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The Shooting Star

The StarHouse Newsletter
September and October 2010



As autumn approaches there are numerous enticing offerings at The StarHouse. Come early to an event and visit the new labyrinth on the west side of the upper parking lot. Look for two tall stones at the entrance way and enjoy your contemplation. The Fall Equinox celebration will be on Sunday, September 19th at 4pm.

ASC Statement of Purpose:

To provide sacred ground for spiritual and ceremonial practice based on a love of the Divine, honor for all beings, earth stewardship and seasonal and celestial community celebrations.

SPECIAL StarHouse Retreat Cabin stays for \$99/night through October 1st! Call 303-245-8452 or email ascpr@thestarhouse.org to book a two or more night stay.

The Dates for ASC and Co-sponsored Events

- *Scott Medina and friends Kirtan. Sat. Sept. 4 at 7pm.*
- ***Determined NEW MOON CEREMONY, Wed. Sept. 8 at 6:30pm***
- *Dances of Universal Peace, Sat. Sept. 11 and Oct. 9 at 7:15pm*
- *Sacred Space Jam. Mon. Sept. 13 at 6:30pm*
- *Body Mantra. Tues. Sept. 14 at 6:30pm*
- ***Autumn Equinox Celebration on Sun. Sept. 19 at 4pm***
- *Self-care Energy classes. Mondays 7-9pm, Sept. 20 and Oct. 4,11,18,25*
- ***Balancing Choices FULL MOON CEREMONY. Wed. Sept. 22 at 7:30pm***
- *Co-ed Dance Journey, Thurs. Sept. 23 at 6:45pm*
- *Rhythum Sanctuary ~ Mystic Muse Trance Dance. Fri. Sept. 24 at 6-10pm*
- *Journey of the Planets workshop, Sat. Sept. 25 from 10am-4pm and Journey of the Planets classes on Thursdays starting Sept. 28 at 6:30pm*
- *Finding Your Own Inner Excellence with Gurmukh. Sat. Sept. 25, 6:30-9pm*
- *Five Laws for the Aquarian Age Living in the Heart with Gurmukh. Sun. Sept. 26 10:30-12:30pm & 6:30-9:30pm*
- *Partner Yoga with Cydney. Tues., Sept. 28, 7-9:30pm*
- *Financial Mastery Initiation, Sun. Oct. 3, 10am-3pm*
- *New Moon Yoga Retreat, Falling into Bliss. Fri. Oct. 8 at 6:30-9:30pm*
- ***Golden NEW MOON CEREMONY, Wed. Oct. 13 at 6:30pm***
- *Surfing the Creative Reunion for seasoned surfers. Sat. Oct. 16 9:30am-5pm*
- ***Descent of Inanna FULL MOON CEREMONY, Fri. Oct. 22 at 7:30pm***
- *Co-ed Dance Journey, Wed. Oct 20 at 6:45pm*
- *Walk the Earth as a Living Master. Sun. Oct. 24 at 9am-4:30pm*
- *Understanding & Harnessing Energy For Self-Healing. Sat. Oct. 30, 1:30-5pm*

*StarHouse/ASC events are highlighted in **green and are free with membership**
All other events are co-sponsored. www.TheStarHouse.org*

September Event Details

STARHOUSE KIRTAN with Scott Medina and friends. Saturday, September 4, 7pm.

Join us for an enchanting evening of devotional chanting in the magical StarHouse. These high energy & participatory gatherings are a precious time to be together. All chants are easy to learn and no experience is necessary. Led by Scott Medina on harmonium and 12-string acoustic guitar with Steve Bross on tabla, Gayan Gregory Long and Shanti Medina on percussion, Eyal Rivlin on bass. Tickets are \$12 in advance by sending a check postmarked by 9/2 to Scott Medina, 765 Gilpin Drive, Boulder, CO 80303. Or at the door for \$15. Namaste.

Determined NEW MOON CEREMONY, Wednesday, September 8 at, 6:30pm

"We stand firm, and lean into the heat" **Please join us** as we embark upon our New Moon gatherings facilitated by **the Moon Path Sisterhood**, a dedicated circle of women devoted to presenting the New Moons through the course of 2010. We are weaving our skills in creating sacred space from the teachings of earth and sky, grandmothers past and future. Each month, you are invited to enter the sanctuary to deepen into your own wisdom, divinity and transformation. All New Moon Ceremonies are held on the 2nd Wednesday of each month & begin at 6:30pm.. FREE for StarHouse Members, \$5-\$20 sliding scale for guests. Grandmothers, Young Daughters, New Sisters Welcome! Contact Sally Nurney with questions & feedback ~ 303.669.6937 ~ Blessings

DANCING DEEPLY THROUGH DANCES OF UNIVERSAL PEACE. Saturday, September 11 at 7:15pm.

