

A JOURNEY OF EMPOWERMENT AND CONNECTION



For 10,000 years humans on every continent of our planet have understood that shamanism is the beating heart of our very existence. It is the oldest spiritual healing practice that we know of. We know this from the discovery of ancient cave drawings that depict the shamanic stories of our Ancestors, left there for us to find. Why? So, we would not forget that everything is connected.

Connection with all is at the very core of shamanism.

Amongst scholars and practitioners of shamanism it is known that everything has a spirit, everything is alive, and everything has something to teach us. We can all access that vast knowledge, increase our intuition, and live a more empowered and connected life. Imagine that!



Shamanic healing and practice illuminate a path to put our feet on **NOW** to move toward unity, acceptance, understanding, trust, compassion, humility and the healing of humanity. Through a simple process that we can learn, we very intentionally open our hearts and listen to the natural world – the elements, animals, winged-ones, swimmers, trees, plants, crystals, and stones. If we listen deeply, we can even hear our Ancestors. We can truly hear and feel **ALL** that live

and have lived on the face of Mother Earth. If we listen, what might we learn? What might we feel? How might our lives be different?

In my humble opinion, what we learn through these experiences can guide us towards life-shifting, uplifted consciousness. Shamanism is the practice of deep listening with clear intention, and the following are the steps to walk toward a life-long practice of knowing in our bones what, where and to whom we are moving toward. It is truly an illuminating journey that points us toward our Truth. **YOUR** individual and unique **TRUTH**. We are hard-wired for this journey. We remember on a cellular level how to put our feet on this path.



THE STEPS OF THE JOURNEY

Preparing ourselves mentally, emotionally, spiritually and physically

Chakra Clearing– a private 2–3-hour healing session where powerful sound and shamanic techniques are used to facilitate the release of old thought processes and historical patterns (often generational) that keep us distanced from the empowered life that we vision for ourselves.

Soul Retrieval Ceremony – a private 3-hour healing ceremony to re-claim or re-member essence, energy and gifts that we came into this lifetime with. We may have forgotten our gifts through trauma, illness, loss or simply “life happening.” Often, a guide, ancestor or other compassionate helper are made known to us during a Soul Retrieval Ceremony, and they become life-long companions.

Learning and Understanding Shamanic Process and Ceremony – Self-Healing Through Shamanic Journey

– you have multiple choices (online and in-person) of learning and experiencing the process of shamanic journey. Absolutely no experience is needed.

Any of the above are open to anyone. Or they are prerequisites to the deeper path of the shamanic apprenticeship which are committed circles.

Year One Shamanic Apprenticeship – A Circle of Stones

– during this year we will deeply explore Sun Bear's Medicine Wheel (Eagle, Coyote, Bear and Buffalo Medicine) through shamanic journey, ceremony, sacred chants, meditation, sound healing, sacred dance and many other experiences. We meet live on Zoom for two and a half hours for fifty weeks. If the pandemic lifts a bit and we feel safe, we will not meet weekly during the turning months (March, June, September and December), but will experience a weekend retreat instead and then circle online every other week for the remaining months. All is in a state of flow until the pandemic settles. If you resonate, contact me to discuss the process, explore your readiness, and to schedule the above prerequisites.

Year Two Shamanic Apprenticeship

- For folks who yearn to become a shamanic practitioner, there is an optional additional year of study. During this year I will teach you the ethics and practice of journeying for another person to retrieve power, the fundamentals of sound healing and the creation of ceremony. We conclude this year by learning the soul retrieval ceremony.

Shamanism is a life-long dance of learning, integrating, manifesting, being and then learning more. It is my honor to walk the first part of this journey with you.