

House of Mica Peace Chamber Newsletter

Dedicated to Manifesting Peace in the New Millennium

Chamber Care-Takers: Rick & Elisa Cotroneo

Fall, 2010

Full Moon Long Dance and Moon Ceremony

Oct. 23 at noon – Oct. 24, at noon

This year's Long Dance will be quite special as we will be dancing on the night of the full moon. We will gather at noon on Saturday, October 23rd to prepare a sweat lodge to purify ourselves. Teachings will be offered to prepare the group for the Long Dance and Moon Ceremony. All participants will take part in the Moon ceremony which will be conducted some time after sunset. Then, participants may choose to take part in the traditional Long Dance which involves dancing until just before dawn or may choose to serve as a "dreamer" who sleeps in the sound chamber as the dancers move about in the arbor. Every participant will create a 2' x 4' medicine banner with images depicting his or her past, present and desired future. The dance ends before sunrise and then everyone wakes around mid-morning when we have a breakfast feast. The ceremony ends at noon after a talking circle and sharing of dreams. The Long Dance is in the tradition of Beautiful Painted Arrow and we have been conducting this ceremony here for more than 15 years. As always, alcohol or drugs are not allowed on the land. Suggest giveaway, \$150, more if you can, less if you can't. All are welcome.

Please call 518-477-1416 or email us at homica@nycap.rr.com before October 15.



Path to the sweat lodge

Autumn Equinox Sweat Lodge Sunday, Sept. 19, noon

Join in ceremony as we honor the turning of the seasons and take a moment to express our gratitude for all that Spirit has provided us this year. In the sweat lodge we are taught to understand that all of our life experiences are metaphors and that metaphor is how the cosmos is speaking to us. As humans, we are listeners and our task is to unravel the truth behind these metaphors. The truth is that we do not exist as we think we exist in perceptual reality. We are the consciousness that gives light and life to perceptual reality. We are the consciousness that was present before creation and will be present after the dissolution of the dimension that we experience with our senses. We are that consciousness which is indestructible. Please call or email a week before to let us know you would like to attend. Ceremony is open to all. Suggested giveaway \$25, more if you can, less if you can't.

Monthly Fire Ceremony for Peace Every 7th of the month at 7pm

Please join us for the monthly Fire Ceremony that was inspired by a vision given to Beautiful Painted Arrow in 1983. The fire helps to cleanse and purify our individual and collective psyches as we root the sacred vibration of peace into the here and now. Ceremonies may include chanting, sound healing and other practices. Please contact us a few days before the ceremony to let us know you plan to attend.

Dates for Sweat Lodge Ceremonies

Sept. 19, Sunday, start the fire at noon

Nov. 13, Saturday, start the fire at 10am

Please call one week in advance of any sweat lodge ceremony you would like to attend.

Make a Tax-Deductible End of the Year Donation to House of Mica

The House of Mica is registered with the IRS as a non-profit organization. This means that if you make a donation you can deduct it from your taxes. Checks can be made payable to the House of Mica, Inc. We will send you a receipt that you can submit with your taxes. Your donation will go toward helping us continue to make ceremony available to all without regard to anyone's ability to pay tuitions or offer giveaway.

Embodying Wellness

Yoga Classes
Individual Movement work
with Elisa Cotroneo
Write to ecotrone@nycap.rr.com



Swami Ji shares his experience of continual bliss during the 2010 Meditation Retreat at the House of Mica

Midwinter Drumming Vision Quest February 11 to 13

Enter the House of Mica Peace Chamber and experience the visionary power of Na-Mo-Lo-Ne, the drum. The vision quest provides you with an opportunity to enter the visionary state through drumming and fasting. We begin the vision quest with a sweat lodge ceremony to purify and prepare body, mind and spirit. During the vision quest we drum for a period of about two hours and then we rest and dream for a period of about two hours. This pattern continues from Friday evening until Sunday morning. This is an intensive vision quest for those who have a serious commitment to their spiritual growth. Suggested give-away is \$150- \$200 as you are able. Please call to register before January 14.

