

# Ah, Mount Shasta!

Immerse yourself here - Leave transformed - Be with those who call the mountain their home

**JULY 21-23, 2017**  
**MT SHASTA CITY PARK**

## THE BEST OF MT SHASTA CONFERENCE & FESTIVAL

### Welcome to The Best of Mt Shasta

#### Discover Your Self Here !

*Three Full Days of Conference Workshops, Evening Events and an Outdoor Festival with Music, Food, Vendors, Performances, Wellness Activities and Celebration.*

#### Meet those who call the Mountain their home!

Innovative knowledge and experience are being discovered in this remarkable place called Mt Shasta! The people who live in the Mt Shasta area are especially fortunate to explore these possibilities every day, enabling them to be on the forefront of leading edge knowledge in their field of expertise.

The Best of Mt Shasta Conference & Festival offers an intimate setting for three full days with local presenters, musicians, vendors and you, the participants, where everyone has the chance to meet one another, engage in conversation and make new friends.

Workshops and Evening Events with a new theme each day: Native Healing, Spirit & Spirituality, Health & Wellness, and Our Environment. After the workshops you can find the Presenters at their outdoor vendor space at the festival.

#### **FRIDAY JULY 21** **NATIVE HEALING**

10:00 am - Opening Ceremony with **Walking Eagle (Jack Thom Sr)** (Outdoors, Gazebo)

Walking Eagle Jack Thom Sr. is a Karuk Sweat Lodge and Ceremonial Leader. He runs the Spirit of the Wind sweat lodge at Stewart Mineral Springs. He leads vision quests and other spiritual ceremonies.

#### **Earth Circle Drum**

Earth Circle Drum is an inter-tribal/ multi-cultural Native Drumming group. ECD sings and drum on a big powwow style drum. They play traditional songs from the west coast, specifically Mt. Shasta area-Northern California and Southern Oregon.

11:00 am - **Miguel Mesa** (Lower Lodge)

As a Sacred Sound Healing practitioner, Miguel will introduce a wide range of pre-Colombian, ethnic and modern sound healing instruments. Using effective techniques and a simple approach, he will provide Deep Relaxation and Structural Alignment. Miguel is a practitioner of Mystical Healing Traditions of the Andes, Native American ceremony, Lakota Sundance and Sweat Lodge.

12:00 pm - **Lunch in the Park!** Check out the Food Vendors

12:00 noon - **Jack Falls-Rock** (Outdoors, Gazebo)

Jack, a full blooded Ajumawi Native, raised on tribal land in the Mt. Shasta area by his elders. Involved with Native Culture his entire life, he will share this in an outdoor ceremony

1:00 pm - **Ted Dawson** (Outdoors)

#### **Whole Herbs For Whole Health**

My grandmother is Nor Rel Muk Wintu. She has taught me about herbs and plants since I was a child. I will teach you about the herbs you can find around you and how you can use them for many healing purposes. The walk will start outdoors at Ted's Wintu Bark House in front of his vendor booth.

2:00 pm - **Carla Charraga** (Lower Lodge)

### **Abuelita's Teaching, Mexican Indigenous Healing Journey**

Come learn about walking in close relation with nature and learning about indigenous ways. This will be a close and intimate gathering that is open to all people and levels of experience. If you have had any questions about native ways this is a good and safe space to ask. This workshop will be interactive and Carla will share some of the knowledge she learned from her grandmother (abuela) about healing trauma and other energy blocks. She will also share songs and information about the energy that flows and is present through all things in life, learning how to tap into it to create a healing journey for ourselves and others.

2:00 pm - **Walking Backwards (Frank Thom) and Ron Griffman** (Outdoors, Gazebo)

Singing and Drumming Outdoors. Walking Backwards (Frank Thom) is a Medicine Ways Karuk Elder Teacher and Karuk Language Teacher. Ron Griffman is a Spiritual Karuk Young Teacher and travels around to ceremonies giving his teachings freely.

3:00 pm - **Linda M. Held** (Lower Lodge)

### **Moving Through These Times**

Linda will provide drumming talk about these challenges, along with a journey, plus explain the benefits of working with her as a coach, what to expect in the successes, doing a drawing for free sessions, plus the effects and benefits of doing our work in nature, Vision Quest, and more in depth trainings such as private or group VP days here in Mt Shasta.