This offering in its nineteenth year provides those dancing for peace a chance to deepen into a sacred movement practice. Attended by dancers throughout the Colorado Front range and beyond, it holds an intention for deep body prayer, wonderment in this beautiful natural setting and a confluence for the greater dance community. Selections for the evening are mantric in nature (Arabic, Hebrew, Aramaic, Sanskrit, etc.) and a "Kindling Ceremony" invokes the blessings of the myriad wisdom traditions contributing to the spiritual abundance we share in these amazing times. Timothy Dobson (minister at The StarHouse and SpiritKeepers Interfaith Fellowship) serves as facilitator and master of ceremony (303) 440-5714. Cost for the Deeper Dance is \$12.

Ceremony w/ don Oscar Miro-Quesada. Sunday, September 12 is SOLD OUT

This event is full with confirmed reservations so please do not come unless you have already made a reservation.

Sacred Space Jam. Monday, September 13 at 6:30-9pm.

We will do a series of Sacred Space Jams at the StarHouse, one a month for at least the next few months. Summer on the earth and in the hills, in and out of the temple, dancing, playing and praying as you wish. (If you want to arrive early, anytime after 6pm is fine) Suggested Donation: \$10 Questions? Michael - 303.641.4273 Rajni – 303-564-0787

Body Mantra. Tuesday, September 14 at 6:30pm.

An all women event, for more information visit <http://www.kimberlyjonas.com>

Autumn Equinox Celebration on Sunday, September 19 at 4pm

Let us gather and deepen into the gift of balance the Equinox offers. Through our intentional honoring of the passing seasons we are able to have a clearer understanding of their significance in our lives. Please come and join in community to celebrate this event! Facilitated by the Ministers of ASC. This event is free for ASC members, \$15 suggested donation for guests.

Selfcare for your Energy Body classes. Monday evenings, 7-9pm September 20 - October 24

We are energetic beings living in human bodies. We work everyday with physical, emotional, mental, and spiritual levels of energy because it is part of who we are, but with various degrees of conscious awareness. While our energetic selves are present, active, and interactive all the time, to the extent that they are unconscious or untrained, their activity is not necessarily in line with our conscious intentions. This class is about you becoming more consciously aware of skills your being "already knows" on some level, so that you can consciously order and train them in ways that serve the whole you. Learn how your energetic body is structured, how it "works", and how to consciously nurture it: nurture it, clean it, and recognize and set appropriate boundaries. We will explore the basics of energetic interactions with other people that underlie the dynamics of our relationships, including a practical look at karma. Fees: \$180 before September 12th, \$200 after [discount for active PCA students] Monday Sept 27 will be in Alan's office.

Topical outline: Recognizing and maintaining your energy body as your personal temple. Energy body structure; Basic Tools; Intuition and awareness; Personal self care; Boundaries; Karma; Setting Spaces; Manifestation. Themes: Giving space: Relationships with self and others; Effort and play: Amusement; Intention and Attention: Make it Your own; Simple and complex: Source and creation; Ownership, Havingness and Certainty: Useful concepts; Conversations with the unseen: Etiquette and safety; Embodiment: Soul in body. Alan brings 30 years of study and practice in both physics and metaphysics to his understanding of life as an energetic being. He is a gifted teacher, who has been leading meditations and workshops for over 15 years. As a PCA graduate and facilitator he will be weaving this class specifically to compliment the PCA skills that you are already learning and using. The class is taught in a safe, playful, space.

Balancing Choices FULL MOON CEREMONY. Wednesday, September 22 at 7:30pm

Please join StarHouse ceremonial facilitators for the Balancing Choices Ceremony. The seed thought for this moon is, "Nourishment is in the light offered through our food." \$10 suggested donation for guests, free to StarHouse members.

