
SACRED LIMINAL LODGE

OCTOBER 27, 28 & 29
2023





Our Work

THE PURPOSE

The lodge and its collective spirit is a place of healing and liberation. Each person is offered the leadership and support of the lodge guides so that their fears, wounds and traumas may be identified and released, resulting in the person's healing. It is through this transformational healing that a person may become empowered and enabled to pursue their desired path in life more freely on all levels.

OUR FOCUS

Freedom, Courage & Confidence
Your participation in the ceremonies, therapies and rituals of the lodge is designed to help you find strength and healing which will enable you to move towards joy and fulfilment in your life.

Tranquility

AND TRANSFORMATION

Our retreat will be facilitated at the beautiful and tranquil Newton Villa in Brampton Ontario.

You can choose private accommodations or share your room with a friend or family member.

Roommates share the cost of the accommodations while enjoying the full lodge experience!





Ceremony

JOURNEY

Participate in an ancestral journey which will connect you with the ancestors that assist you and help you navigate through your life. This is a soul pilgrimage where you will bond with the ancestors who provide you with support and encouragement.

AWAKEN

Engage in a soul retrieval journey where you'll meet one or more beings (called allies) who will guide you through locating fragments of your soul. These fragments are returned to you creating a powerful new level of wholeness

RENEW

Dissolve barriers & unhealed wounds concealed in your souls past with a group past life regression. Lift the burdens that have limited your spiritual evolution!



Therapy

INDIVIDUAL

Connect with deeper aspects of your psyche with talk therapy that will help you gain insight into yourself by exploring your feelings and behaviors.

PARTNERED

Explore the strength of holding space for Dyad (two participants) therapy is a relationship-based approach that helps you develop a better understanding of yourself and the world around you. Explore your challenges & blockages in a safe environment where you can get honest feedback from another person without worrying about judgment or criticism.

A Blended Approach

FACILITATING PERSONAL TRANSFORMATION

Participants of the lodge will be offered a blend of spiritual ceremony and ritual with traditional and contemporary elements which are carefully partnered with guided therapeutic practices, creating a powerfully transformative experience. Using the circular nature of the cycles of life as a guide, the activities in the lodge will follow a flowing rhythm and will have four parts, honouring traditional teachings and supported by contemporary therapies. Including plenty of time for solitary reflection, each day is spent in community, ceremony and healing.

GROUP

Discuss issues with others who are going through similar experiences and learn to cope with the issues you're facing with others like yourself. Our group therapy structure provides a unique opportunity for you to build support networks and make new friends and expand your community!





Amenities

ROOMS

Choose from Private or Shared Room occupancy options

Each Room features:

- A Private Washroom
- Cable T.V.
- Wifi Available
- Desk
- Bar Fridge

Access to:

- Laundry Room
- Exercise Room
- Reading Lounge
- Breakfast/ Dining Room

FOOD

- Continental Breakfasts
- Catered Lunch
- Catered Dinners
- Daily Assortment of Healthy Snacks
- Teas, Coffee, Water

COMFORT

This is a No Smoking facility
Rooms are sanitized using natural products
The facility is professionally sanitized and Covid - 19 compliant

Clarity

AWARENESS

It's easy to get lost in the noise of life and lose sight of what's important to you—your goals, your dreams, and even your values.

Let us guide you in becoming clear about who you are, what you want and why.

Connection

RECOGNITION

See your true reflection with a sharing practice with another person! This is not only very therapeutic, but it offers you a way of seeing things from outside of your personal experiences.

Change

REBIRTH

Experience the liberation of rebirth! By allowing the release of pain, trauma, limiting beliefs and subconscious patterns of behavior, you can claim not just your life, but a NEW and more awakened life.





