.

We are now back at the wall, and I am told to let the heart flow into me this time. The sledgehammer is destroying the remaining parts of the wall.

Wild Horse, my heart chakra animal appears and says I don't need to carry the sledgehammer around anymore, because of the danger of it relapsing back to it's old ways. I need only to call him and he will destroy all the negative Gnomes that pop up. When I really want something, I should call upon him. He is more than willing to help.

"Down with the Gnomes!"

"See," says Raccoon. "You only need to call on us." Just do it! Trust the process!

Joker is astonished with the turn of events. "I really had something totally different in mind when we started," he says.

Wild Horse say, "Just trust us!"

Raccoon, "See. That is what one calls learning."

It is interesting to note that the Intensive Week group totaled seven, the number for Transformation. Were it not for the opportunity to work six days in a row, I do not think that the transformation of the sledgehammer would have happened as it did.*

The intensive week was a powerful and enjoyable experience. We worked hard, and played hard. We drew mandalas and applied Reiki with background music in the evening. Sang and danced, and made paper hats, and celebrated my birthday in a wonderful fashion. Dreams were plentiful, and in most cases remembered.

*The **Herberge** in Unteroed is a powerful and loving place to be at. The food is excellent, and the area is great for walking, running, biking or swimming. Bad Endorf, a thermal water spa is just 20 minutes away. We hope to see you there at the Intensive Week 2004 from August 4th to 13th.*

* Attending were Sabrina and Margaret from Austria, Michaela from the Dominican Republic, Hannelore and Johannes from Germany, plus Steve and myself.



Seminarhaus Herberge, Unteroed, Germany



Seminar Raum, the room where workshops are held, at the Seminar haus Herberge.



The lake near the Seminarhaus Herberge.

The End of the first training in Lindau

The first training in Lindau completed this year, with a powerful, deep week, strong women and men that will carry on Steve's work. 6 of us enrolled already for the workshop leader training. Thanks to a special place and thanks to a special teacher and a special group we grew and grew into much more of our power. Many of us work therapeutically and already benefit of what we learned - or better, our clients do.

We enjoyed to meet and chat with each other, to eat well and often, to drive (BMW's) fast, the lake and nature, the deep work and much more.

Thank you.

Corinna Veit

*Corinna Veit organizes workshops in Southern Germany and Switzerland with Stephen Gallegos:
++49-8382-944 803 CorinnaVeit@begegnungs-reisen.de*



Dear Practitioner,

IIVR, thanks to the vision of Mary Diggin, has begun to develop a new website <www.deepimagery.org> Mary has proposed that the new website focus on capturing the spirit of the deep imagery work that we do. She would like to see the work promoted through testimonials, samples of journeys and the biographies of the practitioners. As Mary said to the Council of Elders, the practitioners of this work are intriguing people with diverse interests and personalities. She would like to capture this in the new Practitioners Page. She would like to know which Practitioners would like to be listed on the website and some information from those who would like to be listed on the website. Please take some time to complete the following questionnaire about yourself and return it to iivr@deepimagery.org or by snail mail to Debra Vickroy, 960 Atchison St., Pasadena, CA 91104.

Name and contact information (office or practice address, phone number and email address - website if you have one)

How you became involved with the Personal Totem Pole Process

How deep imagery has effected you and your life

Your special interests and hobbies

The ways in which you use the PTPP and settings you use it in

Other professional credentials

Your gifts and talents

Any unusual experience with deep imagery

Anything you feel is important for prospective clients to know about you or your practice

For the workshop page please describe the workshops you offer and send photos related to the workshops.

Would you be willing to make a donation each year to support IIVR and the website?

Thank you for taking the time to make our website reflect the spirit of deep imagery. If you do not want to be listed on the site, please let us know.

Please visit the evolving website <www.deepimagery.org> to see our progress.

Sincerely,

Festival of the Animals 2004

Dear Totempolers,

Vienna -Tourism is sponsoring the mailing of next years festival. So in a few days you will get **enrollment papers for the Festival of the Animals 2004 in an envelope of Vienna-Tourism.**

heartful greetings,

the Festival-Komitees 2004:

Gabriela Bernhart (A), Greta Frühwirth (A), Andreas Känzig (CH), Horst Lenes (A), Stefanie Maurer (D), Andrea Ortmaier (A), Corinna Veit (D):

Kontakt Adress for the Festival 2004:

Andrea Ortmaier
Vienna Tourism

++43-1-24555-464

ortmayer@wien.info

<http://www.animalfestival2004.info>



Liebe Reisende und an der Methode "PTPP" Interessierte,

PTPP = "The Personal Totem Pole Process©", Begründer Stephen Gallegos,

dank Wien-Tourismus, der unseren Versand für das Festival sponsert, bekommt Ihr in einigen Tagen **die Festival-Post 2004 in einem Kuvert von Wien-Tourismus!**

Das Kuvert enthält die **Festival-Unterlagen und Termine für Seminare, Ausbildungen und das Workshopleadertraining mit Steve Gallegos in 2004.** Also das Kuvert nicht wegschmeissen, sondern sofort öffnen und lesen, um den Frühbucherrabatt bis Ende 2003 für das Festival nicht zu verpassen.

das Festival-Komitees 2004:

Gabriela Bernhart (A), Greta Frühwirth (A), Andreas Känzig (CH), Horst Lenes (A), Stefanie Maurer (D), Andrea Ortmaier (A), Corinna Veit (D):

Kontakt Festival 2004:

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<http://www.animalfestival2004.info>

Festival of the Animals 2003



Rosalie Douglas, Janet Daugherty, Mary Diggin, Mary R. Morgan, Steve Gallegos and Audrey Dickson at the Festival of The Animals 2003, California USA.



