

Bloodline Generational Healing Weekend
Brandeis-Bardin Campus of AJU
Brandeis, CA
Feb. 6th-8th, 2015

Be the Free Member of your Family Tree!



Welcome to a truly transformative event on the sacred lands at Brandeis-Bardin. This packet is to inform you of the necessary arrangements for our workshop.

The Bloodline Healing Project is an innovative learning community which seeks to heal the residual effects of history. Our families and communities are often molded by major historic events. Some of the historic burdens we carry from these events can also hinder us from reaching our full potential in our current lives. Our Bloodline Healing workshops offer a safe environment to explore your own family tree, while encouraging brave community members to speak their truth and become a changing force in society.

Our workshops involve group support, cathartic release techniques, family tree sharing, simple multicultural ceremonies centered on forgiveness and honoring, as well as a rare opportunity to face the legacy of your ancestors. Our staff has been trained in various modalities of healing and education in order to hold these often life-changing events.

The Bloodline Healing approach was originally inspired by the work I did with Jewish families that survived the Holocaust. Having this work at a sanctuary like Brandeis-Bardin seems fitting. Every family has a history and this workshop is open to all peoples from all religious and cultural backgrounds.

Let us help you to be the **Free** member of your family!

Aloha,

George Kamana Hunter

George Kamana Hunter
Executive Director
BlueStone Institute for Generational Healing Arts
Founder of the Bloodline Healing Method

Ghunter199@aol.com
Cell: 646 296 2194
GKHunter.com

Our Core Staff



From Left to Right: Dr. Aviva Shira Bernat MD, George Kamana Hunter, Jessica Gelson MFT (back), Dina Bernat-Kunin LCSW, Anna Molitor

The Bloodline Healing Project began when Dr. Aviva Shira Bernat MD invited Healer George Kamana Hunter to work with her community in Los Angeles. After encountering clients whose families had survived the Holocaust, he began to develop innovative ways to help release survivor guilt and inherited grief. Kamana, as he is affectionally called, observed similar residual emotional marks left on families from other cultures as well. He called this the “invisible burden” to describe the secret pain and historic aftermath that families can hold from wars, famines, atrocities, and even the early death of family members.

With the added help of Dina Bernat-Kunin, Jessica Gelson, and Anna Molitor, the Bloodline Healing workshops formed a set of tools designed to release historic burdens carried by family members of all different backgrounds and nationalities.

Our team offers a combination of solid credentialed Medical and Therapeutic expertise with the innovative spirit of newer forms of group facilitation. On many occasions, our participants have expressed that they were spiritually moved and inspired by the workshop experience.

Agenda

(*subject to minor changes as needed)

Friday Feb. 6th

2pm Arrival and Registration

3pm-5pm Introductions

- Kamana's teaching: Gifts, Burdens, and Why we are here!

5pm-5:30pm Room Assignments

5:30pm-6:30pm Dinner

7pm-8:30pm Evening Session: Family trees in Pods.

830pm-9:30pm Rapid Body Based Education: Group Movement

Saturday Feb. 7th

8:30am-9:30am Breakfast

10am-10:30 Check in with pods for any last family tree sharing.

10:30 Ancestral Dialogue Demo: Roles and terminology

Open Circle

1:30-2:30 Lunch

2:45 Resume Open Circle

5pm-5:30pm Debrief

7pm-8pm Dinner

8pm Free time and Camp Fire!

Sunday Feb. 8th

8:30-9:30 Breakfast

10am Open Circle

12pm-1pm Lunch

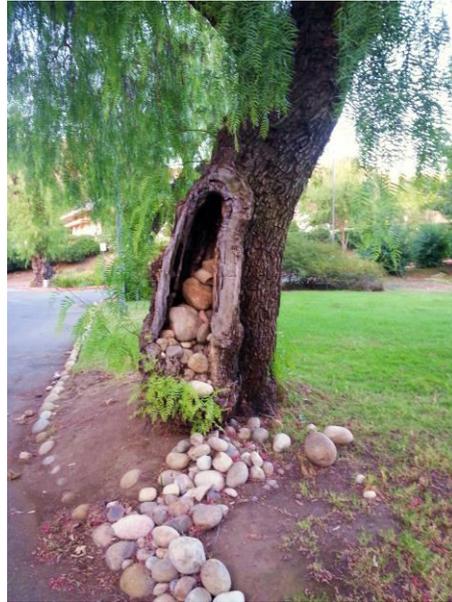
1pm-3:30 Debriefing, Integration, Community Map

