

# Carol Stewart - 2010 Winter Newsletter

## On Heart Strength, Life, The Mystery School - The Tarot & Tree of Life



*Dear Ones.*

*Every winter over the last few years, I have taken some time to offer my community of friends and clients the stimulus of some reflections on what I have learned the past year; also news and information about what I may be doing or offering in the year to come. And always I offer a blessing of simple gratitude for the potent threads of connection we weave not only when we sit with each other in person, as friends, in readings or workshops, but also, whenever we think about each other, or send prayers for peace and love in our world. In those moments these threads of light glow to strengthen and support our lives in ways beyond understanding. This, my heart has seen with her own inner eye! We are one. Thank you for existing in this mysterious web of life with me.*

*With the blessings of love and respect in my heart, Carol*

***Reflections: What a year! What a month! What a week! What a day! What a moment!***

Joanna Macy, one of my beloved teachers, called this time in our history “The Great Turning.”

Indeed, the Wheel of Life is spinning so uncontrollably fast these days that balance is an issue for many & center is the only place left to go - if we can find it! All around, in my own life as well, I am experiencing many unexpected shifts & changes almost daily. Where I am imbalanced, walking on the habitual quadrants of my wheel, driven more by fear or ego survival rather than Soul growth needs, I feel challenged to the max! I can react intensely with range of mental, emotional & physical disturbances. This is very humbling. I have found sanity in holding some vital questions, no matter what is happening: Where is my heart flowing now? What if these experiences are breakthroughs rather than breakdowns? What am I “for” rather than against right now? Go there! Enough consciousness has been cultivated over the last few decades that many of us sense clearly that we do have choices every step of the way. Strength is our quest!

I have learned a lot this year for, I am noticing as well, a strangely deepening feeling of well-being, a sense of appropriateness arising in the midst of it all, almost a blissful sense. Both my heart & intuition



reveal that I am, at last, ready for “the holy whatever”. Others too report how, in the midst of all the trials, they seem very aware that what is happening is not accidental, but rather a valuable opportunity to face & meet necessary challenges - even without any idea about what to do! They affirm that it is the heart that must inform us now. Affirming too that there are mysteries unfolding before us now that we have been waiting for, a long time. We cannot “know” now until we experience. This perspective supports us to find center and balance again.

It seems to me that we are collectively participating in breaking down the realities that have determined our existence for so long while new ones now are in the process of being co-created. Never has the world needed our hearts to get more engaged with the process of what I feel this time is about: a birth of a reality we can barely imagine but know in our hearts. So not knowing is a healthy truth. Simply “being with what is” is a grand way to ride the expansions and contractions that are so upon us each day in this birthing of the beauty of new life.

***Let's show up, breathe, & bless the moment we have here right now with a heart's smile!***

## Nourishing Strength in our Hearts....

### Support Kusi Kawsay

**A School reclaiming the indigenous culture of the Andes**  
On page 4, see an opportunity to contribute to our planetary future in the form of supporting the building of an elementary school in the Andes, founded by our friends “Wiñay Taki Allyu” who I have written about for years as the focus of our journeys to Peru.



### Connecting to the Andes The Heart of the World

Last spring, Rene, the eldest brother in this allyu, my goddaughter Diana, and her sister, Gabriela came to Nelson to offer to our community the experience of honoring and linking our communal energies more profoundly to our own land, lake, and mountains so we might deepen in a natural exchange of heart and spiritual consciousness with the Andes. A beautiful experience! Thank you Rene, Gabriela & Diana!



Rene Franco Salas and daughters, of Wiñay Taki in Nelson last May



### Mandala Workshop Join us in a Practice in The Creation of Beauty

At our home in Nelson, BC, mandalas of singular beauty appear, like Crop Circles, every summer. These are works of love & sacred playfulness. As signals from our Soul, they reveal that “the mystery” deserves our allegiance. Paul Huessenstamm will be back: July 26 to August 1, 2010. This year Paul is offering two workshops, a three day class as well as a five day class. If you would like to join us, email my partner, Jim Quigley for information: [quigleyjim01@gmail.com](mailto:quigleyjim01@gmail.com)



### Avatar: A Brilliant Reflection of The Strength Tarot Symbol

Last year, I wrote about The Ethical Triangle, composed of The Tower, Strength, & Justice - the heart center of the Tree of Life. To find Justice - balance, right relationship in all our relations in this world, we need the challenges of The Tower, breaking down patterns that are defensive, ego or power driven, not relational.



