



# Arba Ruchot: The Four Winds



## Shamanic Judaism Workshop with Rabbi Maggid Sarah Etz Alon

Co-sponsored by Keneset HaLev, Wilderness Torah, and Chochmat HaLev

Monday, July 12, 6:30-9:00p  
chanting 6:30, workshop 7:00

Chochmat HaLev - 2215 Prince St., Berkeley

***The Arba Ruchot*** – the Four Winds – correspond to the Four Directions on the Hebrew medicine wheel in Jewish Mysticism and Shamanic tradition. This interactive workshop will focus on the nature of these winds and their living breathing presence in our lives.

We will utilize a powerful wind invocation, chant, and meditation in the way of our Hebrew Ancestors, as well as related spiritual practices embedded in mainstream Jewish prayer. Good for both Mystic and Earthy minded folk.

*Sliding scale. Suggested donation \$12-\$18, no one turned away for lack of funds.*  
**Space is limited. RSVP to [info@kenesethalev.org](mailto:info@kenesethalev.org) or 415.339.7485 (339.SHUL)**

**Rabbi Maggid Sarah Etz Alon** is the Founding Director of Eber-Lat Living Laboratory - [www.eberlatlivinglab.org](http://www.eberlatlivinglab.org) - a focalizing agency for mainstream and rogue maggidic activity.

Trained in Hebrew Shamanic tradition since childhood, she received rabbinic S'Micha (ordination) from Rabbi Gershon Winkler. She also also has two separate smichot as a maggidic practitioner. She currently lives B'Midbar, in the mountains of Northern New Mexico.