Sacred Sounds with Beautiful Painted Arrow – CD Collection

This 12 CD collection includes Beautiful Painted Arrow singing sacred sounds, chants, songs and teachings. Only available as a complete set. Digitally re-mastered. \$165 for entire set. Call or email to order

Upcoming Events and Services of:



OPEN HOUSE

Saturday September 18th, 2-4 pm

Includes:

Refreshments, door prizes,
Tour of Rick's new office
and a brief presentation titled:
**Spirit, Nature and Medicine: The Vision of
Homeopathy**

New Healing Opportunity!

**Finding Balance in Trying Times:
A Transformational Experience with
Homeopathy, Meditation and Talking Circle**

This experience includes a mix of 4 group
sessions and 2 individual sessions

Starting Wednesday, October 6th, 7-9pm

By participating you will learn meditation
techniques, take part in talking circle and
other transformational practices and receive
a carefully selected homeopathic remedy.

Contact Rick by September 30 2010

Individual Consultations
address a variety of health and wellness issues

For more information visit:

www.vitalselfhomeopathy.com or write to
Rick@vitalselfhomeopathy.com

Vital Self Homeopathy supported the printing of this newsletter

Excerpts from Talk by Swami Paramanand Ji
House of Mica Peace Chamber, May 2009

I say that you are everywhere and that you are Brahman, but this is not currently your experience. It is your experience that when you wake up, you join the body and have happy and unhappy body experiences. So this lecture begins from the point which you have experienced. Listen with faith when I say that you will become free from all unhappiness and inferiority complexes. Who is the Witness of all that changes? Is there anyone else who is the Witness or are you the Witness. Right now you think the Witness is someone else, that God is someone else, not you. First be clear: are you the Witness or not? If your intellect says you are not the Witness than ask, "Who is the Witness?" The Guru will take you to the point where are able to ask the questions and answer them yourself. As long as you have questions but not the answers, you need a Guru outside of you. When you can obtain the answers yourself, you don't need a Guru. You sit in silence and find the answer. I don't need to meditate on anything – only that I am the Witness. Individuality is an illusion. The truth is I am always, I am everywhere. Brahman and witness are one and the same. Meditate on I am the witness. I am omnipresent.

**Update on Zangdokpalri Foundation for
Great Compassion**

The 2010 Healing Cho tour was canceled because the nuns were unsuccessful in their applications for visas. New applications will be filed for 2011 and we are hopeful that travel will be granted. Visit the website below to see stunning images of the consecration of the new temple and learn about an exciting new DVD that is soon to be released:

<http://www.zangdokpalri.org/index.html>



World Wide Chanting for Peace
Winter Solstice, Monday, December 20, 6:30pm

Join with friends on the Winter Solstice to honor
the turning of the seasons and raise a voice for peace.

Peace chambers and other groups
from Germany, England, Australia, Scotland, Ireland and across the US
will each chant for one hour in succession to create
a 24 hour call for peace.

Pot Luck Desserts after Chanting. For info. call 518-477-1416.

House of Mica, Inc.
105 NY Route 151
East Greenbush, NY 12061

CALENDAR OF FALL EVENTS

SEPTEMBER

19, Sunday, noon - Equinox Sweat Lodge

OCTOBER

7, Thursday, 7pm - Fire Ceremony

23-24, Full Moon Long Dance & Moon Ceremony

NOVEMBER

7, Sunday, 7pm - Fire Ceremony

13, Saturday, 10 am - Sweat Lodge

DECEMBER

7, Tuesday, 7pm - Fire Ceremony

20, Monday, 6:30pm - Solstice Chanting for Peace

VISIT OUR WEBSITE at: www.houseofmica.org
TO REQUEST EMAIL UPDATES WRITE TO: homica@nycap.rr.com