The Experience

MATERIALS

A copy of
"The Sacred Liminal Lodge Reflections
Workbook"

The Sacred Liminal Lodge
Note Book

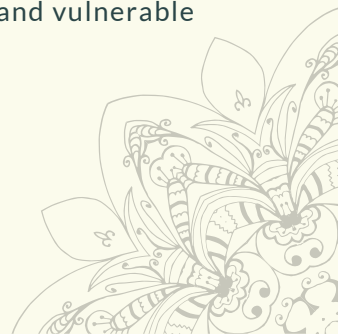
Gifts from the lodge guides
Alysa & Leigh

ACTIVITIES

Lodge Members will participate in a
variety of spiritual rituals, therapies &
Ceremony

COMMITMENTS

To gain the most from this experience
we invite you to fully participate in
your own healing. This means allowing
yourself to be open and vulnerable



The Structure

ROUND 1

Inheritance & Identity

Explore and understand the roots of your identity as an extension of your ancestral inheritance.

This round includes:

- Share a part of your ancestral story
- Uncover ancestral wounds & their personal effects
- Inherited limiting beliefs in group work
- A Shamanic ancestral healing journey

ROUND 2

The Mind & Intellect

What you think and what you say are powerful tools that either help or hinder you. Person-centred psychotherapeutic techniques to uncover patterns and behaviours.

This round includes:

- Witnessing Practice
- Mirroring Exercise
- Belief Healing & Release
- Strength Exchange Exercise
- Shamanic Soul Retrieval Journey

ROUND 3:

The Underworld

Your journey will now take on greater depth with a journey to the Underworld. Here you will be guided in facing your shadow and releasing destructive patterns of behaviour.

This round includes:

- Symbolic Journey to the Underworld
- Power Restoring Fire Ritual
- Oath Making Ritual
- Sweet Grass Ceremony

ROUND 4:

Rebirth & Renewal

All of your hard work is now rewarded with rebirth and celebration! You've crossed the Sacred Liminal and now your inspired path begins anew!

This round includes:

- Cedar Bath Rebirthing Ritual
- Sacred Tool Consecration
- Drumming and Dancing
- Sacred Liminal Lodge Closing Ceremony





ALYSA BARTHA

Lodge Creator

ALYSA BARTHA

Alysa is a Mystic, who teaches, heals, mentors and works with spiritual seekers from all over the world. As the creator of The Sacred Liminal Lodge, Alysa humbly follows the traditional teachings given to her by elders in her family. Her greatest joy is offering all people a safe place to explore, heal and commune with their spiritual community and The Divine Creator. She is proud to co-create with amazingly talented leaders, teachers, practitioners and fellow servants of humankind to make the Lodge a radically transformative experience for all those who need its medicine. In her professional practice, Alysa draws from several powerful tools. She is a formally trained second-generation western astrologer, hereditary shamanic healer, master tarot reader & teacher, certified professional past-life regressionist, Reiki Grand Master, certified Life coach, published author, artist, President of indie Publishing House Achillea Fortuna Publishing and founder of the North Star Mystic Academy which opened in 2019.



LEIGH WHITING

Lodge Co - Host

LEIGH WHITING

LEIGH is a Registered Psychotherapist and graduated from the Spiritual Psychotherapy (Jan 2018) and Spiritual Director (June 2017) programs at Transformational Arts College.

As a Certified Feng Shui Consultant, Leigh is a recognized Red Ribbon Professional with the International Feng Shui Guild (IFSG), meeting their highest professional standards and ethics.

Incorporated into her practice are several different Feng Shui methods such as: Form School, Traditional Compass School, Western Black Sect Feng Shui, Modern/Intuitive techniques and the yearly shifts with Flying Stars. She is also the Director of the Sunstone Centre which offers a Feng Shui Certification course that is a Gold Standard training with the IFSG.

Leigh is a Reiki Grandmaster. Reiki means "Universal Life Energy". She is trained in Usui, Tibetan and Divine Yu Reiki and also teaches through her Sunstone Centre: Reiki Levels 1-7 certifications for those on the Reiki Grandmaster Path.