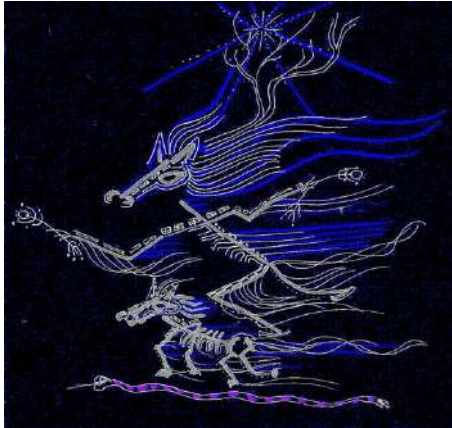


Each day will begin with a telling of one of seven stories from the Sagh'ic Animist Cosmology, accompanied by dancers and each with its own traditional ritual. The essence of each story will guide the sessions, rituals, and ceremonies of the day.



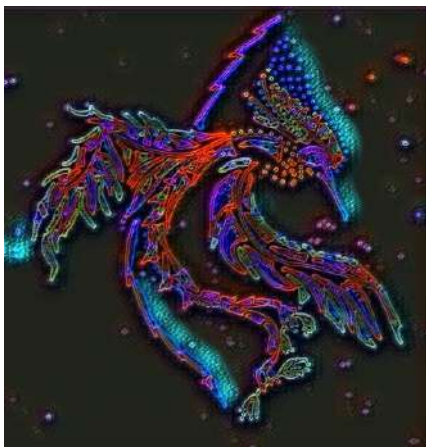
*Mare of the Winds*

In the long ago, before the winds came, there was the green mare of the forest. In her story we learn how the wildness was stilled and the stories in the wind came to the people.



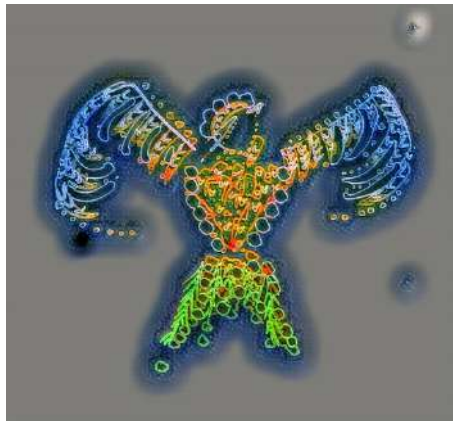
*Bo the Breath Giver*

The story tells of the coming of the first human, and how he did not have a song or story of his own. It is Bo the Mother Cow who gives him breath, song, and soul.



*Lon-Dubh; song of magic*

Lon-Dubh is a spirit bird who brings about the wonder that every child longs for and somehow misses. From this we learn the possibility to be that child and see what may be true, despite our shadows.



*Weave of the Robin and the Sparrow*

The weaving of the journey of birth and death, sets in motion the dance of creation, in which all things have purpose and destiny.



*Faol-Chon & Easag*

There were two great birds, the falcon, and the pheasant, who became the first elders and taught us that the precious is only that which we seek and lose, not that which keep and hide."



*Damhan, the weaver of souls*

Two great spiders, weave the threads of all the diverse songs of creation, bring all into balance, as well as friction which create the music of the diversity of the universe.

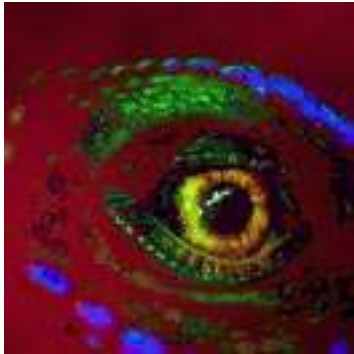


*Seoladair, Ferryman of the stars*

Across the dark sea of forgetfulness, the song of the ancestors carries the soul boat across the waves, sailed by the ferryman of stars, carrying the dead to the ancestral mountain.

## *Day sessions & Ceremonies*

*Dadgra-Dea*



The Opening Ceremony is a reflection on the spirit of self-value, and how we may miss that thread which we are called to weave into the Great Story of creation. Dadgra-Dea is a primordial spirit of the earth before humans, who values all things, and asks that all things trust in the value of themselves.



*Guiding Spirits*

Between the stars above and the earth vibrates the great song, and this song is the breath, the wind, we breathe, the forest we came from. This is Naofa, the holy state of being. Naofa is not one thing, spirit is not one thing, It is many spirits, who reach for us in the best way we can perceive, to guide and support as children. Together we will be found by a guiding spirit for the Retreat and beyond.





### *Listening to the wind*

The world of nature is the Naofa of the Forest the breath of the spirits and ancestors. It is said that mystics breath this breath and move through the world as if they walk in the ancient forests; this is a mystic walk, a ceremony of remembering.



### *Lost Breath*

Mindful of the story of Bo, this ritual reaches out to try, in metaphor or spirit, to enact that first time when the breath as a sacred act of love and life was shared. In a world that holds its breath, there is a need for some resuscitation.



