



LETTER FROM THE PRESIDENT

New Year Greetings to all of you!

Here we are in 2009, the year we will be celebrating the 30th birthday of The Cuyamungue Institute. On July 17, 1979, Felicitas Goodman was granted non-profit status by the state of New Mexico for her newly created institute north of Santa Fe. Because the land she had purchased included some of the old Ku'uymugeh Pueblo (or Cuyamungue, as the Spanish transcribed the Tewa name), she named it the Cuyamungue Institute.

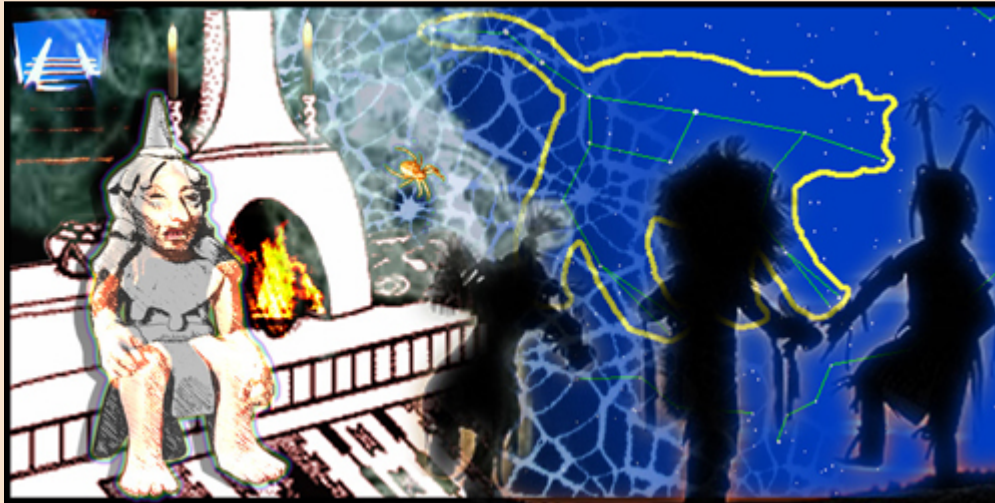
To honor our founder in our 30th anniversary year, we are establishing the Felicitas D. Goodman Memorial Library. She bequeathed to the Institute her personal papers and her outstanding collection of books on indigenous societies and religious anthropology. To raise funds for this project, and to maintain the Institute, we are asking for the financial support of all of you who want to honor Felicitas' life work and those whose lives have been touched and changed by ecstatic body postures. To contribute send checks to The Cuyamungue Institute, 20A Feather Catcher Road, Santa Fe, NM 87506.

Also as part of the celebration, we are having a "birthday party" also known as an international gathering at the Cuyamungue Institute from the evening of Thursday June 18 through Sunday June 21. The activities-including mini-workshops on using ecstatic body postures combines with group psychodrama, Authentic Movement, music therapy, and creative art forms-will culminate in a Summer Solstice celebration on Sunday. The \$250 contribution covers meals and three nights lodging. Once the seventeen sleeping spaces at the Institute are reserved, accommodations are also available at Buffalo Thunder Resort at Pojoaque Pueblo. Contact Frances at admin@cuyamungueinstitute.com to make your reservation with a \$50 deposit by check, credit card or PayPal.

You can also come early for a Masked Trance Dance workshop or spend a few days in Santa Fe and return the weekend after the celebration for a new workshop, "Awakening the Ecstatic Experience." There is more information in this newsletter about all the great workshops we are offering next spring and summer.

As this year begins, I am grateful that our nation has a new leader who offers an agenda of change and hope. While we face difficult economic times and the birth pangs of a new sustainable culture, I am reminded that we humans have always been given support and guidance by the Spirit world. May each of you find your unique capacity in partnership with the Spirits!

Many blessings,
Belinda



Ritual Community with the Postures and the Stars

by Marianne Carroll

"LADY OF CHOLULA," Digital Image by Mark Gilliland 2008. See more of Mark's work at www.shamandreaming.org

Since forming a posture group a year ago that meets monthly at the time of the New Moon, I have grown immeasurably with a new dynamic of ritual community. After achieving practitioner certification, I was determined to attract to myself a local group here in a valley of the Ramapo Highlands, just 30 miles outside of New York City. The spirits of the Lenape tribe who once dwelled here connected me to a local new age store aptly named Good Vibrations. For the past year, Good Vibrations hosted and promoted my introductions to the postures and enabled me to assemble a monthly group before closing its doors in October and becoming an online resource (www.wehealtogether.com).

