

## Attitude of Gratitude

### The Ancient Art of Ecstatic Body Postures

November 10 - 11 2006

Ritual posture is the doorway to the Alternate Reality, a name given to the layers of reality perceivable from various altered states of consciousness. There are over 70 known postures that allow unique exploration of the world of the Spirits for specific purposes including healing, divination, spirit journeys, myth making, and metamorphosis. The trance state is induced by a simple ritual for preparation, introducing auditory stimulation such as drumming or rattling, and assuming a ritual posture for fifteen minutes. Anyone with a healthy nervous system can be trained to enter and leave the trance state quite easily, in the appropriate ritual setting.

“Laboratory research carried out in 1984 in conjunction with the University of Munich and the University of Vienna indicates that ecstatic trance represents a truly dramatic psychological and physiological change in the individual. Blood pressure drops while simultaneously the pulse increases. In the blood serum, adrenaline, noradrenalin, and cortisol drop and simultaneously the brain releases beta-endorphins, the body’s own opiate. Concurrently, the electric activity of the brain, as evidenced by EEGs,



Belinda Gore PhD

*(Continued on page 3)*

### Long Dance

December 2 - 3, 2006

—Dec. 2 and 3 (Sat. and Sun.)

The 14th annual Long Dance will be held Dec. 2-3, 2006 at the Center for Peace. There will be some changes in this year's dance concerning the making of your banner and the donation for the dance, so please read the enclosed flyer carefully. We invite anyone who has ever danced this dance, and all those who have never danced this dance, to join us as we complete this second cycle of 7 years.

At decisive points in our lives, we usually look back to where we have been, take stock of our present situation, and choose the future that we would like to experience. Take that energy, set it into a ceremony, and you have the Long Dance. This will be the fourteenth year of the Long Dance at the Center for Peace. In all these years, people have experienced dancing a new future into being.

Starting at sundown and going to sunup, dancing through the night, we sometimes dance into, through, and past our nightmare worries, confront the turmoil of our inner conflicts, and circumvent stubborn obstacles to arrive at a place from which we can “get on with” our destiny and life purpose. Of course, every dance is unique for each person, no matter how many times you dance. So, without expectations and with



fervent hope for our highest good, many of us “just do it” and witness once again the support of Spirit Of Life In All Things.

Jeanne and Perry were dancers and supporters of the Long Dance, before they became the chiefs of the dance.

They invite you to enter into the dance and become open to receive the blessings, which are already awaiting your acceptance.

This is the time to bring forth patterns that lie in the subconscious mind that are normally invisible to us.



The MEDICINE SHIELD is to be made before you come to the Dance. You will create a Medicine Shield in the shape of a BANNER 2 feet X 4 feet, with a place to insert a clothes line or a rod at the top. Any color or type of material may be used.

Participants in Long Dance will need to prepare a personal

*(Continued on page 3)*



## Native Nurturing Returns

Native Nurturing meets monthly on the second Sunday at 3 – 5pm.

These workshops are organized for children and their parents or guardians. However, everyone who wishes to know more about Native-based ceremony is invited to attend.

This year's focus will be "Learning Ceremony". Each workshop will incorporate aspects of Native-based ceremony which will be carried out each month.

Please attend and pay special attention to the young people around you. Find someone and give them the legacy of ancient knowledge and Spiritual support.

For information call 865-405-6809  
Nan City LCSW

## Events

### November

**November 11-12  
Ecstatic Postures Workshop—Belinda Gore**

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**November 18  
Warrior/Public Servant  
Sweat**

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### December

**December 2-3  
Long Dance**

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**December 21  
Winter Solstice Chanting**

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### January

**January 1– Sweat Lodge  
Fire starts at 10 am**

## Wednesday Night Gatherings

### November

### December

**To be announced.**

**Check  
www.centerforpeace.us  
For updates.**

**Dec. 6th** - Join Jeanne and Perry as they talk about the spiritual aspects of their recent trip to Hawaii

**Dec. 13th** -  
"When Santa was a Shaman"

**Thursday, Dec. 21st** -(Please note change of meeting day)- We will begin with chanting in the chamber which will start the 24 hours of continuous chanting by Peace/Sound chambers around the world. This will be followed by the Winter Solstice celebration.

**Dec. 27th** -The regular Wednesday night program will not be held tonight. Enjoy the holidays with your family and/or friends. We will see you in the New Year!