### *Giving voice*

Our voices are amazing, in all that they do, and yet we often misuse them or silence them completely. The Mother Spirit gives us breath and voice, let us not forget to use them in service and in gratitude for the gift.



### *Blue Lily Healing*

It is said that the ancient ones who came from the stars brought the blue lily with them when they walked upon the earth, and that the bird of magic was the means by which that wonder spread to all lands. This will be a ceremony of reaching for that magic to see what might be hidden in the gift of the star walkers.



### *Elemental Divination*

The elements are the notes of the song of the earth, and all created by the union of that song with the song of the stars, knows in part the songs of all that the notes hold in sacred trust, i.e. secret. Divination is the means by which we listen to those secret songs.



### *Wind Warriors*

Within the winds are the souls of the warriors who guard the songs of the world, which is the protectors of the souls which may get lost. This is a healing ritual to help to find the way home.



### *Song of the Wind Healing*

The wind is the breath of the ancestral forest, the song of the world and the essence of the Great Song, which sings our destinies. This ceremony ensures the flow of the song through our soul, and the pains of being separate from ourselves.





### *Possessing & Possessed*

Desire is an attachment of us or from us. Such attachments are a heavy burden as we walk our path, never really appreciating the value of that path or the walker upon it. Holding close and letting go is a freedom, a surrender of self-value, which is a ceremony of true nature.



### *Song of Life & Death*

Life and death two halves of one story, one song, which is the song of the turning of the wheel of seasons for all who descended from the stars. It is the song of the flowing river that dances to the sea, which rises to the ocean above, and in love falls as rain to give birth to the river.



### *Song Lines*

From the moment the song of the earth and the song of the stars entwined into the souls of each and everything, creating a thread, a connecting line to everything else, touching, sharing, guiding, and manifesting into the that divine grace which pervades the universe. Remembering how we are touched and touch all, lifts us back to those singing stars.



### *Soul Weaving*

The Weaver of Souls shines like a bright star behind the Raven who sees past & future, guiding broken and fragmented souls from all history to all futures to be re-woven into the eternal Tapestry of Wheel of The Seasons.



### *The Barq of Seoladair*

In this ceremony we will remember and carry the lost and forgotten to the compassionate boatman, who will carry them to their rightful place amongst the stars.

## *Evening Ceremonies*

### *Fire Ceremony*

The Fire is that love that came from the stars and resides in the heart of all things.

Our hearts are the secret, and sacred resting place of the First Ancestor, Aithar Aodh, Father of the Fires.

It is not that he comes to us, rather it is that we open our hearts to reveal and welcome him. Over an afternoon and evening we celebrate the song and the dance of the sacred fire, from creating the hearth to waiting for the sight of the blue flames as the Fire returns to the stars. And for those with daring, we get the



opportunity to walk with and on the fire.



### *Quest for Magic*

A ceremony of Glancing the reality which brings the Magic of Healing walking with the other through their fear, and touching their broken heart brings a moment of reflective healing.



### *My Heart and the Crushing Winds*

This ceremony will be a remembrance of the dreams that our Heart once held but has abandoned long back. Why, we do not know. The abandonment broke our Heart, and the Broken Heart ensnared our Hope.



### *Initiation of the new Pathfinders*

Across the surging tempest and gnashing mountains, bodies tortured with blood and sweat they walked the way of dreams, of passion, of the determination of restless lovers.

They came from the shadows of belief to the brightness of a tiny flame, which shimmered in the promise of a new dawn, these holy ones, these wise ones, these Sagart, these priestly warriors of the ancestral ways...





### *Ceremony of Longing*

The ceremony will work with ancestral stories and movement to sense deep into our own longing. It will help us feel our longing as a flow within the river of collective longing.

It may leave us wondering - Is all longing the same? Is what we long for, longing for us?



### *Breath of Unveiling - New Moon*

The maiden moon was birthed from the glow of the fading sun, to guide the lost home. Gealach Sgàilachd is the moon veiled, and almost in an instant she lifts her veil to remind us that we are never really alone. We celebrate that being found as she lays down her river of silver light.



### *Dark Love*

We would rather hold our aching hearts, then suffer that moment of heartbreak and set the blood and fire free to change this aching world and society.

We take this ceremonial journey of birth and death, not to discover birth and death, rather that love exists because and despite them; we want to be that wild friction that changes the stagnant.



### Witnessing Fiery Hearts

Amidst the flames that dance with the spirits of our ancestors, we come together to honour the timeless flow of our songs and sagas. We remember and embrace the wisdom of the eight great tribes, who gather around the fiery hearts of their kin. Just as they find strength in community, so too do we gather to kindle the flame of the striking heart within each of us. A ceremony of witnessing the fiery striking hearts.



### Grrroh-Goh

Grrroh-Goh is a work about what it means to be truly wild i.e. innocent. It is a work that delves into the qualities of the bestial being, born to the primordial spirits of the Sagh'ic tradition. The work attempts to highlight the spirit's abilities, as well as his role, as the harbinger of the arts. .  
Special thanks to John-Luke Edwards for his guidance with the work.