3:30-Honoring Circle and Forgiveness Circle

Close by 4pm

Brandeis-Bardin Campus

Our workshop will be held at the Brandeis-Bardin campus of the American Jewish University, known for being a stronghold for Jewish cultural preservation. The facilities are on sacred Chumash (Native American) grounds and offer a sanctuary feel that is ideal for reflection and hiking. People of all backgrounds are welcomed to our Bloodline Healing workshop.

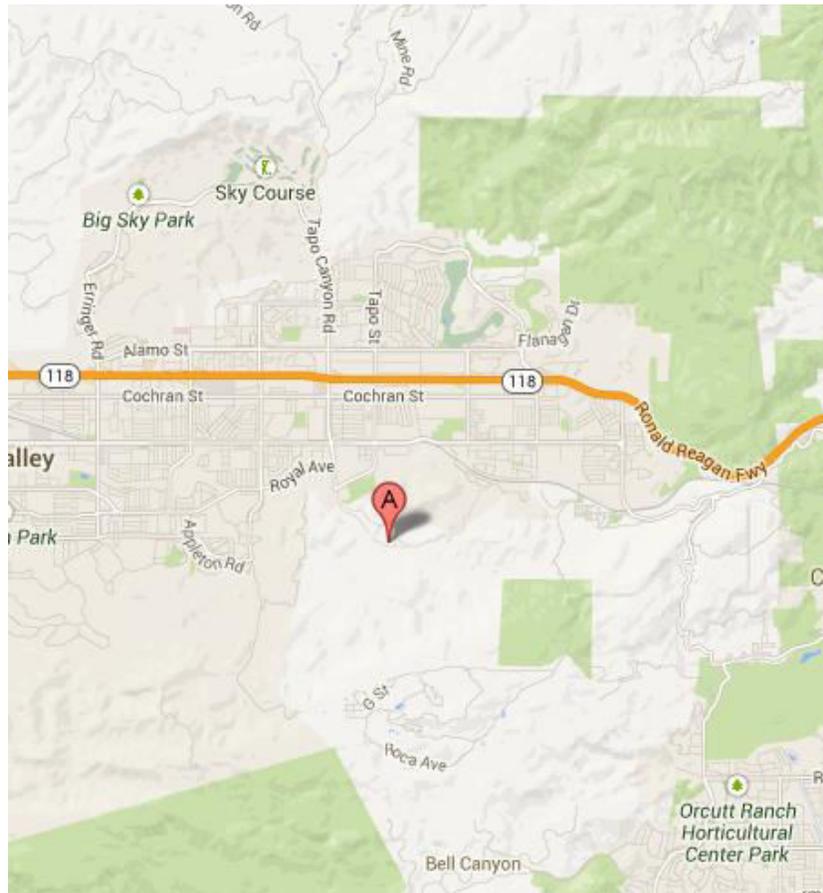


Enjoy a short hike through the foothills or stop by to say hi to the horses. The horses enjoy apples. A pool is also available during recreation hours.



Directions

Brandeis-Bardin Campus
1101 Peppertree Lane
Brandeis, CA 93064
Phone: (805) 582-4450



From Los Angeles Area:

Take the 405 Freeway (San Diego) or the 5 Freeway (Golden State) NORTH to the 118 Freeway (Ronald Reagan) WEST.

From Ventura/Santa Barbara Area:

Take the 101 Freeway (Ventura) to the 23 Freeway (Fillmore) NORTH to the 118 Freeway (Ronald Reagan) EAST.

All Directions from the Take the 118 Freeway: Take the 118 Freeway toward Simi Valley to Tapo Canyon Road. Exit Tapo Canyon Road and turn SOUTH. Continue on Tapo Canyon Road past Cochran Street, Los Angeles Avenue, Royal Avenue and Guardian Street to the front gates of the AJU - BRANDEIS-BARDIN CAMPUS.

