



# “The New Moon Healing Rituals”

With Chief Oscar Mokeme

These unique five hour retreats will have varying themes: forgiveness, clarity, release, grace and nature elements

The theme for the **July** retreat is:  
*“Conflict resolution issues and forgiveness”*



To manifest your heart’s desire you must first identify those thoughts that keep you in confusion and conflict. You must learn to resolve those issues that you have with yourself and others in order to make room for more peace and abundance in your life. Release the judgment that you have held over others and yourself, return to a state of grace.

*Forgiveness is the answer !*

*In many ancient cultures the phases of the moon are celebrated and honored. The new moon is recognized as a sign of new beginnings while the full moon is a sign of completion*

*At “Forest Circles” we offer this 5 hour adult intense experiential workshop every few months. Using the rhythm of the new moon, meditation, movement, drumming, discussion, and the teachings from ancient indigenous African wisdom to help define our desires and manifest our intentions*

**Sunday July 12, 2009 4 - 9 pm @ “Forest Circles”**

**Register by calling Regina @ 207.776.3152**

**Fee: \$30 - \$40, sliding scale**

**Bring a drum and a dish for potluck!**

**Call Regina @207-776-3152 to register,**

**more info @ [www.forestcircles.com](http://www.forestcircles.com) or [www.museumafricanculture.org](http://www.museumafricanculture.org)**



## **Chief Oscar Mokeme**

Founder & Executive Director, The Museum of African Culture, Portland, Me. Oscar comes from a long lineage of Igbo royal family of the healer practitioners, Umu-Dibia from Nigeria and is a direct inheritor of this ancient wisdom and has over 35 years experience as a healer practitioner of Igbo traditional medicine. He has a BA., Humanities, MA., Psychology, 2001 Jefferson Award on Cultural Diversity, Awarded the Traditional Arts Master: “Traditional Healer”, Maine Arts Commission.

### Program Outline for July:

*step one: Beginning our journey with stillness*

*step two: Defining our ultimate desire in order to manifest it by the next full moon*

*step three: Define our desire, sowing it with faith and trust in the manifestation*

*We will conclude the evening gathering around the sacred fire (outside, weather permitting), witnessing an African Spirit mask come to life! The Spirit mask will bless and help each participant release whatever holds them back from manifesting their intentions. It is our dream that these intentions will be realized by the next full moon.*

*Oscar wishes to thank all those who have called to share their stories of their successes since the last New Moon Rituals program.*

*Testimonials would be greatly appreciated and can be sent to Regina @ [rstrongheart@gmail.com](mailto:rstrongheart@gmail.com)*

*With your permission, we will post them on flyers and our websites along with your first name and home town. Thank you for joining us for these powerful healing rituals.*