## Work is Worship

There are several ways to spiritually understand work as worship. By working we are celebrating our physical selves, our God given capabilities and the beauty of our bodies and how they move and operate. We celebrate and honor the beauty and fecundity of Mother Earth. We are reflecting the principle idea of creation.

In the world of perceptual reality we are creating and maintaining that which nourishes us.

**Scheduled dates November 4 and December 9**

Contact Steve City (865) 212-4800, Shannon Ray (865) 597-6796 or Perry Robinson (865) 428-3070 for details.

Lunch and water is provided. Bring work gloves, favorite tools and a light heart.



#### Directions:

##### From Sevierville

**Go toward Knoxville** on Chapman Highway [US441/US411].

**7.0 miles from the Junction of Hwy 66 Turn Left** onto Sugar Loaf Road.

**Go 1.6 miles to Graves-DeLozier Road.**

**Right up Hill, stay to the Right, CENTER FOR PEACE on Right at top of hill.**

#### Directions:

##### From Knoxville

**Go toward Sevierville** on Chapman Highway [US441].

**From the Henley Street Bridge** go 11.3 miles to the junction of US 411 (Maryville Highway)

**Continue on US 441/US 411** 4.8 miles

**Turn Right** onto Sugar Loaf Road.

**Go 1.6 miles to Graves-DeLozier Road.**

**Right up Hill, stay to the Right, CENTER FOR PEACE on Right at top of hill.**

## Ecstatic Postures

(Continued from page 1)

shifts toward theta waves of low frequency and high amplitude. Upon cessation of the rhythmic stimulation, all these values return to normal except for the beta-endorphins, which tend to linger, sometimes for days.

Seen as a whole, the visionary experiences also transmit a worldview distinct from the one represented by the Western participant. Ecstatic trance introduced by ritual body postures does not support a view of the world divided into good and evil, nor are the beings of the Alternate Reality arranged into a distinct hierarchy. The spirits we get to know, although powerful, do not assert any dominance, rather, they reflect an egalitarian system. Another striking feature emerged during our research, namely that of healing. This healing is different from the Western notion, since it covers both physical and psychological ills. This characteristic is so pervasive that not only are there specific healing postures (for example the Bear Spirit Posture), but each ecstatic trance experience is also one of healing."



## Long Dance

(Continued from page 1)

banner, 2 feet by 4 feet. This year we ask that your banner reflect what you are manifesting as your reality. You are creating your future. What does that look like? The past is past. The only moment that exists is now. This is the time of creation. Visualize it, create it, dance it into being.

Let the making of the Medicine Shield be a way of forming your intention for your Long Dance

*"In the Long Dance of Life, every step forward awakens three opportunities for the human:*

1. *placement in eternity*
2. *purification of past forms*
3. *new opportunities for adventure*

*For in the instance of eternal time the new always refreshes and cleanses."*

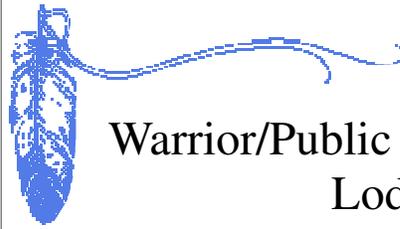
- Beautiful Painted Arrow

If you have questions, please call the Center or go online at [www.centerforpeace.us](http://www.centerforpeace.us). Registration for this dance may also be made at this web address. Checks for deposits should be made to the Center for Peace and sent to 880 Graves-Delozier Rd., Seymour, TN 37865-7012. We hope that you will come and dance with us, Perry & Jeanne Robinson, co-chiefs.

For information call Jeanne or Perry Robinson:

(865) 428-3070

Register online: [www.centerforpeace.us](http://www.centerforpeace.us) .



## Warrior/Public Servant Sweat Lodge November 18th

This Sweat Lodge will be open to those who have served in the military or protective services (police and fire departments). The idea of the lodge is for any who have placed their life on the line for the People.

If you know any returning service members, veterans of any conflict, or fire fighters or police, please extend an invitation to them.

Members of the Center for Peace community will provide the feast. This is an opportunity for each of us to say "Thank you" and "Welcome Home" to the men and women who have committed themselves to protecting us.

Contact Steve Citty for information.

(865) 212-4800

### Did You Know?

You can now make donations to the Center for Peace from our website via PayPal.

