

# Transformation through Shamanic Wisdom

Otok (Island) Cres, Croatia, May 17-27, 2024

## How to prepare for the gathering?

Dear ayllu,

We would like to make this experience truly transformational, and yet, gentle, loving, and supporting of you!

Here are some things to consider as to prepare yourself and to feel comfortable.

### Weather on Cres in May

The average temperature in Cres in May ranges from a high of 68°F (20°C) to a low of 58°F (14°C); there's a 30% chance of rain on an average day and the average amount of time that the sky is clear or sunny is 12.5 hours (52% of the day). Sunrise is at 5:34 AM and sunset at 8:23 PM. Relative humidity is 64%, and the wind blows at an average speed of 11.4 mph (18.3 kph).

### What to bring?

- General Items

- Bring any personal ceremonial items that are important to you.
  - Your Mesa if you are a Mesa carrier, Sacred Pipe if you are a Pipe carrier, rattle, drum, Spirit water, sarong, or a cloth to wrap around your waste for ceremony, ceremonial shawl, ...
  - We will provide smudge tools, tobacco, and corn meal for all group ceremonies, but if you are staying for the longer training or if you would like your personal tools, please bring your smudging herbs and tools, tobacco and corn meal, and any other items important to you.
  - Candle(s) and matches, wooden sticks or Toothpicks.
  - We will have time to express ourselves by writing, painting, drawing, movement, etc. Depending on how much you would like to participate, we suggest that you bring a notebook, journal, and or paper and pen, coloring pens or other art tools.
- Weather at this time of year might be unpredictable, so having a range of clothes is advisable. Warmer weather clothes, with a bathing suit, and a beach towel, and maybe rainy, windy, colder weather clothes, if needed.
- Other supplies:
  - METAL water bottle
  - Camping chair or a mat (carimat) or a blanket to sit on. Sometimes, we will be sitting outside on the ground, so make sure that whatever you bring is waterproof.
  - Seizors

- **Items for the Sacred Stone Peoples Lodge and the Medicine Wheel**
  - One or two blankets to donate for covering the Lodge.
  - Lodge clothes and supplies
    - Two towels, one smaller and one bigger to sit on.
    - Cotton shorts or a sarong for men, to cover the skin not to get burned.
    - Cotton dress with covered shoulders and knees (preferred long dress to cover the skin of your legs to your ankles not to get burned).
  - One or two stones to place on a Medicine Wheel (stone size can vary, they can be bigger or smaller; set the intention to find the stones that you would like to place on a Wheel, and listen, they will speak to you!)
  - Tobacco to do the offerings.
  - Corn meal to do the offerings.
  - About 30x30cm piece of cotton red cloth and a white, cotton string to make prayer ties.
  
- **Items for the Munay-Ki Rites**
  - Pi Stone. Pi, Lineage or Medicine stone is a stone with a hole in the middle, shaped like a torus. The Pi stone is a representation of the human luminous energy field that surrounds and envelops the physical body and is the blueprint for our physical, emotional, and spiritual selves. Pi stone is the portal, a gateway to the invisible world, and we use it in the transmission of the Munay-Ki Rites.
  - Pi stone can be purchased or found in nature.
  - If you would like to purchase a Pi stone, please visit:
    - <https://www.mi-tierra.de/>
    - <https://www.shamansmarket.com/collections/pi-stones>
    - [https://www.etsy.com/market/pi\\_stone](https://www.etsy.com/market/pi_stone)
  
- **Gift Table**
  - Please bring a gift for the GIFT TABLE if you can. Gift table is an exchange of gifts that we offer to each other with love!!! After the Closing circle, everyone has an opportunity to select a gift from the table! THANK YOU!

We are truly excited to share this experience with you in May!

Much Munay,  
Barbara, Korana, and Weiwei