4:00 pm - **Sage Trucano** (Lower Lodge)

### **Mayan Traditional Healing**

Practiced by Mayan healers for thousands of years, a sophisticated system for healing that addresses illnesses that are both physical and spiritual in origin. Passed down for generations from midwives, healers and shamans, Sage learned these healing practices from Ms. Beatrice Waight, a traditional Mayan Healer from Belize. Sage will share and demonstrate this unique method to remove and release deep trauma, wounds and emotions using pulse diagnosis, prayer, massage (solar and/or uterine) and herbals in teas, sacred baths and tinctures.

5:00 pm - **Oatzi'nu She'e'la'ke'e' (Oz)** (Lower Lodge)

### **Curanderismo Healing Methods and Drink of The Gods**

Oz will share various forms of Indigenous American healing

methods (Bodywork, herbalism, spiritual counsel (seeing into the soul); Limpias, guided journey, and candle reading, etc.) that are used to help the individual come back to balance within self and the environment. Oz is a specialist in Integrated and Restorative Indigenous American earth based Medicine practices; working deep within the mind and musculoskeletal system. Oz will discuss the different ways that the medicine plants work and a special ceremony –Teonanacatl, 'The Drink of the Gods.' A unique ceremony that only he is acknowledged to perform and know intricately.

6:00 pm - **Dinner** - Bring or pick up your meal from town

## **FRIDAY, JULY 21 EVENING EVENT**

7:00 pm - **Beverly Ann Wilson** (Recreation Center)

### **Crystal Singing Bowls: Living the Vibrational Integration**

Vibrational frequencies will facilitate our participation with the new Earth Energies we are experiencing in this Now. Beginning with an experience of "This Is Your Now", the singing bowls will orchestrate with your 'cellular knowing' and 'mind understanding' the difference between "Doing" and "Being", and how "Being" can easily be integrated into each moment's celebration of You and Your Now. "Earth Star Communication" embodies the living manifestation that all we have to do is be the best we can be, trusting that each moment is giving us everything we need and everything we'll be. "The Beta Alignment" vibrationally sets this impulse energetically into our cellular knowing.

## **SATURDAY JULY 22 SPIRIT & SPIRITUALITY**

9:00 am - **Bennett Gale** (Lower Lodge)

### **Sacred Inner Theatre – "The Art of Not Knowing"**

All of us are experiencing a multitude of life/lives time experiences all in this NOW. "Not Knowing" is about moving into conscious co-creation with Divinity and coalescing all of your life streams into conscious mastery in this life. The paradox here is that your true greatness comes as a transition from ego-centrism to a service-centric reality. In this presentation Bennett will be offering techniques and 'coded guideposts' to assist and further your transition from the current global 'limited' paradigm to interacting consciously and co-creating with the quantum field of limitless experience and potential.

10:00 am - **Son'Yah (Alisha Kaiser)** (Lower Lodge)

### **Diamond Christ Codes: A "Living Light Language"**

Son'Yah, as the Oracle of the diamond Christ Codes, is birthing a "Living Light Language" to manifest miracles on Earth for the Golden Age of Enlightenment. Utilizing Soul Powers of Creation, a "Living Light Language" offers a full vocabulary of sounds and symbols crafted to embody primordial energy and raise Christ Consciousness for Quantum Empowerment Healing. When seeded into language, the Christ Codes produce powerful manifestation miracles through your intention. In this presentation, we will activate your Christ Seed Atom and learn about the essential elements of harvesting and manifesting abundance, peace, prosperity and joy in your life and world.

11:00 am - **Ophelia** (Lower Lodge)

### **Finding Your Power: Reflection Of Story**

Do you see yourself as others see you? How would you describe the nature of self through the story? Storytelling is age old and the bedrock of the history of all people and lands. Yet with each story the history being revealed is through the eyes of the storyteller, and in most cases it is a one sided view. Who we are is revealed in our story and in our energy and are they the same thing! What can we learn from both! Through the reflection of a small part of my journey I will share ways for you to see your reflection more clearly.

