

# *Sacred Guide*

*Sacred Mask Making Workshop*



# *Sacred Mask-Making*

*Find your Internal Wisdom*

## Sacred Mask-Making Workshop

*On this workshop, you will ...*

- Uncover a new sense of awe and wonder as you investigate your own face, revealing its beauty and magic through the use of different tools.
- Learn how to create a sacred space through the use of the Medicine Wheel for self- development and connection with Nature, leading to Mask work and its creation.
- Go on an internal journey through guided imagery meditation, supported by the drum as you prepare your inner sanctuary and link to the external terrain.
- Experience the world through animal sense and action by meeting your Totem animal (your inner advisor), supported by the mask work and drum. Find new strengths within yourself through working with your animal.
- Enter into a ritual experience by using your Mask in combination with drumming and song.



When using mask-making techniques, you start with realistic facial sculptures, based on your own face.

Once the mould is made, you can use it with guided imagery to access your own inner guidance. You will experience positive effects on your physical, emotional, mental, spiritual and energetic well-being from the process.

Just one of these benefits is the facial massage you will receive when you apply and sculpt the plaster gauze facial moulds with a partner, as you support each other to facilitate a life-changing transformation.

Mask work can also help you to shift out of energy states you might be 'stuck in' and to find healing in different areas of your life and emotions.

Discover the gift of your ancestors through the imprint from your face.

### *Note*

*This work has been inspired by Kaleo Ching and his book, 'Faces of the Soul'. It draws on the book 'Sacred Drumming' written by Steven Ash, my teacher and Sacred Drum Master, who runs Sacred Drumming Practitioners courses for the Sound Healing College. As Steven's teacher, I am honoured to be trained by him and to receive his blessing to be a Sacred Drum Mask practitioner. The content of my workshops is influenced as well as structured by his work. As my background is in Coaching/Therapy and Health, my links are also with environmental therapy, another influence on this material.*

### *References*

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