



The Shamanic Journeys & Alchemical Healing Newsletter

- **Nicki's Note**
 - Shift Network Class
 - What "Retirement" looks like
 - What would you like from me
- **Family**
- **Chef Ray Sewell, may he RIP**
- **Alchemical Healing Class in London in April**
- **Egypt Tours**

Dear Friends,

Today is Winter Solstice, my favorite holiday, for it is on this day we not only enter the season for deep reflection and regeneration, but from this day forward the days become longer, and soon the light will return and our days will at least seem as though there are more hours in them!

These are exciting times and we will share some of our adventures with you:

The final Shift Network class I've been teaching came to an end this week, which means that two months of study, practice, and deadlines have come to a satisfactory closure. "Satisfactory" doesn't quite say it... "over the top" with many accolades from the students is closer and "life changing" was another response that was repeated often and put a smile on my face each time. A little frosting on the cake, a little something that validated this adventure was being approached by Shift soon after the course began to invite me to prepare an advanced class that could be announce at the end of this one. Although it may happen someday, my body rejected the idea for now, and I am looking forward to embracing my retirement, such as it is. Meanwhile, I wish to thank all those without whom I could not have completed this work, which includes Mark, my stellar staff, all the students who cheered me on and especially my neteru family, the dieties of Egypt.

For me, retirement looks a lot like life as usual, however Egypt is now in Indigo's capable hands. My final tour ended last week, and my tour company is now defunct. No more retreats at my home/temple, which is still recovering from the ice storm and we are cultivating less of our land to alleviate our intensive irrigation and gardening needs. Teaching is off the table for the moment, however I would very much like to hear from you what you would most like me to teach as I regain my strength. Choices are: advanced Alchemical Healing, Egyptian Mysteries with Normandi (we really don't want to end our Mystery School, but the break has been necessary), Egyptian Mysteries with Indigo (Gifts of Ma'at), Personal and Planetary Healing, Sekhmet in the Belly, another Shift course down the road, and whatever suggestions you send to me. I am continuing with my private Alchemical Healing and shamanic consulting sessions, Anubis Oracle readings and mentoring programs for individuals and small groups of like-minded friends who wish to study with me privately.



Nicki speaks at Chez Ray's memorial

Meanwhile, Mark and I are determined to publish Mark's collection of short stories, and you can expect the first ones as soon as we figure out how to create a beautiful Blog to use as a platform for them.

Our favorite subject that fits under the title of exciting adventures is, 'tis the season to visit with family. This will allow us to spend time with our four kids, their spouses and six grandchildren, which makes it worthwhile to engage in Mark's least favorite activities, dealing with airports and flying. Although that won't happen for some weeks, when it does we will enjoy a sub-tropical paradise during a traditionally cold and wet time here in Oregon. It's a sacrifice, but thankfully, Mark's up for it... Between now and then we are getting a flood of grandkids (and the parents that come with them) to keep us entertained. Note: our youngest "kid" celebrated her Big Four O this past spring.



This isn't where we're going, but it gives the feeling we're going for!

I've posted photos of grandkids in my last two newsletters, and this photo of Luke and Elianna is right on time, as it is from their final curtain call of a play they did at school. Both were stars but special recognition go to Luke, as he stepped in at the last minute when one of the actors couldn't be there, and he had seen enough rehearsals that he knew every line and played them as though the role had been written just for him! Hats off to both of you...

We have a dynamite team helping us, and it feels like every day is a holiday (or at least it will after Thursday!) Life is good. Please remember and rejoice for every passing day, because as we have learned ever so recently, you never know when you will be grieving the passing of someone near and dear. The last few months of 2018 have been especially difficult that way—too many wakes, and too many stories told to help hang onto our memories.



Grandkids Luke and Elianna

This past Sunday I led a short meditation at Chef Ray Sewell's memorial. Ray was one of the first people I met when I moved to Eugene in January, 1981. He, Erica Miller and I did a brief stint catering for a Grateful Dead Northwest tour, and Ray continued cooking for them



Chez Ray with daughter Shine

for some years after, if my memory serves me well. Ray died in his sleep a couple of weeks ago while holding his wife Dawn's hand the night before he was to enter the hospital for a heart procedure. Ray was a true character, and as Ken Kesey once told Mark, true characters are far too few, and when you find one, it is important to keep them fed and watered... It was only a few months ago that a party was thrown for Ray at the WOW Hall here in Eugene, a kind of living wake so that he could celebrate his life with friends before he passed. I guess he heard the sound of the scythe coming ever closer, and he never wanted to miss a good

party, even if it was for his own funeral, so to speak... His jocular demeanor and hearty laughter still rings in the heads of those who knew him. RIP dear Ray...

Mark and I wish all of you a great holiday season, and a joy-filled, healthy and prosperous New Year!

With lots of blessings and hugs,

Nicki and Mark

PS: Please do send suggestions for what you'd like to learn from me if I am able to offer a Zoom video course in late winter or early spring...

Alchemical Healing

April 5-7, 2019 in the United Kingdom

Alchemical Healing Level I With Indigo Zahra Rønlov April 5-7, 2019 in the United Kingdom near London.

For details and to register: <http://sacredwitness.us/alchemical-healing-level-1.html>

Egypt Tours

With Indigo Zahra Rønlov. Several tours are available at: <https://mysteriofegypt.com/tours>

www.shamanicjourneys.com

Hathor's Mirror (online store)

theanubisoracle.com (free readings available)

becominganoracle.com (sample journey available)

planetaryhealingbook.com

Private phone or Video sessions with Nicki

For updated events and a full schedule, please go to our schedules page.

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