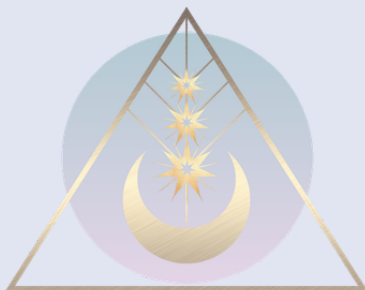


THE SHINING ONES:  
ALLIES OF LIGHT, LAND & DEEP  
REMEMBERING

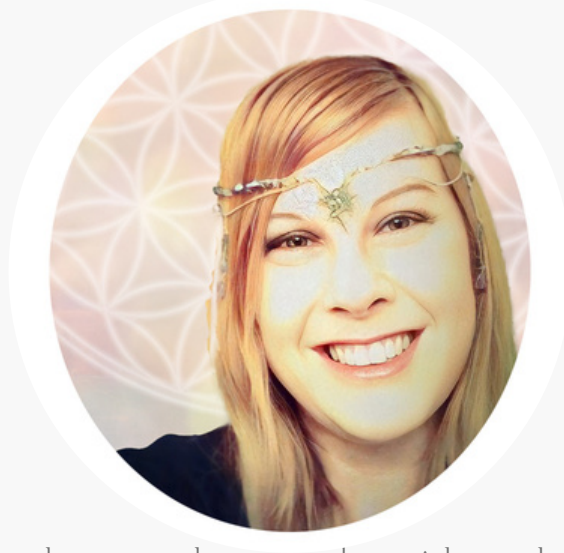
Mini Workshop



LEMURIAN<sup>✦✦</sup>  
MOON TEMPLE

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# REMEMBER WHO YOU ARE...



Joanna is a vibrational healer, teacher, and guide whose work is rooted in the understanding that all life moves through resonance. With over 23 years of experience in spiritual healing and nearly two decades of professional energy work, her path has been shaped through a deep and lifelong connection with the natural world, the wisdom of the stars, and the subtle energetic languages that flow through sound, water, and symbol. She is the founder of Lemurian Moon Temple, a sacred space devoted to healing, remembrance, and reconnection with the soul's natural harmony.

At the heart of Joanna's work is what she calls The Celestial Resonance Path — a holistic approach to healing that weaves together: crystalline sound healing, Starseed Astrology insight, plant spirit and herbal wisdom, celestial water codes, light language and symbolic activation. This path is guided by the understanding that healing unfolds when we return to harmony with the natural rhythms of the universe — the movement of the stars, the cycles of the Moon, and the living intelligence of the Earth. A foundational thread within Joanna's work is her certification in Astro-Herbalism, a sacred discipline that bridges the wisdom of the cosmos with the healing intelligence of plants. Through Astro-Herbalism, the energetic patterns of the stars and planets are understood in relationship with plant allies, allowing healing to be approached as a unified conversation between celestial influence and earthly medicine.

She holds space for clients to gently release what no longer serves and reconnect with the deeper wisdom of their own soul.



## WHO ARE THE SHINING ONES?

Across Irish and Celtic myth, there are beings known as The Shining Ones — often remembered as the Tuatha Dé Danann, a luminous people of wisdom, artistry, healing, and deep relationship with land.

They are often portrayed as gods and goddesses of the Celtic landscape yet they are not spirits to be commanded. They are remembered instead as keepers of balance, teachers of right relationship, and guardians of thresholds — between worlds, between eras, between forgetting and remembering.

In times of upheaval, the old stories tell us that the Shining Ones withdraw, not in abandonment, but in waiting — until humanity is ready to listen again.

# THEIR MEDICINE THEY OFFER US TODAY

We are living in a time of:

- ecological grief
- loss of reciprocity with the land
- disconnection from cycles, seasons, and limits
- exhaustion of spirit as well as body

The Shining Ones carry teachings that are urgently needed now:

- Reverence for land as a living being
- Balance between power and humility
- Healing through beauty, craft, and care
- Magic rooted in responsibility, not dominance

They remind us that healing the planet does not begin with control — but with relationship restored.