12:00 pm - **Lunch in the Park!** See our Food Vendors

1:00 pm - **Michael Aiello** (Lower Lodge)

### **Under The Mountain's Influence**

This workshop is about Mt Shasta as a powerful presence that impacts the psyches of those who visit and live here. The mysteries that swirl around the mountain penetrate at deep levels whether consciously believed or not. When I first moved up here, in 1981, synchronicities started lighting up my path in flashes. I wouldn't have used those terms back then, since they hadn't emerged yet. I began having dreams of the mountain and of Telos, the underground city; the synchronicities intensified, as well as mystical and magical experiences. Living the spiritual reframe is living life from the higher perspective, moving from the hapless to the happening, and learning how to foster the miraculous.

2:00 pm - **Allou Guthmiller** (Lower Lodge)

### **Personal Guidance: Past, Present, Future**

Come to an experiential hour to receive your own messages of affirmation and direction, to help you create a happier, richer way of life. Time to create a positive and empowering

outcome for your daily life. When you take time out for self-inquiry, you tap into your wisdom. This wisdom guides you in taking the next steps that lead you to greater aliveness. In our time together, we will create an inspirational vision, unique for you individually. You will have an opportunity to reset the past, explore the present and delve into possibilities for deeper wisdom with life changing formulas from the heart of Mount Shasta.

3:00 pm - **Kathryn Shanti Ariel** (Lower Lodge)

### **Do You Hear What I Hear? Role of Conscious Communication with Nature, Bringing Harmony to Earth**

Kathryn will speak on Conscious Communication with Nature and how it plays into our creation of peace and harmony with Earth and her kingdoms. She will address the God Intelligence in all Life, morphogenic fields, the development of your telepathic, intuitive and clair senses, as essential components of creating Divine Harmony internally and globally. Earth is evolving and ascending. Divine Harmony is our next big evolutionary step. Conscious communication with all of Nature is an essential part of our journey forward. Come and open your awareness to being a conscious participant.

4:00 pm - **Douglas Melloy** (Lower Lodge)

### **Opening To The Realness Of God**

Planet earth is evolving and so must we. 3rd density is ending. 4th density is about to begin. We must be the humanness of this if we hope to participate with it. This requires a working knowledge of God and universe humanly. There is God, what created us, what brought us to life, and what conquered us. There is only the oneness of God, the healing of life, the wholeness of the Christ, and the ascension of that which serves. Our mind is God. Our body is love. Our spirit is light. Our soul is the universe. These make us the humanness of what is real and true.

5:00 pm - **Sandra Winslow** (Lower Lodge)

### **You Are A Creative Genius**

Sandra will focus on how to discover and further develop your own unique creative genius. Presenting techniques and strategies that unlock the powerful, sustainable resources of your imagination. Sharing fun and creative exercises on how to access the tools of your intuition and creativity without question or fear. How to use this knowledge to release old stories and behavior patterns that hinder your ability to shine in the world! Sandra will present a guided meditation journey for you to access your intuition, imagination and creativity, bringing back gifts from each realm to integrate into your daily life.

## **SATURDAY JULY 22 EVENING BANQUET**

Come join us at **The Best of Mt Shasta's Saturday Evening Banquet**, which includes dinner and music, along with a fun and informative Q&A Session with The Best of Mt Shasta Presenters representing our different venues: *Native Healing, Spirit & Spirituality, Health & Wellness and Our Environment*. It's a moment to ask your questions! Dinner will consist of delicious food catered by Lucille's Tavolino, Mt Shasta's Italian Restaurant. In addition, our banquet will include a fabulous Raffle of sought after goods from the Mt Shasta area and music by local artist Beloved.

## **SUNDAY JULY 23 HEALTH & WELLNESS, OUR ENVIRONMENT**

9:00 am - **Patrice Thiessen** (Lower Lodge)

### **Qi Gong Healing Circle**

This is an experiential group participation event. The presentation will begin with a definition of Qi Gong, some scientific validation for the practice and experience of Qi Gong, and some fundamental practice of the art. A presentation of Qi Gong Healing techniques for a group circle will be taught. A person is placed in the center of the circle and the participants will direct "Qi" to the individual for healing. Hopefully we can rotate all participants to the center of the circle. Principles of Qi Gong practice will be experienced, simple techniques introduced and a scientific basis and analysis will be presented.