Go to [www.centerforpeace.us](http://www.centerforpeace.us)  
and simply click on



And securely use your checking or savings  
account or any credit card from your own home.

*Thank you for your support!*

**The Center for Peace** is an international community focused on ancient wisdom traditions applied in the modern world.

We are located on sixteen acres in Seymour, TN, in the foothills of the Smoky Mountains. Our facilities include a Peace Sound Chamber (a building used for chanting, ceremonies, and vision quests), a sweat lodge, a medicine wheel, dance arbor, open meadow, some peaceful woods and a gift shop.

## Book Review

### THE INVISIBLE GARMENT

"30 Spiritual Principles that Weave the Fabric of Human Life."

by Connie Kaplan

Connie Kaplan is the author of A WOMAN'S BOOK OF DREAMS and hosts a website on women's dream networks. I came across her work when I was taking part in the Turtle Dreaming group that Ula Rae Mynatt hosted for a year. This latest book published in 2004 is a fascinating study of numerology and astrology.

Several years ago, the author's father was dying and as she sat with him two angelic beings came to her and told her they were going to transmit through her information ready to be transmitted to the people. "On four different occasions during our conversation, I found myself wandering in a grid-like landscape of geometric form, sound, and color...I was in the place of knowledge--the place where everything is known....Over the next several months, this promised body of information formulated itself. Mostly I received it in dreamtime..."

Thirty different qualities were revealed to her. I am reminded of Joseph Rael's "Principle Ideas". Grouped into three parts "Ascending Principles, Containing Principles, and Descending Principles" they include qualities like Placement, Innocence, Purity, Memory, Service, Awareness, etc. How do you know which qualities make up your own invisible garment? It is done through your astrologic chart. The twelve houses of your natal chart contain the sunsign, moonsign, planetary bodies and other placements from your time of birth. Each is delineated by the number of degrees into each house and that number is then used numerologically to give the principle quality of that house. For instance, my Sun sign is Leo and I have 00 degrees. "00" represents the first quality of Placement.

### Internet Musings

Our own Reverend Rose (Cheryl Patterson) has a blog spot on the internet! "All Things Spiritual" can be found at:

[www.CRoseNotes.blogspot.com](http://www.CRoseNotes.blogspot.com)

In the first house of my chart it represents the primary reason for my incarnation. Placement is about stability and rootedness. I also have placement in my third house which is the Ascendant. The ascendant is about personal ethics and placement in that house gives me well grounded and deep commitments. My moon is in the second house which represents Mastery. I have the 29th principle quality of Movement there which keeps me moving forward and sets up the the pull between my first three houses placement, movement, placement. Now you know why I am so stuck and confused!

Ms Kaplan states "your invisible garment is about being not doing. Reading your pattern will not tell you what to do with your life. It simply reminds you of what you came here to be." If you enjoy divination tools like astrology and numerology, you will love figuring out your "invisible garment". You do, however, need to have a natal chart with degrees which can be obtained off of several internet astrology websites.

"The person who impeccably wears his or her garment magnetizes the things he or she needs to do to amplify and deliver the soul's gifts to the planet."

**CRose**

The Center for Peace is a non-profit religious corporation in the State of Tennessee. Donations to the Center for Peace can be claimed as deductions from income for income tax purposes.

#### Active Council Members of the Center for Peace:

Candy Barbee	Knoxville	865-933-3925
Steve Citty	Knoxville	865-212-4800
Margarita DiVita	Jefferson City	865-475-3799
Al Fletcher	Norris	865-494-9950
Katy Koontz	Knoxville	865-693-9845
Dennis Ogle	Seymour	865-577-5848
Cheryl Patterson	Seymour	865-453-3869
Steve Puleo	Knoxville	865-694-2017
Shannon Ray	Knoxville	865 654-7933
Jeanne Robinson	Seymour	865-428-3070
Perry Robinson	Seymour	865-428-3070
Marcus Wese-man	Clinton	865-463-1002

## Winter Solstice Chanting

Thursday December 21,  
7PM

The Center for Peace once again joins with Peace Sound Chambers all around the world in creating a 24 hour period of continuous chanting for peace during the northern hemisphere's winter solstice on December 21-22, 2006. The House of Mica Peace Chamber in New York is once again organizing the effort.