SpandaRupa Dance Co-Ed Dance Journeys With Ixeeya. Thursday, September 23 at 6:45-9:45pm

a Practice of Conscious Embodiment and Community Ritual

Dance Journeys meet once a month - they move from stillness and intention setting to - aligning through asana to prepare our body and minds for our journey - into a free form dance journey with some guidance along the way - ending our evening with sound scaping and synchronized movement for personal and planetary healing ! Each Journey has a theme that is related to the seasons and cycles of our planet; an evening of co- creative Dance Ritual held in the Shamanic Arts Traditions, Combining recorded music with live drumming and sounding. Bring your instruments - this space is set for you to dance into deep spaces within as well as to create a communal alchemy of creative healing refreshment! The Starhouse a potent temple space - built in the sacred geometry tradition is a starmap that actually works with the energy we create within her ! We are so blessed to have this space to journey in! Look forward to our co-creation! **To learn more about Ixeeya and her work goto Spandarupa.blogspot.com 2010 Dates : Sept. 23, Oct. 20, Nov. 17, Dec. 15. 6:45 pm - 9:45 pm / sliding scale - \$10 - \$15**

Pre- Registration is encouraged - simply let Ixeeya know you plan on coming so she can prepare and inform the circle of last minute details and co-creation opportunities or cancellations . SpandaRupa@gmail.com

Rhythm Sanctuary~ Mystic Muse Trance Dance. Friday, September 24, 6 - 10pm

Rhythm Sanctuary ~ Mystic Muse Trance Dance ~ Live music!

Come dance, drum and make great sounds to Reset the Intention, using the Power of the Autumn Equinox, & Community! \$10 admission OR \$5 bring an instrument to play OR \$5 bring a pot luck dish to share an evening picnic! More information, contact Mitch: 303.263.8888

Journey of the Planets Workshop on Saturday, September 25 from 10:00am - 4:00pm

A new practical course offering a deep dive into astrology is being offered by Kim de Noüe. In it, you will learn to work with the energy patterns of the heavens in relation to your life. Prior experience is not required. We will primarily use the tropical system, however, the sidereal system will also be explored.

\$120. \$100 for ASC Members *If you truly long to attend, do not let money be an obstacle. Refer to the weekly Thursday classes description below. For more information email Kim at Kim@TheStarHouse.org*

During the workshop you will learn:

The basics of reading a chart; Orientation to the physical universe, including basic terminology;
Practical and experiential ways of understanding the nature of the planets, signs and houses;
Receive free birth charts and interpretations (for yourself and 2-3 significant people in your life);
Insight into the influences of the current cosmic alignments.

Finding Your Own Inner Excellence with Gurmukh. Saturday, September 25 at 6:30-9pm

When you are in your own Center of Excellence, winds will come from all sides to uplift you. Saints, Sages, and the Exalted Beings throughout time have had one thing in common: They lived to their own Inner Excellence. Holding that vision, their Excellence directed their speech, thoughts, and actions. However, many of us have been trained to live in self-doubt and conflict, and have adopted habits of self-denial. We shall root out and release self-inferiority patterns that have imprinted over the years. In their place we'll establish our own Self-Excellence so that this becomes our guiding star. With duality now gone, we allow the strength of our meditative mind to direct our actions, speech, and behavior. "To carry the normal in an excellent way is the Excellence." ~ Yogi Bhajan Join Gurmukh for this powerful Rebirthing Experience, including Deep Meditation and Kundalini Yoga, followed by the Gong! Cost \$64 (attend both days for \$170). To Register visit www.goldenbridgeyoga.com For more information call Karun at 303-803-0159 or email her at www.carolineashleyyoga.com

Five Laws for the Aquarian Age Living in the Heart with Gurmukh. Sunday, September 26, 10:30-12:30pm & 6:30-9:30pm

This Kundalini Yoga Workshop is designed to help ease the transition into the Aquarian Age, which many people believe begins in 2012. Gurmukh will teach the Five Laws or Sutras given by the Ancient Ones that illuminate a path into the heart and show us ways to celebrate the sacred life we have been given.

The Five Sutras of the Aquarian Age are:

- Understand through compassion, or you will misunderstand the times.
- Recognize that the other person is you.
- When the time is on you, start; and the pressure will be off.