Accommodations at Brandeis

The accommodations are included with the workshop fee and meal plan. These adjoining cabins offer spacious and clean accommodations. Each cabin has its own bathroom. The base price of the workshop includes a cabin with 3 beds (Triple occupancy). Upgrades to double and single units are very limited. Contact George Kamana Hunter for details.



Cost of Retreat

Early Registration (Before January 1st, 2015)

Triple Occupancy room with all meals and workshop fees: \$399

Registration (Starting January 2nd, 2015)

Triple Occupancy room with all meals and workshop fees: \$475

Special Discount: For people who have previously attended a Bloodline Healing weekend workshop or 4 day workshop, you will get a **\$50 discount** for each new person that you bring with you to the workshop. This discount is unlimited. If you bring 2 new people to the workshop with you, then you get \$100 total off your workshop price, etc.

Family Tree Form

A family tree is required for the workshop. Now, before you get nervous, it's important to realize that many people do not know much about their family trees. There are often holes and missing pieces of information. Don't worry about that. In fact, many people find ways to fill in some of those blanks as a result of attending the workshop. There is almost always a reason why information is missing, and that will often come to light during the workshop. Just do the best you can do while completing the form.

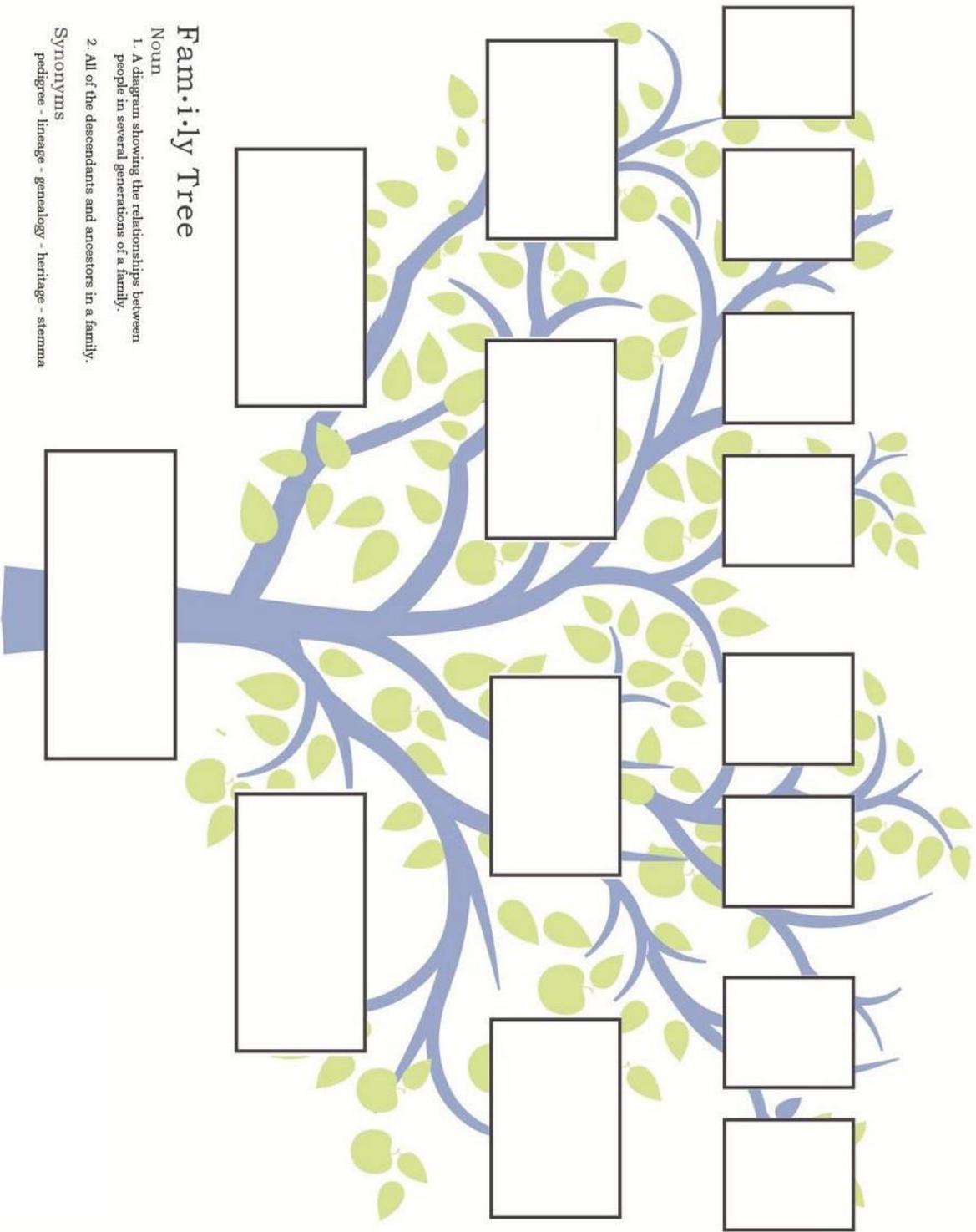
Just make the effort to fill in your parents and grandparents. If you know about your great grandparents, then that's a bonus! Very often, the act of filling out the family tree opens up important conversations with your family that leads to pieces of work for the workshop.