At each New Moon, Solstice and Equinox, I study Barbara Hand Clow's AstroFlash! posting (www.handclow2012.com) to get a sense of what planetary energies are aligning. A posture that might provide another clue to the dynamics of the stars always comes forward and the group is pleasantly surprised by the experience the spirits activate. Like a monthly series in a good magazine, posturers can't wait for the next installment from the Alternate Reality.

The group is diverse and is made up of professionals who are healers, psychics, jewelers, graphic artists, real estate brokers, day traders and even bus drivers. Some have expressed the feeling that the postures give them a renewed connection with an inner "muscle" that has been missing from their lives. The sharing is always lively and awe inspiring with insights into our lives and journeys to unknown new possibilities. Graphic artist Mark Gilliland, a member of the group, often creates a stunning visual from photographs of the posture statues or drawings superimposed over wisps of imagery from what we have shared from our journey with the posture.

Our last posture session with Venus of Laussel, the day after Thanksgiving, was truly special. A woman who is the daughter of a rabbi brought a ram's horn which she blew as we called in the directions. Our spines tingled with the harmonies it created in my resonant octagonally-shaped "kiva" (and sometimes dining room). Our hand-rolled cardboard bison horn props were activated as well. We all joined in celebration with the spirits to witness the jubilation of our mutual gratitude to be here on Mother Earth and in community with the Alternate Reality.

Soul Retrieval using Body Postures

By Ki Salmen

This work of retrieving soul parts with Body-Postures is a profound self-healing process. The exciting news is: you can do all of it yourself!

In the world of shamanism we find the assumption that in situations of shock, great pain, abuse etc. a person's life can become so unbearable that soul parts become lost. This means they leave the person and go to an unknown place. Afterwards they can not be reached any longer, they are "lost". Following such a loss a person can have many different symptoms - for example: tiredness, the feeling not of being in one's own body any more, lack of concentration. In addition, there may be some physical illness.

In our group we will work with body postures to bring back the lost parts of the soul. This is quite different from other traditions where the shaman is the "expert" and does the journeying for the client; here we become the expert and we ourselves make the shamanic journey for our own problem or symptom. As participants we travel to another reality where we search for our soul parts, bring them back and then get help to integrate these parts back where they belong. Experience shows that in almost every group using this technique people can bring back their lost soul parts themselves - however, it is also possible in some cases to allow someone else to make the journey and bring back parts for a friend.

After the journey is complete we share our experiences in the group. The group leader then works with individuals to help them understand more about the situation where the original soul loss took place.

The group will first introduce the posture work, and then go in the soul retrieval work which was developed by Annette Ki Salmen around 2000. Beginners are welcome, as well as those who are familiar with the body postures. Experienced participants will get extra teachings at the level on which they are currently working with the postures.

Workshop dates: May 21 - 24 2009

We will begin on the evening of May 21 with a joint meal.

Place: Cuyamungue Institute, Santa Fe, New Mexico

Cost: \$450 (Food and lodging inclusive)

Early booking till March: 15 \$390..

Workshop leader: A. Ki Salmen www.dream-visions.de

Registration: 888-428-8878

Spiritual Illness

By Joanne Rossi, MA, LPCC

"We seek out the /awapa/most of all to cure diseases of the soul, the really serious diseases that are invisible" Juanita Sanchez, Costa Rica. This quote is from one of the inhabitants of a remote village in Costa Rica where villagers seek aid from their medicine people. One of the most difficult maladies to cure are those that are referred to as "bad shadows." They are usually a mind-body disorder. Many years ago, I spent time in this village and was provided with further knowledge of the customs and traditions of these mountain villages by a wonderful anthropologist, Paula Palmer.

At times a presenting spiritual illness cannot be explained within the frame of a medical or mental health model. Hence, identifying and treating must come from a spiritual belief, custom or tradition. Felicitas Goodman, in her work, "Ecstasy, Ritual, and Alternate Reality," discusses the realms of enhanced states of consciousness and how they can provide protection, award blessings and good fortune (p.47).

Possibly the greatest benefit both the afflicted and the Helper can experience is the recognition of

unbidden aid that can be identified and experienced by both parties. Perhaps this is felt through thermal changes within the body, profound imagery, or a sense of the numinous -- that which can be identified as a personal or collective spirituality.