Join us in Chanting, Dancing, Breath Walking, Meditation, Kundalini Yoga, and experiencing the deep relaxation and purification of the Sacred Sound Current of the Gong. Let's celebrate together the fulfillment of our divine connection to Truth, Spirit, and Destiny. All levels are welcome. Cost \$108 (attend both days for \$170). To Register visit www.goldenbridgelyoga.com For more information call Karun at 303-803-0159 or email her at www.carolineashleyyoga.com

Partner Yoga with Cydney: Surrender, Open and Deepen into Your Fullness. Tuesday, September 28, 7-9:30pm. Come to the temple to practice yoga and open your body-heart-mind and spirit to your fullness. Come and be nurtured by trust, compassion, creativity and support. Principle-Based Partner Yoga(tm) utilizes the form of individual yoga practice while incorporating the presence of another to deepen the experience. Cydney Fodeman is a Phoenix Rising Yoga Therapist, as well as a keeper and priestess of the Starhouse. She is dedicated to holding space for the remembrance of our personal and collective divinity. Intimate Partners, Friends and Individuals welcome- No yoga experience necessary. Cost: \$10/person; \$20/couple. Questions contact Cydney at cydneyfodeman@yahoo.com.

Journey of the Planets Weekly classes Thursday nights at 6:30 pm, beginning on September 30. \$12 each, \$10 for ASC members or a series of 4 classes for \$35.

Each week will focus on a particular astrological planet, sign or configuration. Participants will be invited to walk with an awareness of these each week, so we can share in class the following week. Weekly classes will be on-going. Kim has been an astrologer since 1973 and has read charts for thousands of people, been a guest speaker at national astrology conferences and received her professional certification from the American Federation of Astrologers in 1981. Her work combines practical experience with intuition and this method will be taught throughout the course. The Saturday September 25th workshop is a prerequisite for the weekly classes. For more information email Kim at Kim@TheStarHouse.org

October Event Details

Financial Mastery Initiation, Sunday, October 3, 10am-3pm

- *Do you experience limitations and unhealthy patterns with money, but yet have not been able overcome them?*
- *Does it feel like there are missing pieces for you to be more masterful with money?*
- *Do you feel like there is greater potential with money that is beyond your current reach?*
- *Do you desire to be more intentional, clear, organized and strategic with your money & finances?*

ROOT Out the causes of your money woes & discover a place of true mastery, integrity and success with money that is within your reach! The Seven Levels of Initiation are: Liberate yourself from limiting patterns & beliefs about Money; Transform your Money Shadows into Money Powers; Understand Procrastination and Overcome it; Develop Integrity with Money as a means to Financial Success; Discover how to Activate the Flow of Money in your Life; Gain Maturity and Responsibility with your Money; Harness the Power of Collective Support

Join Joetta Marie Johnson – The Priestess of Finance & Financial Mastery Coach for a day in clearing away mental money barriers and developing effective strategies for having mastery over your finances. October 3rd from 10am - 3pm with a lunch break (bring your own lunch. This Investment in your Financial Success is \$150. To Register or inquire further contact Joetta, The Priestess of Finance at 415-336-4432 or email her at joetta@joettamariejohnson.com to register. Visit www.joettamariejohnson.com to learn more about Joetta's Philosophy and Coaching Services.

***New Moon Yoga Retreat~ Falling into Bliss with Shanti Medina and Yogeshwari Cindy Lawrence
Friday, October 8th 6:30-9:30pm***

Enjoy an evening basking in a sacred circle of women celebrating the energy of the new moon while receiving some juicy shakti soul sustenance at the beautiful StarHouse. We hope you will join us as we invoke the limitless potential of the new moon with ritual and intention as we begin the journey toward the darkest time of the year. We will share in a purifying and cleansing goddess yoga sequence for all levels and experiences, pranayam (conscious breathing) techniques, and a warm river stone relaxation meditation. The energy of the new moon is such a potent time to dive deep into shedding the old while opening up to the abiding light within! We hope you will join us! Pre-registration required by contacting Shanti at EnergizeShanti@aol.com or 720-841-8998. Investment: \$35 solo, \$25 with a buddy (sliding scale always available)

DANCING DEEPLY THROUGH DANCES OF UNIVERSAL PEACE. Saturday, October 9 at 7:15pm.
Refer to the description above.

Golden NEW MOON CEREMONY, Wed. Oct. 13 at 6:30pm

“We are harnessing the rays of Divine Will” **Please join us** as we embark upon our New Moon gatherings facilitated by **the Moon Path Sisterhood**, a dedicated circle of women devoted to presenting the New Moons through the course of 2010. We are weaving our skills in creating sacred space from the teachings of earth and sky, grandmothers past and future. Each month, you are invited to enter the sanctuary to deepen into your own wisdom, divinity and transformation. All New Moon Ceremonies are held on the 2nd Wednesday of each month & begin at 6:30pm.. FREE for StarHouse Members, \$5-\$20 sliding scale for guests. Grandmothers, Young Daughters, New Sisters Welcome! Contact Sally Nurney with questions & feedback ~ 303.669.6937 ~ Blessings