10:00 am - **Ruth Peddinghaus** (Lower Lodge)

Ruth Peddinghaus of Lava Oasis Farms will discuss the opportunities and obstacles to family farming in Siskiyou County, as well as share a few home remedies and sustainable living techniques.

10:00 am - **Dan Kuhn & Kristen Lougheed** (Dance Hall)

### **Spiritual Transformation: Co-creating True Happiness**

The tools we would like to share with everyone are methods for transforming ourselves and returning the earth to its original, pristine state. The first tool, called "the Art of True Light," is an ancient art of purification and rejuvenation that emits a positive spiritual energy. The second tool, called "Universal Principles," are daily practices that promote greater love and harmony in our homes, workplaces and

communities. Taken together, the Art of True Light and Universal Principles generate a productive power greater than ourselves for healing each other and the planet.

11:00 am - **Sandy Patterson** (Lower Lodge)

### **How To Make A Natural First Aid Kit**

You will learn to recognize the herbs growing wild in nature, which ones are edible, and which ones can save your life. You will develop your personalized home natural first aid kit to take with you on a hike or when traveling. You will learn what herbs have historically been used to stop a Heart Attack, Bleeding internal or external, Anxiety, Bee Stings, Headaches, Burns, Indigestion, Acid Reflex, Diarrhea, or Constipation, Allergies, Infections, Sprains, Fever or Flu. You will also see how to Make a Healing Poultice and a Wild Craft Salad from the forest that is delicious and nourishing.

12:00 pm - **Lunch in the Park!** Check out the Food Vendors

1:00 pm - **Asara Adams** (Lower Lodge)

### **Save The Planet: Highly Effective Solutions**

WHAT IF... you could produce powerful and highly effective solutions for a sustainable and cleaner way of life, free of fossil fuel? Create ways to clean up the oceans, rivers, lakes, the air and the soil faster and easier? Turn this ship call Planet Earth around, in time, to create a better and healthier life for ourselves and our children? Receive the exact blueprints and advanced technologies from an Advanced Galactic Civilization of Light to save our planet? You will learn about technology drops from Advanced Civilizations, how to make Galactic contact with Your Galactic Team of Light, and experience Your First Galactic Handshake, and more...

1:00 pm - **Diana Donaldson** (Dance Hall)

### **Quantum Forgiveness – Quantum Biofeedback**

Together We Are ONE. Through Quantum Biofeedback's newest fascinating Nano-technology, the Educator device, and Diana's years of experience in the field of Quantum Healing, the 'Quantum Forgiveness Workshop' will safely create the space to help educate, explore and release old energy patterns that no longer serve us. In nano-seconds years of stubborn blocks caused by fear, anger, and frustration dissolve at the deepest core levels. Be a part of the 'Solution' and safely release old patterns and lower energies from your light fibers, chakras and auric fields. Together, we'll set the tone through energetic signatures and the spoken word. Affirming our higher intentions for deeper love, forgiveness, kindness and understanding on deep personal and group levels.

2:00 pm - **Camille Moritz** (Lower Lodge)

### **Heaven On Earth, Just For Being**

This workshop will highlight Affirmative Ascension Plays for Multi-Dimensional Activation, Regeneration, and Restoration of Love. The Divine Plan as our Unlimited Potential in Human Form. Heaven on Earth, Just For Being! Our Sacred Divinity is our Inherent Birth Right and is the Divinely Intended Plan. We are intended to Live With Ease; to live Fully, with Passion, Peace, Joy, Bliss, Purpose and Zeal. Our Sacred Purpose is to Co-Create Heaven on Earth in accompaniment with God's Divine Spiritual Hierarchy. God's Fiat: is that Man shall have the Gift of Freewill.

3:00 pm - **Matisay Shandah (John Effland)** (Lower Lodge)

### **Vibrational Vitality**

Vibrational Vitality is a result of the proper functioning of the subtle energetic system which supports and supplies all levels of our being. As human beings, we have many dimensions of being through which we express and experience our lives. Our subtle energetic system is what keeps all of these aspects fully functioning. Taken as a whole, this subtle energetic system is often referred to as our luminous energy field, or light body. This short workshop will be focused on one thing: 1) Sharing short, simple, practical, "Easy Button" methods to align, balance, harmonize, activate and directly experience the miraculous fountain of life inherent within us.