Directions:

Begin filling out the Family Tree by writing your name in the bottom box (on the trunk of the tree) with the year you were born and the place you were born. Do the same for the next two boxes above your name with your Mother on the LEFT box above your name and Father on the RIGHT box above your name. The next level of four boxes is for your maternal and paternal grandparents. The top level of boxes is for your great grandparents (if known). Be sure to include the full name of each known ancestor, including middle names and nicknames, to the best of your ability.

Adoptions:

If you happen to be adopted, please fill out a family tree form for the family you grew up with. This will help shine light on what you have inherited from the family who raised you. If you happen to also know anything about your birth family, then please fill out a second family tree with whatever knowledge you have of your bloodline. Very often, you will see similar dynamics between both families. Fill out what you know, and don't worry about having blanks on your family trees.



Fam·i·ly Tree

Noun

1. A diagram showing the relationships between people in several generations of a family.
2. All of the descendants and ancestors in a family.

SYNONYMS

pedigree - lineage - genealogy - heritage - stemma

Family Tree Form

Reminder about your Family Tree: DON'T WORRY about blanks in the family tree! Just do it! Put the effort forth, even if you feel hesitant or resistant. Moving through these feelings is part of the work, which happens to begin before the workshop commences. When working on your family tree, we encourage you to consult an elder in your family who may have already put this information together. We have even had participants who had not talked with their family for many years find benefit from getting in contact for this information. The contact can lead to some highly rewarding work in the workshop. Please be sure to fill out this form, even if you have a prepared family tree, as it is easier to follow during workshop activities than more complicated trees. Bring both of them to the workshop.

What to Bring

Items to bring with you to the retreat:

- Weather permitting Bathing Suit and Sunblock for morning dips in the pool
- A jacket for the campfire at night
- A Journal
- A completed Family Tree Form (included in this packet. Do the best you can.)
- Photos of your Ancestors (people bring photos to put on the honor tables)

Payment Procedure:

After you have completed the phone interview/briefing, you will receive an invoice via email to make a payment through Paypal. A paid invoice is required to hold your spot for the workshop.

PLEASE READ CONTRACT CONDITIONS:

By making a payment, you are registering in the Bloodline Healing Workshop to be held at Brandeis-Bardin on Feb. 6th-8th, 2015. Early registration discounts are only good if payment is received by January 1st, 2015. Early registration payments received on January 2nd, 2015 and beyond will require an additional payment of \$76 to maintain your registration.

REFUND POLICY: By making a payment for this workshop, you agree to honor the refund policy. You can receive a full refund if you notify George Kamana Hunter by phone 646 296-2914 by January 10th. NO REFUNDS will be issued on cancelations made on January 11th, 2015 and there after.