Chanting will begin on Thursday the 21st at 12 midnight Greenwich Mean Time (or 12/21, 7:00pm Eastern Standard Time) at the House of Mica in New York and will continue for 24 hours in chambers and centers around the world.

Chanting at the Center for Peace will be led by Tom Martin on Thursday December 21st beginning with a solstice ceremony at 7:00 pm followed by an hour of chanting from 8:00 to 9:00 pm.

Beautiful Painted Arrow suggested the following theme:

**"Watch the sound of our chanting turn into Light"**

During this world peace chanting we will chant vowel sounds and spontaneous chanting, a favorite local chant and the sacred sounds shared by Beautiful Painted Arrow over the years.

Our efforts together have the power to re-shape our individual and collective experience and awaken the circle of life to the presence of peace. All of our voices are needed. We welcome everyone to join in.

Thanks to Rick and Elisa Cotroneo at the House of Mica for being the coordinators of this global effort.

If you would like to be included in our email list, go to our website

**[www.centerforpeace.us](http://www.centerforpeace.us)**

And click on "email list".

**Then simply add your name.**

# Perry's Ponderings

## Fairy Godmothers

By Perry Robinson

Joseph Rael, in his teaching about Magpie Tail Boy, shows that our myths and fables tell us something about ourselves.

That's the reason I paid attention last weekend, when "Fairy Godmothers" came into my mind during the last dance of the Drum Dance. I was dancing with the drum dancers – as I had most of the dance – ; so I just kept on dancing and let the thought grow.

In the fables the Fairy Godmother is able to flit around at will, usually showing up where she is needed the most. She always is caring and giving. When she "happens upon" someone who is in need or who has an urgent request, she listens to the request and decides on an action, which, often, includes a learning situation for the recipient of her "magic". Then she flicks her wand and the need is provided, the request is fulfilled.

When I asked the significance of this memory of the Fairy Godmother, I was told that this describes the way we can be in the world.

Most of us have experienced – or at least heard about – how, when we focus loving attention on a plant or tree, its energy field [aura] expands. Conversely, when we focus hateful attention on the same plant or tree its energy field contracts. [Scientists have actually measured this kind of reaction in plants, by attaching lie detection sensors to their leaves and monitoring the plants' reactions to various types of stimulus.] In some of our early metaphysical practices we took turns playing with the same kind of energies. We would focus loving or hateful attention on each other, so that we could each notice how this loving or hateful attention actually feels. Even when it was fake hatefulness, it was strong enough to feel.

This is basic metaphysical stuff. One of the Huna principles is: energy flows where attention goes; and attention goes where energy flows; and everything is energy. The person focusing the attention determines the quality of the energy that flows.

When our attention is caring and giving, we take on something of the nature of the Fairy Godmother; our attention is the wand.

Now, our memory wants to step in at this point and say something like, "But our attention doesn't have as much magic as the Fairy Godmother's."

Well, that's the very point I wish to address.

It does.

Just look what powerful magic we already have experienced over the past months – both the "positive" kind and the "negative" kind.

I have seen people's health drastically influenced by other people's attention which was thoughtless or judgmental. I have seen how the quality of people's emotions reflected outward into specific – and remarkably related – physical conditions in their bodies.

I also have seen people healed. I have seen people literally change their lives before my eyes.

I have personally experienced these things as well within my own emotional and physical body. I'll tell you my experience, since I am not at liberty to tell anyone else's.

A few weeks ago something in a letter I was reading triggered the recurrence of an old pain around my heart. The cause of that old pain had been resolved some time ago. Since I had been without it for such a long time, it was doubly noticeable, when it returned.

A few hours later, when I opened my email, Barbara Keefe had sent me an email telling the story of a man who brought healing to the criminally insane by doing a thing called ho'oponono, which a Hawaiian Kahuna had taught him.

In the story, a Dr. Haleakala Hew Len had changed the whole nature of the hospital for the criminally insane, where he worked, by looking within himself and healing those things within himself, which made those inmates be the way they had been. He would hold the file for each inmate one at a time and say within himself: "I'm sorry." "I love you." That's all he did ... in his office ... every day; and it changed everything.

When I read this story, I decided I would try it. I reviewed in my mind the circumstances of my situation, the feeling around my heart, the feelings I picked up from the letter I had read. Then I said to myself and to all concerned: "I'm sorry". "I love you."

