

# HIGH SEAT (SEIÐR\*) CEREMONY

## BRING YOUR QUESTIONS OR LEARN TO SIT ON THE SEAT

Saturday Evening, February 8<sup>th</sup>

5:00 pm Potluck Dinner

6:15 pm Teaching Begins

8:00 pm - conclusion

**Here is an opportunity to celebrate the oracular high seat.**

We work in a core shamanic way with the high seat Seith\* practice.

You can learn several ways to bring forth answers from the spirit world.

Also, bring several questions you want answers to. If you plan to sit and have your own ceremonial staff, please bring it.



\* Seith (*seiðr*, pronounced sayth) is an old Nordic form of shamanism that can profoundly inspire our spiritual practice. In one seith practice, the seers traditionally used staff, ecstatic song and a magic seat to receive answers and guidance from the Spirits.

Held at **BirchGrove Hearth**; 15 minutes west of Eugene

Call 541-686-1610 for directions

or email [reidhart@gmail.com](mailto:reidhart@gmail.com)

*donation of \$10 to \$30 requested*

[www.ReidHart.com](http://www.ReidHart.com)