

Vernal Equinox- Wabun March 20, 2005

9:20 a.m.: Joy & Carol arrive Go over their roles/tasks. They choose their stones, then make their masks.

10:00 a.m.: Women arrive...

10:15: Dorothy Welcome to Vernal Equinox, Wabun... Circle greeting /naming each other. Name themselves.

10:30: Debby: Talk about the Medicine Wheel, what it is. Give credit to Sun Bear. The plan we have for today. (Allowing your Totem to choose you, head-dresses, creating a medicine wheel, receiving of gifts.)

10:30: Debby and Dorothy. Totem Choosing - Flute music?(in the living room): (Blessing 2-3 women at a time.) Putting dirt (Earth) on palms of hands, water on forehead, owl feather (animal) and sage (plant) smoke and air (fire and air) ., Saying something like: We bless you with Earth, so that you may have a solid foundation, Water, so that you may wash away the old, allowing it to flow away. The animal and plant totems, fire and air, welcome you to Wabun, Spring Equinox.

Women choose their stones, then go outside to create head dresses, ponder why that Totem chose them. When done, they can go back into the play room.

11:00 : Debby (Lining up in play room to enter living room.- Women dawn their head-dresses and pick up their stones.) Call women to the line by Totem name- Dorothy first (Golden Eagle). If a stone hasn't been chosen, assign the person behind that Totem to be it's guardian. Order is: (Golden Eagle), Lizard, Tortoise, Loon, Thunderbird, Turtle, Butterfly, Frog, (Golden Eagle), Red Tailed Hawk, Beaver, Deer, Coyote, Flicker, Sturgeon, Brown Bear, Grizzly Bear, Raven, Snake, Elk, White Buffalo, Snow Goose, Otter, Cougar.

11:10: Dorothy How the wheel celebrates Spring Equinox.- Poem/Blessing -Spirit Guides place the Creator (earthenware bowl), in center.

11:20: Debby Introduce 7 center stones/Totems- Women step into the circle to their place on the Wheel.

Spirit Keepers then introduce their Totems. (Guardians of Totems not chosen, place those ones.)

11:30: *Debby* Invite women to read their booklets about their Totems. After about 8 minutes, (when they look done), ask them to look at the mineral/stone element of their totem and see it in their mind's eye.

11:40: *Debby* Visualization. After visualization, women write in their booklets about the experience.

12:00: *Dorothy* Leads into the Totem dancing. Become their Totem. Spirit Keepers drum/rattle. When drums stop, women find a power spot in the circle, no more than 2 to a spot. Close eyes. Spirit Keepers take gifts and whisper that quality into the ears of each woman. Left over gifts go at the correct place in the circle. When all have been given, women go back to their places. Then Spirit Keepers choose a gift. Everyone opens gifts. Can write about it if they want.

12:20: *Dorothy* We've had some time to reflect on our life, the totem, it's gifts and messages in the Spring Time, this time of new growth. When you are ready, introduce yourself as your totem and in a few words or short phrases, speak of your experience today."

Response: "Loon, we honor you and thank you for your presence."

12:30: *Dorothy* Prayer/ Giving thanks for all we've received.
Sing closing song....Eat

Mica <
amber <