

# Wind, Water & Watch your Worries



<https://mrpsmythopedia.wikispaces.com/Huracan>



Nymag.com Hurricane Joachim

Huracan, according to the Mayan Sacred text the Popol Vuh, is the one legged, storm god. He was part of all three creations of man. His thought was enough to create. After the gods were displeased with the second generation of humanity, Huracan created a great flood. It is said that he also caused retribution for the men who displeased him by allowing the turkeys and dogs to chase them into the rainforest as revenge for the animals who had been killed and eaten. Some stories claim he caused the pots and cooking tools to rise up in revenge as well. The third generation were made of corn and that was their staple food.

For the indigenous Taino culture of Puerto Rico, the good spirit is Yukiuyu and the bad spirit is Juracan. Juracan is responsible for bad crops and bad weather. If something good happened, it was Yukiuyu. If something bad happened, Juracan was blamed. From an archetypal perspective, we all have the thought power of Huracan to create. We all have both Yukiuyu and Juracan aspects of our thoughts, which lead to positive and negative behaviours, which have good or bad consequences for ourselves and those around us.

As you might have already deduced, our modern word Hurricane comes from the names of Caribbean and Meso-American deities.

So, what...

Well, from the earthly perspective, we are in hurricane season. Hurricanes are climactic paradoxes of hot and cold balancing out. Spirals mean change. Water spirals cleanse. The distribution of water on the earth is shifting and has been for a while. Melting ice raises sea levels and erodes coastlines. We have floods in some areas and droughts in others. Many of the contemporary spiritual teachers and channels have predicted this. The storms serve a metaphysical purpose in the redistribution of the waters and in the cleansing of what needs to go so that the new can begin. Remember Huracan who could create or destroy with his thoughts- including a world-wide flood? Our reactions to impending natural weather disasters- sometimes called acts of god-influences our own inner weather patterns and those in the ethers around us. In other words, our thoughts, including our responses, create our reality. When Super Storm Sandy (no relation to me) was brewing in 2012, some in the metaphysical community cautioned that the constant talk, media coverage and worries about the storm would create a vibrational maelstrom attracting the storm inland rather than repelling it to blow out over the ocean where there would be less destruction for humanity. When we worry, we, in fact, attract the very thing we are worried about. What if we opted to think like Yukiuyu rather than Juracan?

## Soul Coaching by Sandy

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### "THE OUR FATHER IN TAINO" (indigenous language of Puerto Rico)

Guakia Baba (Our Father), turey toca (is in sky), Guami-ke-ni (Lord of land and water), Guami-caraya-guey (Lord of moon and sun) guarico (come to), guakia (us), tayno-ti (good,tall), bo-matun; (big,generous), busica (give to), guakia (us), aje-cazabi; (tubercles,bread), Juracan-ua (bad spirit no), Maboya-ua (ghost no), Jukiyu-jan; (good spirit yes), Diosa (of God), nabori daca (servant am I), Jan-jan catu (So be it).

<http://www.taino-tribe.org/taino-prayer.htm>

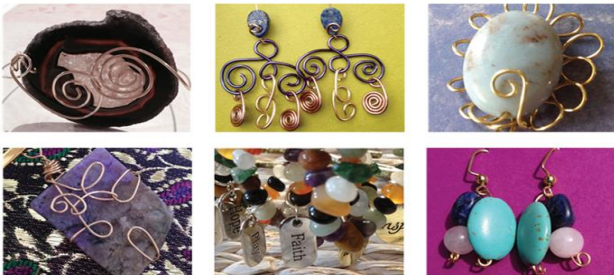
# Opal

Opal is a hydrous silicon dioxide. It is an amorphous mineraloid with no crystal characteristics.

