



## Greetings and Welcome to the Dolphin Clan!

We are very excited and looking forward to sharing this journey with you. We hope that with intention and through conscious alignment you will find your power and use it to direct your life and manifest what you desire.

Please read all of your mailings carefully. There will be changes and new things happening and we wouldn't want you to miss important information.

Please let us know by Wednesday October 5<sup>th</sup>, if you will not be arriving before dinner or possibly later than that. We will need to fill you in on what you will need to do once you arrive.

This is going to be a very exciting weekend and we will be very busy.

Here is the list of things you will need to bring for our clan:

- ❖ Loose and comfortable clothing for breathing and moving. If you can't breath deeply and move freely it would be better not to wear it for our clan sessions.

- ❖ A water bottle for personal drinking. You will need to keep yourself hydrated.
- ❖ Snacks to carry with you: nuts, dried fruit, cereal or nutrition bars are a few suggestions.
- ❖ A blanket and at least 2 small throw pillows. If you have extras to share that would be great.
- ❖ Shoes that are sturdy and water proof for the visioning ritual and extra wool socks just incase.
- ❖ Something to wrap yourself in immediately after our sessions.
- ❖ A journal or notebook.
- ❖ Shakers, rattles, or percussion toys for the Fire Releasing Ritual.
- ❖ Items to add to our clan table, clan cabin, Elemental & Spirit altars.
- ❖ Something burnable for the releasing fire. Representing that which stands in your way to doing our weekends work.
- ❖ Also a common vegetable for the soup (no ornamentals, please!).
- ❖ Rain gear (shhhh, just in case) and winter warmers (hat, gloves, scarves etc.)
- ❖ Medication or any personal necessities (chocolate!)
- ❖ Anything that you personally need to make this weekend an enjoyable and meaningful one.

Please call us before Wednesday October 5<sup>th</sup>; if you have any questions or concerns: 781-932-5393. E-mail us at: [karina@cavedrawings.com](mailto:karina@cavedrawings.com) or [arana@cavedrawings.com](mailto:arana@cavedrawings.com)

Until then...

Safe Journeys & Blessed Be,

Karina & Arana  
Fireheart