

**“IN THE ATTITUDE OF SILENCE THE SOUL FINDS THE PATH IN A CLEARER LIGHT, AND WHAT IS ELUSIVE AND DECEPTIVE RESOLVES ITSELF INTO CRYSTAL CLEARNESS.”
-MAHATMA GANDHI**



Welcome to the Condor Clan! I look forward to meeting you, and spending time together on the mountain in this fall season.

The Condor, resourceful and patient, has the ability to stay focused on its goal despite outside influences that try to distract it. Condor can see beyond earthly laws or limitations and reach the strengths necessary for life enrichment. This clan will use various meditation techniques accompanied by writing and other creative outlets, for reflection and inward journeying while releasing expectations. We will have a period of time observing a "noble silence" and will practice silent meditations, mirror gazing, walking meditations using a conscious breath and journaling. The personal work we do will culminate in the creation of a personal expression of our own experiences during Twilight Covenings and utilizing the form you choose, whether writing a short story, poetry, sketching, painting or whatever you may choose.

To help you prepare for this clan I would suggest that during the week before Twilight Covenings that you turn off your TV, computer, radio, ipod, phone, and not read newspapers or magazines. Try following Thoreau's recommendation to "Simplify, simplify, simplify." Journal all your thoughts, feelings, and reactions. Mark out 15 minutes of each day as "YOUR" time. Sit with eyes partially squinted looking at a tree, flower, candle or whatever you may choose. Have no expectation that anything significant will happen during that time, try not to focus on anything...just allow your thoughts to pass without reacting to them.



I will have a specific schedule for Condor Clan available for you at our table when you arrive. We will also be responsible for a kitchen shift and for one attunement, and these times will be on your Clan schedule. Our schedule will supersede the general schedule you will receive when you arrive to register.

On Saturday, we will be observing a “Noble Silence” starting at the conclusion of the first clan session. Noble Silence means silence of body, speech, and mind. Any form of

communication whether by gestures, sign language, written notes, eye contact, physical contact etc., is to be avoided. You may, however, speak with clan leaders whenever necessary regarding clan work, their process or with any problems related to food, accommodation, health, etc. But even these contacts should be kept to a minimum. You should cultivate the feeling that you are working in isolation. The exercise will continue until after dinner on Saturday or may at your own discretion, be continued until Sunday morning before breakfast.

Please completely read your confirmation package, even if you have been coming for years, as there may be new information in the letter that you may need.

Here are some additional things that would be useful to bring:

- * A burnable object that represents a block from your winter work for the releasing fire ritual on Friday Night
- * A vegetable for ritual soup
- * Blankets, cushions
- * Journal, notepad, pen, pencils, sketch pads and art supplies, paints etc.
- * Flashlight
- * Candle in a jar, matches
- * Warm things to wear for extended time outside (think layers)
- * Waterproof clothing, shoes, and rain gear (essential)
- * Decorations for our clan table

See you soon!

Blessings,
Darrell