Opal is found in sedimentary fissures billions of years old, where it solidified after most of the water in it evaporated. The Opal stone is composed of up to 20% water, and as a water element it enhances emotional responses. It is said to help bring to the surface beliefs, thoughts and character traits that are hidden, so that we can deal with them consciously. It also releases inhibitions. Some have linked Opal to misfortune, although for the Romans, it was esteemed as a stone of good fortune. More likely, though, uninhibited emotions produced rash actions, resulting in unfortunate consequences. Opal calls on us to take responsibility for our thoughts, emotions, and actions. Think of the Golden Rule and be prepared to give out what you would want back energetically. Opal is a karmic stone.

Opal is the national gem of Australia where 97% of it is mined. There are many varieties of Opal. Rainbow Opal has an iridescent play of colour due to the interaction between light in the spaces between the ordered positions of the silica. It is considered more precious than Potch or Common Opal, which has a more pearly lustre known as opalescence. Peru is known for Common Opal which is considered a sacred stone gift from Pachamama, the Incan Earth Goddess. Andean Opal is said to be calming and hypnotic. It is good for spiritual or shamanic journeying.

Opal requires special care. It is sensitive to heat. Some recommend storing it in a cotton cloth.



Making Gemstone Jewelry Accessible to All

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## Rock Star of the Month -Opal-



<http://meanings.crystalsandjewelry.com/opal/>

### Did you know...?

- Opal deposits were found in crater walls on Mars by NASA Mars Reconnaissance Orbiter in 2008
- Opal gets its name from the Sanskrit Upala
- Greeks believed Opals brought the gift of prophesy and were the dried tears of Zeus after the defeat of the Titans
- Arabian lore says Opals fell from lightening fire in the sky
- Carrying in the hand an Opal wrapped in a bay leave was said to make the wearer invisible
- In the novel *Anne of Gerstein* by Sir Walter Scott, the character wears an Opal that turns red when she is angry which is said to have promoted the belief in unlucky Opals

Five Week Meditation Series  
\$55 + HST for Series, Mondays 7-9 pm  
Maximum of 10 Participants

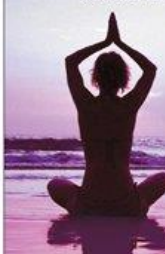
(Drop ins welcome if class not full.  
\$15. RSVP by noon that day)

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The Sacred Grove

*sow the seeds of your soul*

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Disclaimer: The associated legends, lore and metaphysical properties said to be attributed to gemstones and minerals are not meant to be a substitute for proper medical treatment by qualified practitioners. Crystal therapy, like all vibrational medicine, is complementary self-care used in conjunction with medical therapies.

## Soul Coaching

### Coaching Questions:




- ☉ How is your internal weather lately?
- ☉ Who dominates your words or thoughts- Yukiuyu or Juracan?
- ☉ What do you do when you catch a hint of cloudy conjectures or stormy signs?
- ☉ Where will you drop your pebbles of influence in the waters around you?
- ☉ What do you want to stir up in your life?

### Practice makes progress!

When it comes to our reactions, there are some common negative thinking traps that we can fall into. These are hard to overcome when they stay unconscious habits of mind.

1. Over-generalizing: using words like never or always to exaggerate a negative situation into a chronic state or identifying as a character trait. (ex- I never get any respect in this place. I am a loser. I will always get ignored.)
2. Catastrophizing: making the worst case scenario out of an event. (ex: I didn't get that job. I never get ahead in life and will die alone penniless.)

Becoming aware of negative thought patterns is the first step to changing them. Challenging the misperceptions and misrepresentations is the next step. By being mindful about our thoughts, we are less likely to fall victim to unconscious thinking habits. What is more- we take responsibility for them. It puts us in an empowered position. It is always better to be at cause rather than at effect in our lives.

