



Into the Depths:

An Advanced Training on Rituals, Shadow and Facilitation

Example of an Evocation

I am the Maiden.

You know me.

I love to giggle and have fun and spin and spin and spin and spin.

Every day is a new and exciting day for me.

Every moment is a new and exciting moment for me.

I am curious about everything.

Want to learn new things.

Feel like I can do ANYTHING. Because I have no expectations. I'm not burdened by experience.

Am totally and fully open, and not scared to open my arms with delight, sling my head back and allow the wind to take me to where I'm going next as I laugh and laugh and laugh.

I am you when you scream at the top of your lungs with your girlfriends, taking in the sweetness of life, and loving the world.

Sometimes....I do get scared....shut down...when I remember how my parents might have looked at me funny or screamed or shamed me or disapproved of me....and sometimes I feel small, I wish I could get teeny tiny itty bitty so that no one could see me....because a lot of times at home no one really did see me...

But in those moments I remember the smell of Spring flowers, and how I love finding new forest paths or places where I'm ticklish....I remember the sweetness of life, and I spin and spin some more.