Audrey Dickson, Ireland, Mary R. Morgan, (USA), Rosalie Douglas (USA) at the 2003 Festival.



Mary Diggin and Steve Gallegos



Kris Olsen, Debra Vickroy, Steve Gallegos, Rosalie Douglas and Audrey Dickson, who attended the Council of The Elders meeting after the 2003 Festival



Debra Vickroy, Organizer of the 2003 Festival of the Animals, Glenda White, Kris Olsen, Steve Gallegos, Rosalie Douglas, Mary Diggin and Dianne Timberlake, Organizer of the 2003 Festival of the Animals.

... in Denmark

Workshop Information:

Trainings Please contact Kaare Claudewitz for information on Trainings and Workshops with Steve Gallegos in Denmark. There are currently vacancies in both Year One and Year Two Trainings.

Workshop: The Danish Society for Psychical Research presents a one day workshop with Stephen Gallegos, Ph.D.

Title: Exploring the Inner sight

Description: As humans we have learned to feel bound by our bodies and by our senses, not realizing that our rightful freedom is in moving with our awareness. As such, awareness has the capacity to travel beyond the moment and beyond the present place in which the body finds itself.

In this workshop we will try to locate inner helpers, helpers that reside deep in our imagination and intuition, helpers that can aid us in returning to trusting our awareness and flowing with it like a river. Transcendence, knowing at a distance, and knowing from deep within our being are just a few of the gifts that come with being this strange human animal that we are.

Date: Tuesday March 30 2004, from 9.00-16.30.

Place: Copenhagen, Denmark: Galenos Center, Jagtvej 111, Nørrebro.

Price: 120 Euros including lunch.

Contact: Kaare Claudewitz, tel. 0045 39901029 or e-mail: kchypno@tiscali.dk

... in Australia

The Animal Community offers its sincere condolences to Frank Coughlan and Robyn Brady on the tragic death of their daughter, Maeve.

Contact:

Frank Coughlan is the contact for the PTPP® in Australia. Please check with him for forthcoming workshops etc.

email frankacoughlan@bigpond.com

home page <http://www.deepimagery.com>

Address 10 Hampson St.
Kelvin Grove
QLD 4059
Australia

Training:

A training, with Steve Gallegos, is due to start in Australia next year. Please contact Frank Coughlan (above), if you are interested.

... in Ireland

Workshop Information:

Contact Audrey Dickson for general information on the animalwork in Ireland and workshops, trainings etc. with Margaret Vasington. audic@esatclear.

Margaret's next workshop in Ireland will be in Cork 16/17/18th April 2004.

Dates of Gatherings in Ireland:-

Jan. 9-11 2004 - An Tobar, Navan,

Apr. 23-25 2004 - The Burren Holistic Centre

Sept. 17-19 2004 - The Burren Holistic Centre

Each meeting will be preceded by a FireKeepers Meeting on the Friday afternoon. All are welcome to that meeting.

... in The UK

Workshop Information:

Contact Veronica Rock <v.rock@amserve.com>

Workshop: Veronica leads about three one-day workshops a year in Hertfordshire, England with a group of people who either trained with Dianne Timberlake or did workshops with her. The last workshop was in August 2003. The next workshop will be on January 24th 2004.

Contact Veronica for details.

... in Austria

International Festival of Animals 2004 in Austria from June 9 to June 14

Contact: Andrea Ortmayr
Wien Tourismus
++43-1-24555-464
ortmayer@wien.info <http://www.animalfestival2004.info>

Sabrina Maesek will offer a series of workshops next year in which she will use Deep Imagery© and her Vision Quest skills. These include:

The Archetypes of the Medicinewheel / Die Archetyphen des Medizinsrades, March, 12./ 13.-14. 2004
Visionquests:

Date 1: July 16-26, 2004, Women and men up from 16, led by Sabrina Masek, PhD,
and Oskar Demmer, MD. Upper Austria, 4300 ft (1300m), mountain hostel.

Date 2: August 19-29, 2004, Women up from 16, led by Sabrina Masek, PhD.
Little hat in the Alps, Lungau, Salzburg, 6200ft (1900m).

Contact: Sabrina +43-(0)2236-89 26 39, info@herzvision.at, www.herzvision.at

... in the USA

Forth Coming Workshops

July 17-24 **Creativity and Clay**, River Spirit, NM USA

Monthly PTPP workshop and Groups lead by Rosalie Douglas <rgdouglas@cox.net>

Webpage:

New IIVR webpage: www.deepimagery.org