



MASTERY SPIRAL

NORTH DIRECTION PREPARATION TUTORIAL #2

Mo chairde sa Máistreacht Biseach, dear friends of The Mastery Spiral,
with warm anticipation I extend the preparation information needed to assist you be fully resourced for the second Tutorial of the North.

What To Bring:

Your Mála Naofa

Your Cauldron

Journal & Pen/Pencil

Personal Drinking Water

Preparing Your Space:

In The Mastery Spiral you will be quite mobile and active in your participation – practice space. Ensure that you can hear clearly the audio from your device when sitting (desk and floor), standing, and lying down.

Clothing:

Wear comfortable clothing and you might choose having a blanket/ wrap/throw/shawl to cover yourself in for Immrama (Journeying), quiet times and when relaxing. The Deasghnátha - Transmission of Rites will be a very special Ceremony so you may like to wear a pretty/handsome top/trousers/dress when they will take place. There will be Deasghnátha - Transmission of Rites in the 1st Tutorial of North, East, South and West.

North Dates and Times:

You can see the dates for the North Direction under the section ‘Zoom Link for North Direction’. We meet from 5.00-8.00pm Irish time (check your local equivalent on:

www.timeanddate.com

The Zoom Recordings will be sent to you all approximately 48 hours after the live broadcast for 10 days. If you do not wish to be visible you may turn off your video and listen and speak that way.



Food and Sleep:

Please make sure to have a good substantial nourishing lunch the day of each session with snacks to hand for the Break time at approximately 6.25pm for 15 minutes.

I look forward to co-creating sacred space with all as once more, we walk into the North. Deeper. Further. Together.

Le Neart An Spiorad, In The Power Of Spirit,

Seán / John