And then how does one navigate within this terrain of the spiritual, the invisible, the presence of grace? One of the most powerful means of addressing both a spiritual illness, and/or a spiritual healing, is the validation that it does exist. This may be done through words, ritual, or at times unspoken knowingness between the parties involved. Healing is also an art, in the sense that there is certain flow that is not dictated by rationale, rote techniques, or symbols that do not resonate with another's beliefs.

When working with a spiritual illness the Helper must be mindful of their own personal strengths and liabilities. At times, strengths and liabilities may be operating simultaneously. Examples could include: psychic insights, archetypal possession, boundary merging. There are strengths and gifts within these, but, we must be diligent and aware of their presence, and do they harm or help at this time. Can we modulate intensity, can we contain and metabolize the intensity? Do we know when to reach out for additional support?

For those working with a spiritual illness there is support and knowledge available. There are individuals who have worked with this within both a grounded and compassionate frame. There is also literature available explaining the landscapes involved within the realms of spiritual illnesses and spiritual healings. If one is called to work with a spiritual illness it is utmost importance to have accountability for this. If the proper training is not available, seek out or research until it is presented. Or if we are fortunate, synchronicity itself will aid in presenting us with the right person, place or knowledge. It may even be closer than we think. At this time, discernment itself is one of our greatest allies. The ability to truly know what will provide solace, comfort, protection...healing.

Years ago, I had a wonderful teacher, Dick Olney, who would say when working with individuals "we give thanks for help unknown...and already on the way." The faith that help would arrive, in what guise we did not have to know, to believe was Enough.

Joanne is a licensed Jungian-oriented psychotherapist and practitioner of folk healing. She continues to travel and research throughout the Americas and the Caribbean. She lives in a beautiful village in the Rio Grande Valley in central New Mexico.

"Spiritual Illness: The Role of the Helper and Healing Allies"

This workshop has been created to aid not only health care providers but all individuals seeking insight and knowledge regarding the role of mind body health and the powerful impact of one's spiritual beliefs in both illness and health.

12 CEU'S Available for Professionals

June 5 - 7, 2009 -- \$275.00 also includes Food and Lodging

2009 WORKSHOP SEASON

**REGISTRATION for workshops in Santa Fe, NM at The Cuyamungue Institute
BEGINS FEBURARY 1, 2009 call 888-428-8878 or email
admin@cuyamungueinstitute.com**

- **March 24-26 "The Ecstatic Experience" Belinda Gore, Certified Instructor, in Israel**
- **April 30 - May 10 "German Retreat" - Contact: Ki Salmen at ki@dream-visions.de**
- **May 21-24 "Soul Retrieval Using Body Postures" Ki Salmen**
- **June 5 -7 "Spiritual Illness: The Role of the Helper and Healing Allies" Joanne Rossi, MA - psychotherapist/instructor in folk healing**
- **June 12-16 MASKED TRANCE DANCE Instructors Jackie Haworth and Rae Lecompte, certified Instructors, and Stephanie Stephens.**
- **June 18 - 21 "International Gathering and 30 Year Anniversary Celebration"**

- **June 26-28 "Awakening the Ecstatic Experience: introductory workshop" Belinda Gore, Certified Instructor - Friday June 26, 5:00, through Sunday June 28, 2:00. Cost: \$275 includes all meals and lodging.**
Based on her new book, "The Ecstatic Experience," this workshop is an introduction to new postures and a new framework for learning the spiritual practice of ecstasy. Belinda was a close friend and colleague of the late Felicitas Goodman. She is the President of The Cuyamungue Institute and has taught ritual posture workshops in the United States and around the world.
- **July 22 - 25 "Teacher Training Workshop" in Columbus, Ohio, with Belinda Gore, president of The Cuyamungue Institute. Wed 9:30 - Sat 4:30 pm. Cost: \$450 includes meals but not lodging.**

Workshop contents include:

- *History of Felicitas Goodman's discovery of ritual postures as a global phenomenon.*
- *Five step method for the practice of Ecstatic Trance.*
- *Overview of Ecstatic Trance as a body-based spiritual practice, including physiological changes that occur during the trance state.*
- *Ecstatic trance and consciousness studies.*
- *Techniques for using rattle and/or drum to guide trance sessions.*
- *Methods for deepening personal meaning derived from trance experiences.*
- *Ten key factors in organizing Ecstatic Trance workshops.*
- *Facilitating group dynamics in workshops.*
- *Sample outlines for one-and two-day workshops focusing on Introduction, Healing, and Divination.*

[The Cuyamungue Institute](#)

20-A Feather Catcher Road | Santa Fe, New Mexico 87506 | 888-428-8875