

Lynn Andrews' Graduate Directory



Cheryl Downey

Website: <http://www.sacredwheelcenter.com/>

Background

Cheryl has a B.A. in Anthropology/Archaeology (1976) from the University of Wisconsin-Madison. She has participated in digs in Britain and Israel and has spent her life exploring ancient wisdom and discovering what has been hidden in the earth, physically and spiritually. She has a Master of Divinity from United Theological Seminary of the Twin Cities (1982) and several post-graduate years of experiential clinical spiritual care, which set the stage for a career of opportunities to facilitate spiritual, mental, and emotional healing. Cheryl has guided those who are ill; those who are moving into the fullness of their time on this earth; and those grieving life transitions of all kinds for 33 years as a professional hospital and hospice chaplain and over two decades as a shamanic grief-healing practitioner. She works 1:1 and in groups, guiding Power Animal meditations, Act of Power gatherings, and one-day Father Loss, Mother Loss and Healing the Heart workshops. She has led 3-day Healing Grief Around the Sacred Wheel retreats in Florida, Minnesota, and Colorado. After graduating from LACSAT Cheryl mentored for ten years and created monthly New Moon Visioning's for the graduates for 16 years. But she began dreaming and learning with Lynn Andrews and the Sisterhood of the Shields through Lynn's books. In 1985 - four months after the elements of Mother Earth made give-away of her home in a massive gas explosion and fire, Cheryl was given her first "Lynn book" - **Flight of the Seventh Moon** (aka **Spirit Woman**). While reading that extraordinary book, she experienced her first life-changing "Grandmother dream." In 1986, after devouring **Jaguar Woman**, Cheryl's body buzzed for three days! There was definitely something there to learn! And she has been experiencing the shamanic power and magic of the teachings of the Sisterhood of the Shields ever since! Shamanic griefwork is about enlightenment, as Lynn once reminded her. Cheryl sees much power and light in the movement (sometimes friction) between holding and releasing the energies of grief. There is much to teach one another, and much to learn about this basic movement of human energies. The ancient sacred wheel is a perfect metaphor and tool for exploring the mysteries of our grief; and for discovering how we hold energy in our natural state of grief, and how we allow (or not) the movement of grief's natural healing force within us. Cheryl's vision is to create a safe space for anyone seeking help shifting how they hold their grief or looking for guidance and support expressing and releasing the emerging energies of their pain and grief. The sacred wheel and its powers can take us as deep into our healing heart as we want, and can be as gentle as needed, as the wheel moves at each person's own pace.

