

## **Natural State University, with Professor Evan Pritchard**

### **Winter Semester Jan-Feb-March, 2023 Class Schedule**

The suggested donation for each class is \$20.23, via Paypal, using [evan.pritchard7@gmail.com](mailto:evan.pritchard7@gmail.com) as address. If by check, make check to Evan Pritchard and mail to Evan Pritchard PO Box 259, Rosendale NY 12472. Please email also to above address with your name and address (both email and USPS) and amount sent as temporary proof of payment. Everyone will receive zoom link in a poster for each class. Every student enrolled in any class gets a free scanned “anniversary” copy of Resonance Magazine/SFP and a 2023 NSU wall art calendar) The winter medicine course is a ten week semester. You can enroll for the entire semester for \$150. If you miss the first or any class you paid for you will receive a video recording. You may also purchase a recording of any class by donation. Limited scholarships available.

#### **“Winter Medicine”**

**NSU #1 Thursday, January 5<sup>th</sup>:** Living in the Here and Now—Neegeh-Gachami. Out of the Head (Aleutian Wisdom)Meditations on Empty Mind, Full Heart.. Clearing away the past. Purification ceremony. Seven Daily Tobacco Prayers. Perihelion, earth is closest to sun. Parallels between Kwanzaa (ends Jan 1) and Great Lodge (Midewiwin)Teachings of the Anishinabe. full moon (Fri 6:08 pm)

**NSU #2 Thursday, January 12<sup>th</sup>:** O What a Tangled Web We Weave... A Workshop on Non-Violence to Self. Grandmother Spider’s web is a symbol of peacemaking in Algonquin culture. In the shadow of her teachings about interconnectedness is her teaching about making good boundaries and not getting tangled up in your own web, or the webs of others. As both are essential for keeping the peace, so balance is the key to achieving non-violence to self. Notes on treaty of Fort Clark and the lost treaty of Hoboken.

**NSU #3 Thursday, January 19<sup>th</sup>:** **Fibrins-The Phanton Menace;** new reasons to keep a simple diet, as Nature intended. Also, The lost Native American history of Woodstock, NY, the Waughkonk Band of the Esopus Munsee. Meditations on new beginnings. M. L. King discussion. Guest speaker Angeline will talk about MLK and early sit ins, and also talk about alternative health practices. New Moon on Saturday.

**NSU #4 Thursday January 26: Happy Bearday;** Annual Honoring of the Baby Bears' Birthday Meditations with the Bear Protectors. The Bear Sacrifice, Robin and Bear. Guardians for the guardians.

**NSU #5 Thursday, February 2<sup>nd</sup>: Punksutawney Day and the Munsee Westward Migration.** Ground Hogs Day aka Imbolch (Candlemas) full moon on Feb 5 Halfway through winter. A day for foretelling the future; ceremonies using oracle devices, tassiomancy, etc. Feb 1<sup>st</sup>, National Freedom Day, first sit-ins at Greensboro, NC.

**NSU #6 Thursday, February 9<sup>th</sup>: Sky Medicine Teachings (12 levels of clouds meditation** Eagle Mating Time (Valentine's Day) Eagle Spirit meditations;

**NSU #7 Thursday, February 16<sup>th</sup>: Islands of Fire:** The Worldwide use of Islands as Council Fire Places; The Island of Taiwan, The Great Mother of Peace (Mother Language Day is 21<sup>st</sup>) Meditations on Love, and Loving Kindness. Also Honoring Delaware Peacemaker, Neolin. Avatar movie as history.

**NSU #8 Thursday February 23<sup>rd</sup>: Apology Day, a New Holiday for Our Times** Katonah, Pavonia (Paulus Hook) and Corlears Hook Massacres (2/25-26) . Personal Apology Meditation. Honoring The Canarsie, Keepers of the Watershed." Hopi Purification Day Pa-mu-ya)

**NSU #9 Thursday, March 2<sup>nd</sup>: Going To the Wild Within** World Wildlife Day (3/3) Self-healing shamanic meditations on merging with animal powers. Also animal communication.

**NUS #10 Thursday, March 9<sup>th</sup>:** semester in review—and in action, moving forward into 2023.

**NSU make up if needed March 16<sup>th</sup>:** St Patrick's Day, meditation on guardian and ancestral spirits.

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