The Shining Ones do not “fix” humanity.

They walk alongside those willing to tend the land, the body, and the unseen.

They aid by:

- strengthening intuition and inner listening
- restoring sensitivity to subtle energies
- supporting acts of stewardship and care
- reminding us of ancient agreements between humans and Earth

Their medicine is quiet and relational, arriving through moments of beauty, synchronicity, and deep presence.



# A RITUAL OF CONNECTION, LOVE, AND PLANETARY HEALING

You will need (simple and optional):

- a candle
- a small bowl of water or soil
- something beautiful (stone, flower, leaf, art object)

Opening:

Light the candle.

Place your hands on the Earth (or the bowl before you).

Take three slow breaths.

Say softly, or inwardly:

*I stand at the threshold with respect.*

*I come in care, not command.*

Offer gratitude to:

- the land beneath you
- the waters near and far
- the living beings seen and unseen

You may say:

*To the Shining Ones, remembered in story and soil—*

*I honor your presence and your patience.*

Hold the object you brought. Let it represent:

- love for this planet
- sorrow for what has been harmed
- hope for what may yet be healed

Say:

*May this offering be received with love and gratitude*

*May healing move where it is welcome.*

Place the object beside the candle.

Closing

Thank the Shining Ones — whether you felt them clearly or not.

Extinguish the candle.

Say:

*The threshold remains.*

*I walk gently.*

Integration — Living the Teaching

The Shining Ones ask for no belief system.

They ask for:

- beauty tended
- land respected
- limits honored
- listening restored

Every small act of care is a form of connection.

Closing Blessing

*May the Shining Ones walk softly beside us.*

*May the land feel our care again.*

*May beauty become medicine.*

*The old alliances are not broken.*

They are waiting.



# RECORD YOUR EXPERIENCE

After your ritual, be sure to take notes on your experience. This way you can look back and gain more insights at a later time after the energies have had time to integrate.

DATE:

WHAT DO I WANT TO REMEMBER ABOUT THE EXPERIENCE?

HOW DID I FEEL AFTER THE RITUAL? IS THERE SOMETHING I REALLY WANT TO REMEMBER?

ADDITIONAL NOTES:

A large, empty white rectangular area intended for additional notes, occupying the majority of the page below the 'ADDITIONAL NOTES:' heading.

# ABOUT THE CHAMBERS OF LEMURIAN MOON TEMPLE

Within the chambers of the Lemurian Moon Temple lives a sacred and evolving sanctuary of freely offered healing music, rituals, meditations, and earth-rooted teachings — created to support the heart during these tender and transformative times.

Guided by the rhythms of the Moon, the wisdom of the waters, and a deep reverence for the living Earth and subtle realms, the Temple holds offerings in plant spirit medicine, stone wisdom, animal kinship, sound healing, sacred composting, and soul remembrance.

This is not a course to complete or a path to follow perfectly.

It is a place to soften.

To release what no longer serves.

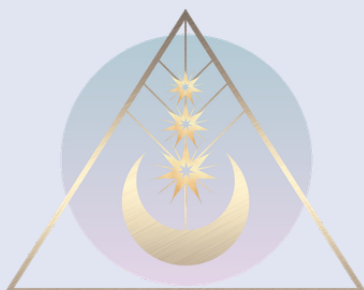
To return to the quiet knowing within you.

To remember your own sacred medicine.

New offerings are added slowly and intentionally, in harmony with lunar cycles, seasonal rhythms, and intuitive inspiration — allowing the Temple to grow as all living things do: naturally, and in its own time.

All core offerings within the Temple are freely given as an act of devotion, gratitude, and care for the collective.

You are always welcome here.



## CONTACT INFORMATION

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