



Vickie Dodd is offering a residential training

**Shining Light on the Shadow:
Cultivating Self-love in Times of Change**

October 26th-31st

Inis Mor, Aran Islands, County Galway, Ireland



For more information on Inis Mor (Inishmore)
and the Aran Islands: <http://inismor.ie/>

We will be bringing the power and intention of Sacred Sound and Evolutionary possibilities to the enchanting Inis Mor of the Aran Islands. This is a magical place. The age and cut of the rock holds deep knowing of the message of the earth over thousands of years. We go there to listen, we go there to teach, we go there to remember, and we go there to be moved by the wildness of its winds and its waters and the Akashic record keepers of the rocks and cliffs.

Unwinding fear and judgment of shadow will be our vision for this course.

This is a time and opportunity for truly embracing the wisdom of the dark. As we enter the season of early winter, the darkness supports our journey inwardly on this incredibly magical island of deep wisdom embedded in the rock of it's home, Inis Mor.

We will spend this time together discovering the ancient knowing in ourselves of the wisdom and richness that lives within the dark. One cannot see light without dark. Our inquiry will be practicing unconditional love for ourselves and others, warts and all. It is an amazing opportunity to be together with like-minded-soul people to bring home love.

In these times we cannot afford anything less.

The harm of hate and judgment is a thief for our spirit and health.

Through a non-linear approach to learning we will explore Fundamentals of Evolutionary Sound Principles:

- Finding choices from our dualistic thinking: 'this is good, this is bad'
- Practicing the HUM as a place of centering, protection and neutralizing.
- Bringing in the physical awareness of Aston Kinetics to support our breath, our voice, and our intention.
- Getting to know one another and amplifying our individual intentions through community and resonance.
- Bringing to light our fear, judgments and belief systems regarding shadow.
- Allowing Light to transform our belief systems.

Our reflection:

- How do we listen?
- What is our preferred way of perceiving?
- What are our belief systems about shadow?
- What is the unexpressed belief?
- How do I love myself unconditionally?
- What are my conditions to be lovable?
- Do I have a Source that loves me unconditionally?

Shining Light on the Shadow is our title for this gathering. It is an opportunity to practice unconditional love for ourselves and for others, and especially seeing how sound + intentions + color can change and transform our perception of that which we call shadow, that which we fear, that which we hide.

***“My goal is to assist you to find Sound as your Teacher.
I do not teach sound. Sound is the Teacher.”***

We will practice the ancient forms of intention and prayer and mantra to guide and massage and exercise our spiritual muscle. We will practice trusting our voice and the wisdom of sound to guide us and become our teacher. It will be a time of much inner and outer exploration with our voice as our medicine, as our Teacher.

The human body is a symphony of rhythm, pulse, flow, and tone. The vibratory nature of sound and voice has many healing applications. Using our voice with conscious intention will be our medium for direct communication with our body.

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