3:00 pm - **Erin Burch** (Dance Hall)

### **Limitless Body: Listening to the Language of Sensations**

When you put your hands on a client's body, a conversation begins. This is what I call intuitive conversation. Guided by this process, you can learn to bring together three key elements to create deep and lasting healing for your clients and their bodies, that isn't just a quick fix where they leave feeling great and then come back like nothing ever changed. This workshop will discuss Alignment: Returning the structures of the body back to where it was designed to be, Attunement: Teaching you the lost language of sensation, and Assembly: Re-building integrated Core Structures to cultivate empowerment, better performance and freedom from pain.

4:00 pm - **Linda Ost** (Lower Lodge)

### **Become a Nutrition Gardener**

The unanimous number one dietary improvement according to years of statistics, regardless of which equations you crunch the numbers through, is to eat a more plant-based diet. This workshop is to help you get more fruits, veggies,

nuts and beans into the diet by growing them at home. The food you grow in your yard tastes so much better than store-bought and easily replaces the junk foods you want to give up anyway. This workshop will include: Start by growing what you love, the importance of aesthetics, Soil Preparation, the bare basics for first time gardeners, and a lot more.

5:00 pm - **Dinner** - Bring or pick up a meal from town

## **SUNDAY JULY 23 - CLOSING CEREMONY**

6:30 pm - **Hayehwatha** (Medium Andrée Morgana) (Lower Lodge)

### **Explore Our Universe and Beyond to Know Your Story**

Hayehwatha's meditation will show you how to expand your awareness beyond the size of our earth, our galaxy and our universe. Once outside the universe Hayehwatha will show you how to merge with Original Source, the Absolute, God, the Creator; your Original Experience. From there to remember how it was you first came forth as a Presence and when you first entered our universe, galaxy and earth. This profound and deep meditation opens the door to begin to explore your reality throughout the eternity of time; to better understand who you are, and how you are connected to all of life everywhere.

8:30 pm - **Della Clark** (Lower Lodge)

### **Integration of Sacred Sound:**

#### **An Experience of Oneness with All That Is**

Many cultures have ancient traditions of spiritual practice utilizing sound vibration in the form of song, prayer chant, and harmonic toning. Della will share techniques to open your chakras, clear your chattering mind, and allow your body to become a sacred instrument, a portal of sacred space. The circle will experience a form of Mongolian Overtone Chanting and Bonpo Chant. No chant or singing experience is needed. The group sound created will open, awaken, every cell in your physical form. This is an opportunity to experience oneness with all that is. It's also a moment to bring all your awakening experiences during The Best of Mt Shasta Conference & Festival to a level of wholeness for all of life on the earth and throughout the universe.

## OUR SPONSORS

We are deeply grateful for the support of our Sponsors who provided the financial jump-start to create The Best of Mt Shasta Conference & Festival this year.

The Best of Mt Shasta is put on by the Hayehwatha Institute, a nonprofit educational organization located in Mt Shasta.



### **Berryvale Grocery**

Sabrina

Dorian Aiello

### **Pages**

Wende Knight

### **The Crystal Room**

Beverly Ann Wilson

### **Beyond Imagination**

Blake Sinclair

### **Earthwise Institute**

Kathryn Shanti Aiel

### **Soul Connections**

Catherine & Bruce Vergeer

### **The Gallery in Mt Shasta**

Lesa Michel

## OUR PLANNING COMMITTEE

These are the folks who really made The Best of Mt Shasta happen this year !!

Allou Guthmiller, Andrée Morgana, Bennett Gale, Candace Martin, Carla Charraga, Douglas Melloy, Greg Messer, Jessica Bowman, Joyce Smith, Kathryn Shanti Ariel, Linda Held, Linda Ost, Noble Fred, Ophelia, Patrice Thiessen, Peter Osterhaus, Sandy Patterson, Son'Yah (Alisha Kaiser), Ted Dawson, Therese Swenson

## **THE BEST OF MT SHASTA CONFERENCE & FESTIVAL**

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