

# 7 exciting evenings about spirituality in everyday life.



It is with great pleasure to offer 7 evenings to learn from Rita Makkannaw about spirituality, her life, questions/answers and listen to wisdom.

Rita has lived 20 years of her life at the side of a medicine man from the Cree Nation in Canada. Her teachings are based on the knowledge she got from him and the other elders in the native community.

She sees herself as a living bridge for knowledge from the old world and the "new". Rita Makkannaw believes that our modern world, in its explosive change, has lost some of its old knowledge on how to live life in harmony and balance.

It will be online and easy understandable English, with a presentation from Rita and then time for questions.

**Suggested donation Danish kr. 650, all 7 evenings**

**Sign up Denmark - mobile pay 30299011 - Morten Juhl Lundhus**

**We also need your contact information to send you a link for the connection.**

**Contact: [morten@lundhus.dk](mailto:morten@lundhus.dk) [30299011](tel:30299011)**

**[merete@prana-consulting.dk](mailto:merete@prana-consulting.dk) [22461530](tel:22461530)**

**Sign up international will be PayPal – contact for more information.**



Rita Makkannaw



Wednesday 27. January  
19.30 – 20.30

- **What is spirituality?**
- Lets explore how it is defined in the uniqueness of each of us
- The simplicity of spirituality, different from easy
- How can we use the knowing in our relationship with others?



Wednesday 10. February  
19.30 – 20.30

- **Two world Philosophies**
- Linear with focus on doing and building versus round with focus feeling and being
- How can we bridge the two worlds
- Cross cultural sharing and understandings



Wednesday 24. February  
19.30 – 20.30

- **When fright takes control**
- Fright as a barrier to being who you are
- Fright as a detriment to learn all that's is meant for you
- Fright creates negative behaviour and become barrier to personal power



Wednesday 10. March  
19.30 – 20.30

- **The seven grandfather teaching 1**
- Respect, Love, Honesty, Humility, Wisdom, Bravery and Truth.
- Peace and Harmony for all people
- How spiritual strength support each teaching



Wednesday 24. March  
19.30 – 20.30

- **The seven grandfather teaching 2**
- Respect, Love, Honesty, Humility, Wisdom, Bravery and Truth.
- Peace and Harmony for all people
- How spiritual strength support each teaching



Wednesday 7. April  
19.30 – 20.30

- **Parenting and being grandparent with spirituality**
- How to correct behaviour while enhancing understanding and self-worth
- Empowering our children and grandchildren through spiritual knowledge
- Learn how our children are our teachers



Wednesday 21. April  
19.30 – 20.30

- **Ceremony and Rituals**
- What is ceremony and rituals
- Explore how to use rituals in every day life to nourish your soul
- The importance of ceremony in rites of passage, especially for young people.