Almost immediately, the feeling around my heart went away! I have a deep trust that other things happened as well, since we are all connected. However, I have not tried to "check it out", for reasons which I will explain.

The farmer in me has learned to be patient with seeds, when they are planted. I see some thoughts as seeds. Sometimes seeds take their time sprouting and growing. When they are planted, it is important to leave them alone, just wait for the new growth to emerge – or not – on its own.

When I meditate upon the power that some thoughts have had in my life, I do not question that people are "magic".

Have you wondered why it is that, when this magical power of thought manifests as violence, jealousy, greed, and war, so many of us are prone to shrug it off as "human nature"? At the same time, there seems to be a compulsion to give some "mundane" explanation for the miracles we encounter. Why is that?

Perhaps it's because so many of us believe that humankind is generically and genetically corrupt, incorrigible, and incapable of carrying the divine imprint, which is our birthright and heritage. Put another way: Judgment [meaning: the exercise of the knowledge of good and evil] – admittedly a mistake in the beginning and reaffirmed as such by the prophets ever since – apparently, is more enticing than life. When we are that crazy, it is truly a miracle that we have survived at all!

Well, I like the image of the Fairy Godmother. I don't quite fit the picture – you know, a little too big and clumsy; and, being a man, I might look funny in a flimsy gown and silver slippers; but she has class and she warms people's hearts. I would love to do that!

# Core Activities

## Sweat Lodges

— See calendar for dates of Thursday and Saturday sweat lodges.

A sweat lodge, or a stone people's lodge, can be an intensely rewarding experience. By entering the mother's womb (the lodge) we seek purification and a deeper spiritual awareness through prayer. The steam, heat, and darkness help hold our prayers and add to our personal introspection. The pourer (leader of the lodge), with help from the fire tender, strives to hold a place of safety and security while setting the intent of the lodge. The medicine of the pourer and of each participant helps to enrich the lessons of the lodge.

Times for Saturday sweats reflect the approximate time the fire will be started. Times for Thursday sweats reflect the approximate earliest time participants will enter the lodge. We suggest participants arrive early to gain the full benefit.

Bring two towels, modest clothes for the sweat (clothes you don't mind getting dirty), change of clothes (for afterwards), food (for the feast), and a flashlight (for evening sweats). Gifting the Center, the lodge, the fire tender, and/or the leader is appropriate but not required.

**NO CHARGE—donations appreciated**

For more information, call the Center (865) 428-3070

## An Evening of Personal Growth

—Wednesday Nights from 7-8:30 pm;

Greetings fellow seekers! The Center for Peace hosts weekly meetings aimed at furthering our spiritual growth.

**November: TO BE ANNOUNCED**

**December:** Jeanne Robinson is host.

**NO CHARGE—donations appreciated**

For more information call the Center at (865) 428-3070 and we will put you in touch with the host for the month.

## Native Nurturing

—2nd Sunday each month 3 pm



Native Nurturing is a gathering focusing on making available to our children the teachings of the Old Way. The children learn about ceremony, drumming, the four directions, and chanting. The monthly workshop is taught by our community teachers who share their lessons with the children.

Twice each year we host a young people's sweat lodge, and in May we hold the Young People's Dance for children and their sponsors. We base these lessons on the teachings of Joseph Rael, Beautiful Painted Arrow, a native visionary.

Native Nurturing allows us to be a part of the giving to and the receiving from our children, helping keep us connected to the universal truths of God's plan - providing growth for everyone.

**NO CHARGE—donations appreciated**

For more information, call Nan City (865) 405-6809

## Council Meeting

—See calendar

This is the gathering of the board of directors to discuss new ideas, future projects, and events. Feel free to come with suggestions and comments.

**November 5 – Annual Meeting** visitors welcome

**December 10–** visitors welcome

**NO CHARGE**

For more information, call the Center at (865) 428-3070.

## Work is Worship

—Scheduled for Nov. 4

There is always plenty to do. Lunch provided.

Steve Citty (865) 212-4800 or Perry Robinson (865) 428-3070



## Chanting in the Chamber

— 2nd Tuesday of the month, 7 pm

It has been said that we are sung into being. It is through vibration that something is transmitted and made manifest.

In *Being and Vibration*, Joseph Rael teaches, "Chanting is how we enter into the eternal now. The energetic vibrations of our voices bond us to the spiritual light made of memory, of now, and of future, for we are the light of universal intelligence. Chanting calls the pasts and the future into the eternal now."

