

The C. G. Jung Association of Central Ohio (JACO) presents

Using Ritual Postures for Divination with Belinda Gore

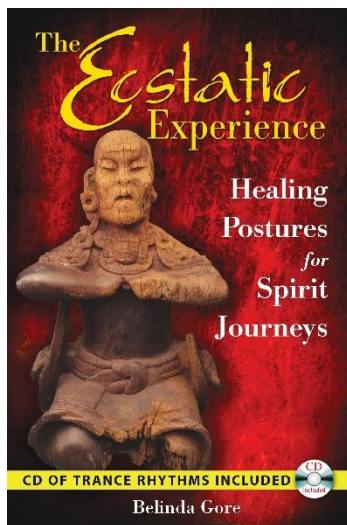
Saturday, January 21, 2017

9:30 am – 4:00 pm, includes lunch

Spring Hollow Lodge (Sharon Woods Metro Park), 1069 W. Main St., Westerville, OH 43081

Workshop Outline

- The Cuyamungue Method for using ritual postures
- How drumming or rattling helps our nervous systems access more right-brain, holistic perception
- Using a simple posture, try out the experience of divination and share with a partner
- Group divination to see how our perceptions weave together for collective guidance



About Ecstatic Ritual Postures

Anthropologist Dr. Felicitas D. Goodman researched and explored Ecstatic Ritual Postures as a means to achieve a bodily-induced expanded field of consciousness – an “ecstatic alternate reality” experience. She discovered each ritual body posture can lead to this experience when performed in conjunction with the proper rhythmic percussive sound, such as a rattle or drum. This shamanic wisdom tradition has its foundation in the earliest roots of humanity. The outcome is a systematic process called “The Cuyamungue Method.”

What is Divination?

Divination means to perceive the truth by an intuitive means. Through this process we can sense the truth of what's happening right now and perhaps receive guidance about what might unfold in the future. Divination postures help us see what cannot be easily accessed through our ordinary perception. Through them we can have our own direct experience of guidance rather than having to get answers from someone else. Belinda will

share methods similar to dreamwork to unravel the language of the right brain and help us discover what our ecstatic experiences mean.

Is divination something anyone can do?

Absolutely yes. The real requirement is the willingness to accept that sometimes wisdom comes to us in non-logical ways. With practice, we learn to trust that guidance which comes intuitively is as valid as a solution we arrive at through logical problem-solving.

Belinda Gore has been a teacher and practitioner of Ecstatic Trance for over 30 years. She was a friend and colleague of Dr. Felicitas Goodman and former president of The Cuyamungue Institute. Her two books, *Ecstatic Body Postures* and *The Ecstatic Experience*, are foundational resources for understanding the origins of ritual postures from around the world and for using The Cuyamungue Method to expand the scope of our consciousness.



Please Pre-Register by Jan. 10 - Registration fee includes lunch

JACO Members: \$80 early registration; \$90 after Jan. 10

Non-members: \$95 early registration; \$105 after Jan. 10

Registration and payment can be done by phone (614.291.8050), by mail or website: www.JungCentralOhio.org

By mail, please make check payable to JACO (with your name and phone) and send to

JACO, 59 W. 3rd Ave., Columbus, OH 43201