

# DISCOVERY 2012

Contemporary Forms of Ancient Knowledge  
Natural Wellness Classes, Field Trips, Tours and Socials

## *“Self Care” Mini Series Natural Wellness Classes*

Where: Kaleidoscope

[www.mancoswellness.com](http://www.mancoswellness.com)

233 Park Street Mancos CO 81328

970-533-1100

**Dates: Five Classes on Thursday Evenings**

**Cost: \$40 per class**

**January 26<sup>th</sup> thru February 23<sup>rd</sup>**

**6pm to 8pm doors open 5:45 pm**

*Braided Traditions LLC is a company that focuses on the gathering, researching and integrating of cross-cultural knowledge related to nature. The focus is on discovery for the primal survival of the planet earth; that includes the rights of all of Earth's inhabitants to evolve naturally.*

*One result of the company's movement has been a publishing called 'The Natural Science of Oral Teachings' which outlines knowledge and signature languages of nature in concentric models. The knowledge is very experiential for the purpose of connection and therefore honors the Oral Traditions that explored the Great Mystery.*

### **Braided Traditions LLC**

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**[www.braidedtraditions.com](http://www.braidedtraditions.com)**



**Think for the Self**  
**Self Care for Wellness and**  
**Autonomy (Science)**

*Beginning is anytime, anyplace and anywhere. The first steps are to develop a conscious relationship to the Self as an independent eco-system within the Whole; the whole being earth. The Anishanabe called the duration of any life form a fire and therefore an eco-system is a fire. A human form is an energy eco-system. Knowing your energy system well, accomplishes skills to develop boundaries between other energy systems. Energy boundaries, both of the physical and spiritual nature, are the maximum efficiency minimum effort law of Natural Wellness!*

**Full Course**  
**Self Care for Wellness and Autonomy**  
**(Craft)**

***Certification;** Layer 1: Fifty (50) experiential hours required plus oral and physical testing that display an efficient mastery of techniques.*

*For Information about this course, sponsorship or for private consulting/training please contact*

***Guy Gilleshammer Aka Lone Eagle***

**Benefits of the Craft**

***Improves** Dreaming, Imagination, Decisions  
**Increases** Focus, Creativity, Circulation,  
Thinking for the Self, Reduces Fatigue & Anxiety  
**Expands** the concept of Self to include animals,  
plants and minerals as one whole eco-system  
**Provides preparation** for other interests of arts  
such as self defense, healing, sustainable  
industries, food production, outdoor hobbies and  
sport.*

**Full Course Learning**  
**E-motion, physical, mental, spirit**  
**(Art)**

*Map of the Whole (Creation Map)*

*Physical Routines (Kata's)*

*Energy directing Meditations  
Grounding into various minerals  
Moving the energy field (aura)  
Holding energy field boundaries  
Purging techniques*

*Combined Meditation & Kata's*

*World Wheels and properties  
Humans, Minerals, Animals,  
Plants*

*Energy Movement Qualities of  
Truth*

*Exercises for dowsing energy fields*

*Skills for psychic and physical  
autonomy (addresses fatigue)*

*Extras if time allows!  
Field trips for practice  
Clearing Beliefs, Cords, Contracts  
Communicating with plants  
Clearing and blessing food  
Animal Medicines*

***Wear Loose Clothes***