The movie “Avatar” is a shining example of a collective awakening of the archetype of Strength in the psyche of our culture. James Cameron, the movie’s creator, said he was surprised to see how his story has touched a cord in the hearts of so many people everywhere across national, political, social, and economic lines. It seems a cord in the human spirit as well, just waiting for a mirror to remember something sacred within. The heart sees this!

### A Journey to Bali

Last but definitely not least, this is to point you to photos on the last page of this newsletter. Jim and I traveled to Bali last fall. for a much needed time of deep rest and re-embodiment! Talk about nourishing the heart! We found a devotional culture in the Balinese people, in their temple world.





*News & Information about my work....*

**At last! My new Mystery School website!**

**We are in the final stages of completing a website for my work. This site will carry support for my Tarot Readings, information about The Mystery School, Peru trips, my newsletters, a blog to cover everything else. Please check out this work in progress at [www.mysteryschool.ca](http://www.mysteryschool.ca)**

**The 3 Year Mystery School:** “Growing up” seems to be the primary process humankind is involved in now. Collectively awakening love over fear as our motivation in life and then, finding guidance in the creativity of our hearts is our common task. This is one vital intention of The Mystery School. The Tarot and Tree of Life symbols are maps that articulate this process of maturing. “Right relationship with Self, Others, and Life”, a phrase in the indigenous world for a relationship that is beautiful, supports the sustainability and flow of life in a ‘good way’, is part of this. Diversity has to grow in our hearts as something beautiful, a deeper reality - something to welcome rather than fear. The healing of our wounds, especially around belonging, must happen. I have seen that capacities and inner resources can be activated to meet the problems facing us when we reconnect to our truer heart-based natures and thus to nature herself for all the teachings offered there. Each one of us carries a talent or a gift, a ‘great work’, that, if we are lucky, we connect to and cultivate, giving meaning to our lives. The dream of The Mystery School is to make everyone “lucky” so that our culture develops more conscious and direct ways to recognize, honor and nourish these gifts as a *primary objective of our life in community*. Only the heart’s wisdom can find the way into this kind of world.



A new cycle of The Mystery School completed its first year here in Nelson last fall, discovering practices of “Right Relationship with One’s Self”. The 2nd year begins in March with exploring the Tarot archetypes that deepen the practices of “Right Relationship to Others”. Last time I offered this 3 year six workshop program was from 1998 to 2001 - before 9/11. So much has happened in our world and my life in this period that I shouldn’t have been surprised to discover what a rich and new adventure this program is for me as well as the students. I do have a list of people interested in another Mystery School. Sign up if you are interested in receiving information when I do the next Mystery School.

**Tarot Readings:** I was able to travel to Bellingham, Vancouver and Calgary this past year. However, while I am doing the Mystery School, I will only be able to offer telephone readings from Nelson. All readings are recorded on two CD’s that are sent by mail to you. If you are interested in continuing your Tarot work with me while I am offering The Mystery School, we can create a way to do this. Of course, if you can come to Nelson, I can offer readings in person by prearranged appointment here. All the information you need to do this is in my new website.



**Trip to Peru:** A space for one more person has just opened on our trip to Peru, April 16 to May 2. If you have any interest in joining us now, or in the future, please email me. Go to my website: [www.mysteryschool.ca](http://www.mysteryschool.ca) for more complete information.



**Kusi Kawsay Andean Waldorf School**  
**Fundraising Project – 2010 - Check: [www.kusikawsay.org](http://www.kusikawsay.org)**  
**An Opportunity to Support Co-Creating a more Earth Sustaining Future**

The Andes definitely have become a huge magnet for travelers in the last ten years as if people have an instinct that this land and its people may hold answers to some of our current social and environmental issues.