Surfing The Creative® REUNION for Seasoned Surfers~ Dancers who have attended at least 1 summer camp or foundation year training ~Saturday, October 16th 9:30 am – 5:00 pm

This day is dedicated to the rebooting of our body, heart, and souls through the simple practices ignited in our previous work together. It will be a day of reconnection, inner and outer ~ A day of communion, community, and communication with the Spirit Moving Life **Fees:** \$100.00 for everyone who registers prior to September 15th. \$125 for those who register afterwards. **Registration:** To pre-register please contact office@bdanced.com or call 303-415-0272 Sponsored by [Wild Life Productions](#)

Co-ed Dance Journey, Wenesday, October 20 at 6:45-9:45pm
Please refer to the description above.

Descent of Inanna FULL MOON CEREMONY. Friday, October 22 at 7:30pm

At this time we gather to witness the Descent of Inanna and prepare for our own descent in to the dark time of winter; our seed thought is “There is Hope that springs from the Dark.” This special annual event is facilitated by the 2nd year Path of the Ceremomnial Arts Women and includes a reanctment of the Inanna myth. \$10 suggested donation for guests, free to ASC members.

Walk the Earth as a Living Master. Sunday, October 24 at 9am-4:30pm

Join in Council with the Ascended Masters to activate the frequencies to stimulate your original DNA. We will use sound and sacred geometry to open the body's Ascending pathways. We will initiate the alchemical frequencies within the Spiritual Heart to assist you in transforming fear-based duality patterns and employ exercises for embodying more of your God Presence. We will bring more of the Opalescent/ Diamond Light into the cells of the body. We will also do a Sacred Union Ceremony with our inner Beloved. The facilitator is Internationally renowned presenter, Julianne (Kamala) Everett, author of Heart Initiation: Preparing for Conscious Ascension. She has been serving with the Masters for over 35 years and is co-founder of an unveiled Mystery School in Maui. \$88 at the door \$75 in advanced through paypal to DLightFoundation@yahoo.com for more information please visit www.WalktheEarthasaLivingMaster.com

Understanding & Harnessing Your Energy For Self-Healing. Saturday, October 30, 1:30-5pm

In this transformational workshop, we will use education, self-awareness practices, meditation, and restorative & kundalini yoga to become deeply attuned to our own energetic needs. With the profound shifts that are happening on the planet right now, we are in a time where many of us actually need to slow down in order to keep up!! This workshop will offer you take-home tools to begin to assess & transform your energy in order to generate harmony, peace, balance, and vitality in your daily experience. The natural result of this self-attunement is a greater sense of ease in our lives, and the capacity to experience deeper connection with others.

This workshop is taught by Heather Karian Nichols, a Somatic Psychotherapist, Brilliance Coach, Kundalini & Restorative Yoga teacher, Reiki Master, and Nia Black Belt. Cost: \$95 To register or for more information, please go to: www.somatichealingarts.com or contact heather@somatichealingarts.com

Community News

Appreciation: Acknowledging with much gratitude the caretakers of The StarHouse and surrounding land including Jim Paschis, Valiant Villanueva, Jerry Gehringer and Sally Nurney.

Belonging:

Become a StarHouse member and support the sustainability of ASC/The StarHouse. Click on <http://www.thestarhouse.org/membership.html> or go to www.TheStarHouse.org and select a membership button. Thank you. These contributions are 100% tax deductible.

Donations:

Tax-deductible donations payable to All Seasons Chalice are always welcome to keep The StarHouse thriving! Please send donations to ASC/The StarHouse at the address below or donate via Paypal on the website www.TheStarHouse.org. THANK YOU!

Save women's clothing items for the 2nd Annual Mighty Aphrodite Fall Fashion

Fundraiser. We need dresses, skirts, jackets, robes, gloves, scarves, shoes, jewelry, bags, etc. etc. - clean and in good condition. If needed, we can give you a letter for tax purposes. Please ask your friends and family to save for us also. You can contact Terrie Allon at terrieaspen@yahoo.com to arrange **drop off or pick up** at your home. Or on her phone: Home: 303-440-0355 Cell: 970-343-9393

Please carpool to all events at The StarHouse.

* The StarHouse is located at 3476 Sunshine Canyon Road, Boulder, CO 80302
Only 3.4 miles up the canyon * 303-245-8452 * ascpr@TheStarHouse.org
www.TheStarHouse.org