Pebbles-4 weeks	Stepping Stones-6 weeks	Boulders- 9 weeks
<b>Fall (revised dates)</b> Wed. October 14, 2015 Wed. October 21, 2015 Wed. October 28, 2015 Wed. November 5, 2015  <b>Spring</b> Thurs. June 2, 2016 Thurs. June 9, 2016 Thurs. June 16, 2016 Thurs. June 23, 2016 	<b>Fall</b> Wed. November 11, 2015 Wed. November 18, 2015 Wed. November 25, 2015 Wed. December 2, 2015 Wed. December 9, 2015 Wed. December 16, 2015  <b>Spring</b> Wed. April 6, 2016 Wed. April 13, 2016 Wed. April 20, 2016 Wed. April 27, 2016 Wed. May 4, 2016 Wed. May 11, 2016	<b>Winter</b> Wed. January 6, 2016 Wed. January 13, 2016 Wed. January 20, 2016  (skip a week)-revised date  Wed. February 3, 2016 Wed. February 10, 2016 Wed. February 17, 2016 Wed. February 24, 2016 Wed. March 4, 2016 Wed. March 11, 2016

At the Sacred Grove we practice a holistic type of life coaching that addresses all aspects of the person: the physical, the emotional, the intellectual and the spiritual. Our mission is to help people to get back to their true self. We believe that everyone has the resources within to not only cope with what life presents to them, but to grow, to thrive and to contribute meaningfully to the world around them.

Life coaching is goal oriented. The role of the coach is to assist the client in identifying their goal and motivating them to achieve results. This involves a sequence of steps: self-assessment, identification of obstacles, visualization, action, reflection, ongoing check-ins, fine-tuning, and celebrations of success. A coach is not a therapist, nor is a coach a counsellor. Coaches work with the client from the stance that the client already has all the answers within, but just needs support to remove obstacles that block that inner guidance from coming through. Coaching empowers, is future oriented and gets results.

At the Sacred Grove, we offer three levels of group coaching. Group coaching adds a sense of community to the coaching format. While there are common activities that all members of the group will explore, providing a structure to the coaching, the content of the exploration is individualized. During weekly meetings, there are whole group, small group, partner and individual activities. In addition, clients have weekly one on one phone coaching sessions varying in length from 15 minutes to one hour in progressive stages as well as access to email support. After the coaching series ends there is also a 6 week check-in later by phone. Group coaching offers the best of individual coaching within a community of support, at a fraction of the cost of one to one coaching. It is an ideal way to test out the waters to decide if coaching is right for you and meet others interested in self-exploration and growth.

*Sacred Stones for the Soul*

*is a division of*

*Dragonfly Dreamtime Coaching and Consulting*



**Pebbles (\$160 + HST)**

- ☉ 4 weeks to kick start a life change- \$40/week
- ☉ Focus on helping you identify your values, priorities and how they relate to you environments
- ☉ Wednesday (Fall session) ,7-9 pm (Thursdays in June)
- ☉ Weeks 1, 2, 4- 15 min call one on one outside of class
- ☉ Week 3- ½ hr phone call one on one outside of class

- ☉ 6 weeks after end of course ½ hr check in phone call
- ☉ Additional email support within reason.

**\*\*All phone calls are scheduled at mutually agreed upon times and the coach will call the client at the number provided at the time of scheduling. If you need to change the time, please give 24 hrs notice.**

**Stepping Stones (\$210 + HST)**

- ☉ 6 weeks to dive deeper into self-awareness-\$35/week
- ☉ Focus on unraveling your hidden beliefs and how they impact your behaviours and sabotage intentions.
- ☉ Wednesday 7-9 pm
- ☉ Weeks 1, 2, 4, 6- 15 min call one on one outside of class
- ☉ Week 3- ½ hr phone call one on one outside of class
- ☉ Week 5- one hr phone call one on one outside of class

**Boulders (\$270 + HST)**

- ☉ 9 weeks to go big and live boldly-\$30/week
- ☉ Focus on your identity, purpose, and capabilities.
- ☉ Wednesday 7-9 pm
- ☉ Weeks 1, 2, 4, 6, 7, 9- 15 min call outside of class
- ☉ Weeks 3, 8- ½ hr phone call one on one outside of class
- ☉ Week 5- one hr phone call one on one outside of class

*The Sacred Grove- Sowing the Seeds of your Soul*

**IN-SPIRAL-ATIONS**

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