Food

Delicious meals including soups, salads, and contemporary Mediterranean and Asian inspired entrees will be offered. Chicken, fish, and meat dishes are available as well as vegetarian friendly meals. All food is in strict compliance with Jewish dietary laws so no outside food is permitted. Please alert George Kamana Hunter of any dietary restriction outside of vegetarian and Kosher needs.

For more information regarding the food, please contact Dina Bernat-Kunin at dbernatkunin@yahoo.com

Recreation

In your free time, enjoy:

- Swimming in the Pool
- Guided Hiking by Brandeis staff of the Beautiful Simi Valley grounds
- Saturday Night Community Campfire Time at 8m



Join us Saturday night for Community Campfire Time.

Starting at 8pm after dinner on Saturday Night.

Bloodline Healing Facilitators

The Bloodline Healing work is ongoing. The Facilitators are available for follow-up appointments to help you integrate the transformative work which happens at the workshops.



Dina Bernat-Kunin, LCSW, is a licensed psychotherapist, based in Los Angeles, and the founder of **Body T'Shuva**. Dina's unique practice integrates Psychotherapy, Intuitive Energy Healing, and Deep Body Listening and Body Dialogue. By giving your body a voice as well as your mind, you can repair the emotional wear and tear deep inside your body. This healing approach is particularly effective in addressing pain, trauma, and fatigue, and life's emotional challenges. The process of Body T'Shuva offers the opportunity to return to a clearer, freer and more joyful state of living.

(323) 303-1084

www.dinabernatkunin.com

In-person and phone sessions available.



Dr. Aviva Shira Bernat, MD, integrates Western, Eastern and Energetic Healing traditions in her Holistic Medicine practice. Aviva weaves Intuitive Energy Healing, Acupuncture and Core Energetics together to guide each client on a deep and personalized healing path. She is passionate about bridging these worlds to help her patients heal their bodies, hearts and spirits. Aviva offers in person Holistic consultations, Integrated Acupuncture treatments and Energy Healing sessions in her West Los Angeles office.

(310) 728-6193

Healing@AvivaShiraMD.com



Jessica Gelson, MFT, is a certified Energy Practitioner and Core Energetics Therapist as well as a traditionally trained psychotherapist and licensed Marriage and Family Therapist. Jessica uses energy work in conjunction with a more traditional therapeutic approach to help clients move blocks and negotiate areas of their lives where they feel stuck, overwhelmed, or dissatisfied. She offers a safe and steady place that welcomes your fire and gives room for exploration and play. Individual, family and group sessions are available in her office in Santa Monica. Jessica is honored to practice this sacred healing work and to witness her clients as they strive for greater health, personal growth, happiness, fulfillment, and aliveness.

(310) 820-8982

jessicagelson@yahoo.com

www.jessicagelson.com



Anna Molitor is a Transformational Coach and group facilitator, and it is one of her greatest joys to partner with others to support the emergence of as-yet-unimagined possibilities for personal and cultural evolution. She is certified in Feminine Power Transformative Coaching and Evolutionary Leadership, and is a student of Thomas Hubl's Academy of Inner Science as well as Daniel Villasenor's MogaDao Qigong Guide Track. She brings her gifts of clarity and depth of presence to create a space for clients to connect with their truest essence and to clear the pathway for that essence to become fully expressed in their lives.

(508) 560-1268

anna.molitor@gmail.com



George Kamana Hunter is a Healer and Founder of the BlueStone Institute for Generational Healing Arts, the first institute devoted to trans-generational healing. His work with Jewish Holocaust survivors and Native American Veterans inspired him to create a new form of generational liberation called the Bloodline Healing Method. He has been honored as a Spiritual Teacher by an ancient Native Hawaiian family in Kaneohe. His middle name, Kamananuio'keola means Great Spirit of Life in Hawaiian. Trained as an Intertribal sacred singer, he shares the music featured in workshops on his album titled, "Haven". George has been featured at Cornell University, NPR, and the United Nations Permanent Forum for Indigenous Issues.

To Learn More about **George Kamana Hunter** and his new Book the Invisible Burden, please visit:

www.GKHunter.com