I mentioned above, the very successful movie “Avatar,” offered us a sense of a beautiful culture not only rooted in nature but also living in a substantial daily communion with these forces that supported and guided their lives. Prior to the Conquest of Peru, this quality of culture existed in the Andes. The Inka culture evolved a world of natural reciprocity between people and the Earth, valuing diversity and a necessity of cultivating individual spiritual experience to support the growth of the whole. The Inkas were guided to build a complex system of terraces and irrigation that served to feed all their people. The Inkas built countless shrines and temples to hold the energies of their communion with their land.



When I saw “Avatar”, I had an amazing sense that what the fictional ‘Tree of Souls’ was to the indigenous population of Pandora in “Avatar”, Machu Picchu was to the Inkas. Ceremonies there keep their world interconnected, unified and flowing. Threads of this way of being still exists in the hearts and bones of the Andean indigenous peoples and, now it is seeking a new, more conscious expression. They say the Andes is “where the heart opens”. You can support all this happening!

As many of you know, I have been connected to Peru for 23 years. Six years ago, I met the Wiñay Taki Allyu, an extended family group of about 20 people dedicated to reclaiming the consciousness of their ancestors and sharing that with others. Since that time, my partner, Jim, a dear friend, Terence, and I all have been taking groups to Peru for a direct experience of the Wiñay Taki Allyu, living in harmony with the ancient ways of their Inka heritage.

Over the last two years Wiñay Taki were inspired to begin a small kindergarden for local children, called Kusi Kawsay, meaning “Happy Life”. They are now planning to expand the facilities slowly to a full elementary school. Inspired by Waldorf principles is the basic approach that holds the way they teach the children. This system, teaching through stories, myths and practices is in resonance with indigenous ways. Last year, this school design received the approval of the government of Peru. This official recognition is a breakthrough! However this recognition does not bring financial support!



Thus, we are raising funds now for their first grade schoolhouse this year and after for other buildings in the years to come, as well as funds to support the infrastructure of the school. If you are interested in supporting people & projects that serve to reshape our relationship with the Earth and each other in life-sustaining ways, this is a very worthy project to consider and invest in. In the years to come these students will have a lot to offer the world. Go to their website to learn more: [www.kusikawsay.org](http://www.kusikawsay.org)

If you can help in any way with funds, please do so. We are traveling to Peru April 15th and will carry the funds raised with us to Peru. Donations can be sent to me or there is a place that you can donate directly on their website. Thanks so much for reading and considering this fundraising campaign.

Carol Stewart, Jim Quigley, Terence Buie, & Ruth Beck



## Bali - A Land of Sacred Embodiment

We live in a culture that often denies the sacred relationship our bodies have to the Earth. The movie "Avatar" expressed such a natural and magical reality that exists when our body is joined with nature. Jim and I traveled to Bali this fall on a quest to deepen our embodiment. I



Temple Offering

in this special place - a living temple on this Earth. May these photos provide you a taste of this beauty.

never dreamed what would await us in the spirit of the people of that land. They daily devote themselves, through many offerings and ceremonies, to practices of maintaining the balance between the dark and light. In this way, people can live peacefully together. Loving connections and creativity abound

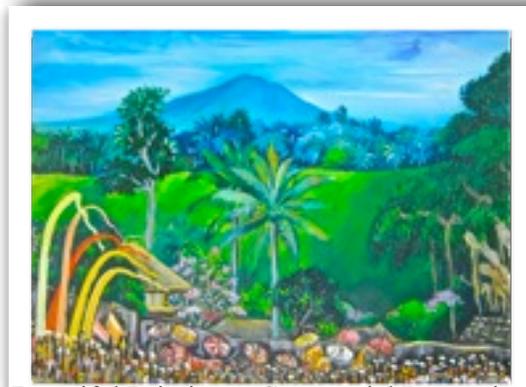


Rest and Relaxation

Exquisite Wood Carvings



Spas everywhere: What I see through the face hole in a massage table!



Beautiful Paintings: Ceremonial Procession by Ketut Dirna



Stone Sculptures - Ganesha



Street, Water, Temple Offerings so that there will be Balance between the Dark and Light!



The Grace of Balinese Dance