

FIRST CATALYST SESSION PREPARATIONS

With Cat Shepard - Visionary Artist/Creativity Catalyst/Ritual Arts Instruction

Plan for a couple of hours for our first session & treat this as you would any deeply effective retreat. Take time afterward to be quiet with the integration of the energies that have been rearranged, realigned & restored.

I am honored and pleased to have an opportunity to facilitate a beautiful, healing & empowering session with you. Please share your **intentions** with me noting a few *keywords* to focus on. I will be holding them as I meditate in preparation for our time together. It is my pleasure to assist you in enjoying your best experience with this powerfully transformative process!

Here are some things to consider as you prepare for our session:

Our circle is a sacred space where we allow our whole selves to be fully present to what we are experiencing, *in the moment*, with compassionate acceptance of the totality of the experience. Your time here is your own sacred investment in your wholeness, offering an inner journey of exploration, fresh insights & liberating transformational possibility.

Here are a few suggestions for being prepared for this powerful event...

- Notice/meditate/focus on your connections with nature, power, and primal energies. You may wish to record some of these insights to share in our sacred circle.
- Treat this experience as if you were attending a powerful yoga session or a healing session with your favorite healing modality. Take care of yourself appropriately.
- Eat lightly before you attend the circle. You may wish to abstain from heavy or fried foods beforehand if you have a desire for ease and lightness during your journey. Notice any cravings showing up for you between now and our event.
- Notice your dreams and record those that stand out for the messages they may contain for gleaning a deeper understanding by the session's completion.
- Wear loose layers for this circle working. Think in terms of comfort and ease. No belts or jewelry that may bind your energies, please.
- Bring any blankets, pillows, wraps that might comfort you during the pose.
- Bring something for the altar to represent your intentions. It will be infused with both your intentions and the ritual energies of the session. Keep this consecrated item as a way to connect in the future by building an altar at home and placing it where you can connect with it every day.
- Bring an open mind, heart, and soul, letting go of all expectations as you enter into sacred space. Remember this time is for you, for your soul, and for your wholeness.
- Have fun! Enjoy the experience with intention and on purpose.

FYI: This sacred circle is NOT a religious practice. It transcends religion, connecting us within our depths of sacredness. It unites us in our commonalities, even as it celebrates our diversity of experiences. It is an ancient & sacred technique used as a tool for the exploration of the divine, universal, archetypal energies shared by all humans. We are not worshiping deities, we

are respectful, honorable explorers of alternate realities in sacred space within a ritualized context.

It is with gratitude and appreciation for the gifts from the ancient & modern ritual & creative arts that I am privileged to share with others that I offer these suggestions. May this time of preparation bring you closer to your most illuminated & blessed life as you stand at this gate's passage into your transformative and restorative depths.

With appreciation from the ritual mysteries,
Cat