



Your Host  
Renee Baribeau

# Fire Tenders Toolkit

10th annual IAM Winter Solstice Symposium  
& Fire Tenders Gathering 12/20-1/2/22

[IAMsymposium.com](https://iamsymposium.com)

Renee Baribeau, The Practical Shaman ©All Rights Reserved, 2021



# YOUR ENERGY IS SACRED

## Welcome to the Fire Tenders Gathering. Celebrating Our 10th Anniversary!

Greetings!

Thank you for making the commitment to be part of the IAM Winter Solstice Symposium and Fire Tenders Gathering. Each year I am amazed at the power of this collective, the miracles that take place, the stories and connections that are shared along the way. It's a beautiful tradition and this year we celebrate our 10th year running. It's a time where we can all reflect on the past year, while also dreaming big dreams for the future.

I am honored to present a heartfelt sharing from thought leaders and humans of all different walks of life. Each will share their own integration tools for welcoming Winter and the New Year. Many of our speakers will share how their spiritual practices helped them overcome challenge and changing seasons. We feature these teachings LIVE in The Wind Clan and you will have the opportunity to purchase recordings of these teachings. Tune in as you feel called, take what you need, or spend the entire day with us and keep the fires burning.

Whatever your capacity, Thank you for joining us! It is a pleasure to bring these powerful teachers and their offerings to you. I hope their stories will be a little guiding light along your way.

We will be offering gifts from the December 20th-January 2nd. The schedule is included on page 3.

Wind Blessings,

Renee Baribeau  
The Practical Shaman



**It takes a village with heart to grow a strong community.  
Thank you to our Wind Walker Team.**

Photo from our Wind Walker Fall Retreat in Maine. Front Brigid Hopkins, Program Manager. (L - R) Terry Morgan, Kerry Wanamaker and Renee Baribeau. Dialing the website knobs are: Jean-Pierre Raven Gregoire, Erica Hernandez, Tyler Hood, Courtney Frances, and Judy Ramsey is holding the North Direction.

All Programs will be hosted Live in our Wind Clan FB Group.  
Replays will be sent with 12-hours to registered participants

# PROGRAM details

12/20

11:00 AM (PST)  
Sandra Ingerman  
  
3:00 PM  
Jorge Luis Delgado

12/21

11:00 AM (PST)  
Marsha Scarbrough  
  
3:00 PM  
Louise Edington

12/22

9:00 AM (PST)  
Raven Keyes  
11:00 AM  
Renee Baribeau &  
Deborah Koff-Chapin  
3:00 PM  
Jan Engels-Smith

12/23

9:00 AM (PST)  
Judy Ramsey  
  
3:00 PM  
Erika M. Schreck

12/24

9:00 AM (PST)  
Kimmerly Wotipka  
11:00 AM  
Carol Woodliff  
3:00 PM  
Meg Beeler

12/25

11:00 AM (PST)  
Lori Lothian  
Renee Baribeau  
Hank Wesselman  
a memorial pre-  
reced in 2019

12/26

6:00 AM (PST)  
Kerry Wanamaker  
11:00 AM  
Itzhak Beery  
3:00 PM  
Brigid Hopkins

12/27

11:00 AM (PST)  
Lynn Andrews  
interviews Renee  
1:00 PM  
Terry Morgan  
3:00 PM  
Wyatt Larsen

12/28

9:00 AM (PST)  
Linda Fitch  
11:00 AM  
Lisa Weikel  
3:00 PM  
Stacey Pickering

12/29

9:00 AM (PST)  
John Lockley  
11:00 AM  
Christina Pratt  
3:00 PM  
Tina Proctor

12/30

9:00 AM (PST)  
Michelle Latinski  
11:00 AM  
Renee Baribeau  
3:00 PM  
Tricia Mogstad

12/31

9:00 AM (PST)  
Linda Yeazel  
3:00 PM  
Carey Selk

1/01/22

9:00 AM  
Kat Sticker  
11:00 AM  
Cindy Lindsay  
3:00 PM  
Tambra Harck

1/02/22

11:00 AM  
Renee Baribeau  
Closing Ceremony

Presentations: [facebook.com/groups/windbelievers](https://facebook.com/groups/windbelievers)



# Wind Work® Programs

## **Wind Walker 10 Month Apprenticeship Program begin February 2022**

10-month Teachers Apprenticeship/Teacher Program with Renee Baribeau, The Practical Shaman and Team. The Wind Mastery course is a self-mastery program that will prepare you to bring ancient shamanic wisdom into your daily life and back into your community. This work will prepare you to do wind work healing, teach beginners classes, and walk-in balance in your business and every day life.  
<https://thepracticalshaman.com/wind-mastery-program/>

## **Prayer Flags for Prosperity Playshop January 22, 2022.**

No prior experience required.

