

Cheryl L. Downey, M.Div

Shaman/Healer/Author/Painter



Burnsville, MN. USA

sacredfire44@gmail.com

www.sacredwheelcenter.com

Sacred Dream

I created my earthwalk to learn the lessons of power through the healing of grief - my own, and that of generations before me whose pain I carry in my DNA. It is my sacred intent to help bring enlightenment through the healing, transformation and release of individual and group grief and its effects on this planet at this time.

Gathering of Power

I have guided those who are grieving losses from life changes of all kinds, including illness, dying, death and other life transitions, for almost 35 years as an ordained professional hospital, hospice and palliative care chaplain. In 2003 I graduated from the Lynn Andrews Center for Sacred Arts and Training, and in 2004 was dually ordained as a spiritual healer/shaman trained in the teachings of the Sisterhood of the Shields. For many years I have enjoyed mentoring Lynn's apprentices, as well as having the role of co-chiefting one of the lodges in the Kindred Spirits graduate group. I founded Sacred Wheel Center for Grief and Healing in 2014 to focus on empowering myself and others suffering through the pain of loss to explore the deep mysteries of grief and to discover the beauty resting in the centers of our hearts.

Since then my work has included private sessions and consultations, classes and workshops in the Twin Cities (MN) area, and grief-healing spa retreats in Florida, Minnesota and Colorado. As faculty at Ghost Ranch in Abiquiu, New Mexico, I taught a week-long course entitled "Grief Around the Sacred Wheel." In 2016 I created Sacred Wheel Center, Inc.

Creative Passion for the Teachings, the Tools and the Ecstasy of the Work

As of 2018 I am focusing on the completion of my book: "Emerging From the Dark: Grief Around the Sacred Wheel" which is an enlightening and ecstatic process all its own! Each day I feel extraordinary gratitude for the teachings of the Sisterhood and for opportunities from Spirit to step into ecstatic experiences with others for healing. I also deeply honor the ancient and profound shamanic tool of the Sacred Wheel. Within it are the powers of the four directions as they exist in Nature and in ourselves for deepening self-awareness and bringing balance to the flow of life energies. The Sacred Fire in the Center calls us to heat up and find our way ever more deeply into our hearts. Movement

around the Wheel honors each one's unique personhood and life path. The Wheel is a powerful and ultimate guide to understanding grief's mysteries - whether one is old or young, experiencing current or past loss of any kind, or anticipating future life transitions. The Wheel is meant to move - and so is grief! So is Life!!

Check out my website: www.sacredwheelcenter.com and email me at sacred-fire44@gmail.com to schedule a session by phone or in person - or to express interest in a grief-healing spa retreat! I would love to create one in your neck of the woods!!