

# Sacred Reflections Workshops and Seminars

By Willow Tequillo

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There are various components to the Sacred Reflections original works by Willow Tequillo. Each component is a teaching tool which aides the individual and group in finding inner balance, center, and personal truth by connecting with earth and cosmic relationship.

The following workshops are designed to work in unison as a seminar or one day workshops. Each workshop includes the teaching of the, Dance of Creation.

## **Story of Creation as presented through the Hopi Mandala**

**Purpose: To evoke memory**

"Hopi Mandala - Transition into the 5th World"

This visual aide is a 28" x 28" fine portrait, located at the Hopi Museum in Arizona. The mandala tells the story of the four worlds and the movement into the fifth world told by the Hopi people. Through symbolism, color and form the ancient form of story telling is honored through art.

The book called, **Hopi Mandala: Transition into the Fifth World**, is a complement to the mandala. Story and photos of the various worlds within the mandala tell of our journey and participation as human beings in the creation and re-creation of the earth as worlds. A tape is available which tells the story with background music done by Sacred Sound artist, Dalphan. All proceeds of the Hopi work go to the Hopi Museum, whose sole interest is in aiding the Hopi children in reconnecting, remembering and participating through art and story telling, their heritage.

## **Song of Creation as presented through, The Tower of Peace**

**Purpose: To awaken the senses through dreaming.**

A powerful slide show presentation, The Tower of Peace is the story of Mya. Mya takes us through the 32 awareness's in the process of conscious awakening. This is an experiential presentation which leads to the invocation of the idea of what it means to 'be'. The Tower of Peace, stimulates the visual senses through a slide show presentation of art through color, form and sacred geometry. Auditory senses are connected through Sacred Sound ceremonialist Akasa Tsneq's, beautiful cosmic voice. Together the mind and emotion are connected as the story read aloud. The Tower of Peace is also available in the form of a work book to aid in memory and remembering.

## **Dance of Creation**

**Purpose: To awaken the physical body to sensory awareness and alignment.**

A dance which brings the various aspects of the body into a gentle awareness and integral alignment, with earth and cosmic connection. This dance is called a revealing dance. New and personal awareness's are revealed to the dancer as each balanced movement honors the sacred center connection of human being with earth and cosmic directions.

## **Community Mandala**

**Purpose: Integration and awareness of connection with our world while honoring our individuality.**

This is a creative expression of the group which has gone through the processes of integration and awareness. This mandala is a 'soul portrait' which holds the intention of the group.

## **10th Dimensional Medicine Wheel**

**Purpose: Full integration of Mind, Body, Emotion, Spirit in both the cosmic and earth worlds.**

The mandala is placed upon the Medicine Wheel. The medicine wheel becomes the pathway which holds the sacred intentions of earth nature, human nature, and cosmic nature as one intention of unity co-created by the group. As the wheel is journeyed the mind heart intentions of the common group are brought into physical, mental, spiritual and emotional alignment and awareness. Through this Co-creative process the heart mind intentions of the group have manifested in communion, compassion and co-operation.

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## **I/Eve Portrait Book**

**Purpose: Tool for discernment of where in the process of awakening one potentially is.**

The I/Eve Portrait Book speaks to 17 awareness's as individual points in the process of awakening to higher consciousness. This book gives the individual some ideas of what is going on in their life in the various bodies: mental, emotional, spiritual and physical. The process of awakening occurs on all levels. This book is an aide in helping the individual deal with the various node points which make up the matrix of who they are. This is a visual, mental and emotional complementary guide and road map for the seeker.

## **I/Eve: Merging of Worlds**

**Purpose: This is a book of contemplations and exercises. This book intentionally invokes the seeker into deeper processes of awakening.**

The I/Eve Merging of worlds is the formation book which takes us through the a more intense examination of the first 6 processes in awareness. The point of this book is to consciously awaken our mind, matter, emotion, and physical bodies through the aspects of life in living as human beings in relationship with earth and heaven, Spirit and Soul. This book brings our being into center and balance through 5 different contemplations. Each contemplation invoking inner questions about what we as individuals knows to be our truth. When we know this truth then we as individuals can move within center and balance as servants within our world, to co-create in harmony with all that is.

## **I/Eve Merging of Worlds Workbook**

**Purpose: To invoke the very primary questions of the seeker.**

This workbook is an intensive examination through the processes of the 5 contemplations. Each contemplation and exercise require an ongoing dialogue of personal intensive examination of individual process and patterning. Here our personal truth is revealed and we can stand by our faith, because we know what our faith is and where our faith lives.

## **Spiritual Consultation**

**Purpose: To provide basic guidance for individuals seeking a clearer understanding in specific areas.**

Willow is a teacher of Vatamare and Vatamara through the Sacred Reflections Certification Program, and is a consultant for the "Stream of Wisdom" school for higher spiritual understanding.

- Personal grounding through finding center and balance.
- Light and color as tools for healing.
- Creative dance, song, story and art as tools to reawaken memory.
- Individual sensory earth connection through primary senses.
- Earth and cosmic ritual and ceremony.
- Clearing of land.
- Creating and maintaining sacred space.
- Earth vortex: discovery, development and care.
- Cosmic journeying.
- Night dreaming and day dreaming.
- Soul portraiting.
- Soul memory and healing.
- Past life and family soul healing.

## **Personal Guidance**

**Purpose: To provide the individual with a personal guide in the process of awakening to consciousness.**

There are those people who wish to fully explore their authentic self in this life time. Willow does provide personal guidance for those persons whose heart mind intention is to work their process of awakening with highest intention of seeking personal truth. These individuals are welcome to speak with Willow about individual guidance.

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