## **Wind Work Basics available on demand or new class spring 2022**

## **Wind Walker Fall Retreat October 8-11, 2022**

Online Learning Center

Windwork.org

Renee Baribeau

HAY HOUSE AUTHOR EDUCATOR BUSINESS OWNER



# STEPS TO PRESENT MOMENT LIVING

## Wind Breath

01

Face A Cardinal Direction  
Stand with your feet shoulder width apart. Feel yourself rooted solidly on the earth.  
Breathe in 7-10 seconds  
Hold 7-10 seconds  
Exhale hard through the wind whistle until you have no breath left. Visual the release, and feel it throughout your body. What does being empty feel like?

02

Slowly inhale as you turn your body 90 degrees clockwise

Repeat 3 more times, facing each Cardinal Wind Direction. After the 4th Wind Breath, Zip Up for Protection.

03

Wind Zip by pulling up from your sacrum, a strand from each side of your body, extending to a comfort level above your head.

04

Repeat the 7-10 Breath

Slowly inhale as you spin (turn quickly, if outside spinning is preferred) 360 degree clockwise.



# Let Go

Mind

1.

2.

Emotion

1.

2.

Physical  
Ending

1.

2.

Spirit

1.

2.



# Fire Tenders CHECKLIST

As we begin this journey together, I want to remind you to always do what works best for you. Say a daily prayer, chant, burn some incense, and of course, light a candle if you are able.



## Altar

An altar is a place for holy grounding. Power builds where you place your intention, and an altar becomes the Velcro to gather your prayers and meditation. Prayer is the request to spirit, and meditation is when you listen.



## Fire Tenders Sample Ceremony

Light a Candle, or Fire, visualize a Purple Flame, or keep a Light Burning for the Event from 12/20 through 1/2. You can say a daily prayer in lieu of a flame on the days when you are traveling. Do what works best for you.



## Fire Tender Support

The Fire Tender Support Circle is Taking Place on The Wind Clan Facebook Group Or email us: [windblessgings@gmail.com](mailto:windblessgings@gmail.com).



## Cardinal Wind Team

A group of Senior Wind Walkers are holding space at each Cardinal Direction [windblessgings@gmail.com](mailto:windblessgings@gmail.com).

## Live Presentations



Please join us live on our Facebook Wind Clan Page, or visit our page for the replay. You will be sent the replay by email. Links are good for 48 hours. Order the complete IAM symposium here: [windwork.org](http://windwork.org)



## Share Your Altar

Each Year 100's of people share photos of their altars on the Wind Clan. We also assemble a special Fire Tenders video. Keep sharing on the Wind Clan. To ensure we do not miss your altar submit please [ithere:https://form.jotform.com/2124937784431622](https://form.jotform.com/2124937784431622)



# Wind Worker's Tools

[THEPRACTICALSHAMAN.COM/STORE](http://THEPRACTICALSHAMAN.COM/STORE)

ANNUAL  
*SOLSTICE SALE*  
WIND WHISTLES SPECIALS  
BEGINS NOVEMBER 1ST  
THEPRACTICALSHAMAN.COM

**WINDS OF SPIRIT**  
Ancient Wisdom Tools for Navigating Relationships, Health, and the Divine  
RENEE BARIBEAU

New Wind Whistler's Tool Kit

**ORDER NOW**

PRAYER  
FLAGS KIT

RENEE  
BARIBEAU  
THE PRACTICAL SHAMAN

RECORDINGS  
COLLECTION

**IAM Bundle**

Prayer Flag Playshop  
1/22/22

# IAM

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