This gathering is an open forum. Bring your own songs, special chants, teachings, sharing, and enthusiasm. We have drumming, singing, meditations, healing circles, and more.

**NO CHARGE—donations appreciated**

For more information, call Margarita DiVita at (865) 475-3799.

## Fire Ceremony

— 7th of each month, 7 pm

This ceremony came from a vision Joseph Rael had in 1984. Its purpose is to heal and purify both the planet's physical oceans and the oceans of cosmic thought. Through healing our own confusion, Joseph was told by Oceanus (creator spirit of the ocean), we can heal the confusion of the physical world.



At 7 pm local time, fire elders light ceremonial fires at each of the Peace Sound Chambers around the world. Those present watch the fire in silence until it burns out, giving to it what we want to transmute in our lives and staying open to the messages and teachings it brings. All are welcome. We suggest you arrive around 6:45 pm.

**NO CHARGE—donations appreciated**

For more information, call Katy Koontz at (865) 693-9845.

More information is available for each month at our website:

[www.centerforpeace.us](http://www.centerforpeace.us)

## November/December 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29 Corn Harvest Dance 	30	31 Samhein Observed	Nov 1 7-8:30 pm—Evening of Personal Growth—TBA	2	3	4 9am Work is Worship
5 5pm Council Meeting—Annual Meeting 	6	7 7 pm — Fire Ceremony, led by Katy Koontz	8 7-8:30 pm—Evening of Personal Growth—TBA	9 7 pm — Sweat Lodge led by Steve City	10	11 10-5 Ecstatic Postures Workshop
12 10-5 Ecstatic Postures Workshop 3-5 pm Native Nurturing 	13	14 7 pm - Chanting / Drumming Open Forum in Chamber, led by Margarita DiVita	15 7-8:30 pm—Evening of Personal Growth—TBA	16	17	18 10 am Warrior/Public Servant Sweat Lodge
19 3pm Pipe Ceremony	20 	21	22 7-8:30 pm—No Meeting	23	24	25
26	27	28 	29 7-8:30 pm—Evening of Personal Growth—TBA	30	Dec 1	2 Long Dance
3 Long Dance	4 	5	6 7-8:30 pm—Evening of Personal Growth—Perry & Jeanne Robinson “Exploring Huna”	7	8	9 9am Work is Worship
10 3-5 pm Native Nurturing 5pm Council Meeting	11	12 7 pm - Chanting / Drumming Open Forum in Chamber, led by Margarita DiVita 	13 7-8:30 pm—Evening of Personal Growth - Jeanne Robinson “When Santa was a Shaman”	14 7 pm — Sweat Lodge led by Steve City	15	16
17	18	19	20 	21 7-8:30 pm—Evening of Personal Growth - Jeanne Robinson “Winter Solstice Chanting”	22	23
24 7 pm Christmas Eve Candle Lighting Ceremony	25	26	27 	28	29	30
31	Jan 1 10 am New Years Day Sweat Lodge	2	3	4	Do you ever wonder exactly what the moon phase is today? Visit us online! <a href="http://www.centerforpeace.us">www.centerforpeace.us</a> And see for yourself!	

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### *Coming Soon:*

#### *November*

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#### *December*

#### **2 - 3 Long Dance**

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For more information see  
[www.centerforpeace.us](http://www.centerforpeace.us)

*Did you know that you can register online  
for most activities at  
The Center for Peace?  
Printable map and directions also available.  
Visit: [www.centerforpeace.us](http://www.centerforpeace.us)*

We offer many opportunities, such as:

- Visionary dances
- Sweat lodges
- Fire ceremonies
- Chanting/drumming gatherings
- Young people's ceremonies and activities
- Core shamanism
- Huna shamanism
- Vision quests
- Firewalks
- Teachings on drumming and working with fire
- Workshops on various topics like numerology, fire walking, Druidic traditions, sound healing and chanting, shamanic studies, and many more
- Book groups
- Ceremonies of initiation
- Supporting ceremonies in the local, regional, and international communities
- A safe, family-like environment to grow in

For more information, call  
865-428-3070.

## Peace Talk

**CENTER FOR PEACE, INC**  
880 Graves-DeLozier Road  
Seymour, TN 37865-7012  
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