

# certificate in shamanic studies

## finding the modern shaman within

Starts February and again in July 2019

### Overview 2019

#### Ancient wisdom, modern practice

Shamanism can take us from Heaven (our cosmic ancestry and the shared Pleiadian connections among traditional cultures worldwide) to Earth (the deeply joyful and restorative lower world where we meet our power animals and spirit guides) and other parallel worlds that offer awareness and guidance.

Many people today feel that their lives are flat, dry and sterile or stale and routine. But the souls of all of us, without exception, have their own landscapes that are vibrant, luscious and fertile.

This half-year course will help you to contact your own inner world and the indigenous in yourself, which has been waiting through time to welcome you home. It is based on knowing that no matter what our ancestry or life situations right now, we can contact the mystery of the soul that has been ours throughout our evolution. You will also learn to contact your 'helping spirits' in other realms who will help you live with skill and clarity.

Let's work together using the ancient, truthful pathways to rediscover our personal fragment of the unknown, the unique vision of our inner lives that are rich with beauty, meaning, surprises and healing power.

#### Who is this course for?

Anyone who is interested in improving their lives on all levels and wants to clear blocks and focus on a future of energy and wellness physically, mentally, emotionally and spiritually. It's also for people who want tried and true healing methods for their health problems, family relationships, workplace issues and to develop a like-minded community. You will learn how to become a "medicine maker" and follow your own path of transformation by learning how to connect to the pure energies of Self, Nature and Spirit.

#### Course duration

This course is a half-year part time program

#### What makes this course unique?

Our course offers theory, which will allow you to clearly see how to bring these ancient practices into your present day life with it's modern concerns and responsibilities. More importantly, because shamanism is the path of 'direct revelation', you will have opportunities in every class to put what you are learning into practice.

This will allow you to develop trust in the wisdom and loving help offered by your power animals and spirit guides, who are just waiting for you to contact them. The practices come from shamanic traditions around the world that share many things in common.

#### Course structure

This course is intensive and delivers a lot of learning and experience in a short time. Each module is designed to build on the previous one, varying from weekend or one-day workshops or weekly classes, giving you a stronger, more robust understanding and experience of universal shamanism and shamanic practices.

**Facilitators:** Violeta Araya, Louise Gilmore

#### 5 month program. Commences Feb and Jul.

Shamanism: The Power and Mystery - 2 days  
Shamanic Journey: The Medicine Wheel - 6 evenings  
Earth Connection - 1 day  
Shamanic Healing Drum – 1 evening per term  
Shamanic Journey: Power Animal Dreaming– 6 evenings  
Shamanic Magic and Ritual – 1 day  
Shamanic Tools – 1 day

#### Shamanism: The Power and Mystery Weekend Workshop

In this workshop you will build the ground of your shamanic knowledge by learning about some of the shamanic practices that are common across cultures and traditions and how these practices are used. Traditional techniques are based on native indigenous people of South America,

Mapuches (people of the earth) the importance of the relationship between humans and natural kingdom. traditional techniques are based on native indigenous people of South America, mapuches (people of the earth) the importance of the relationship between humans and natural kingdom.

You will explore and practice some of the foundation processes, rituals and ceremonies that underpin shamanic practice as a life art and as a healing modality. You will learn methods for shifting consciousness and training awareness to open your communication channels so that you can enter into a deeper listening relationship with Spirit; the shamanic view of power; the four cardinal directions and elements; shamanic states of consciousness and shamanic symbols.

**Shamanic Journey: Medicine Wheel, Power Symbols and the 'Hollow Bone'**  
**6 Thursday evenings**

In this weekly class you will learn about, practice and refine the foundation skill of shamanic journeying which is common across many cultures and traditions. You will learn how to become more powerful in your day-to-day life, while learning and experiencing the personal changes that shamanic journeying can bring. Though the learning framework of the medicine wheel, the directions and the elements you will learn how to work with power symbols, levels of reality, fire ceremony, becoming the 'hollow bone' and restoring of personal empowerment. Restoring and personal empowerment is done through learning about the 'science of the soul'.

**Earth Connection**  
**1 Day Workshop**

Only the experiential Knowledge of the natural kingdoms can help us to liberate time for us to have quality of life. Come and experience a sacred day of connecting with & listening to the earth. Experience a sense of grounding & connection that is rooted in the Australian Pachamama, with the honouring of its indigenous Aborigines. Note: Earth Connection is held outside Awareness Institute, the details of the location will be sent to you in the days leading up to the workshop.

**Shamanic Healing Drum**  
**1 Evening per term**

Learn the ancient shamanic tradition of the drum. Chant traditional songs and explore your own abilities to transform and heal through the ancient power of chant, rhythm and movement.

**Shamanic Journey: Dream Your World into Being with Power Animals and Guiding Spirits.**  
**6 Thursday evenings**

In this weekly shamanic journeying course, we will make deep connections with power animals who will fill you with energy and help you to heal the wounded parts of us. Power Animals are special guardians and Guiding Spirits are compassionate helpers whose role is to keep us healthy on all levels and guide our feet on our life path. Our relationship with them can become deep, warm, loving and even humorous though ceremonies, blessing, journeys and healing. We will also explore spiritual guidance techniques through native oracle cards as practical learning.

**Shamanic Magic and Ritual**  
**1 Day Workshop**

Shamans are spirit workers who weave a soul path into health, wellbeing, joy, passion and intimacy with oneself, within relationships and with all of life. You will learn how to honour our ancestors through rituals to enhance your spiritual life and psychomagic acts for transforming into your shamanic self. Through them, we will rediscover the magic of ancient technologies for healing, empowerment and guidance on our life's journey.

**Shamanic Tools**  
**1 Day Workshop**

Our hands are an extension of our hearts. As you create an object, it becomes impregnated by love & this is the energy that grants the magic for our instruments of power. Join this workshop to create your own power tool of magic-the rattle. Imitate the sound of the wind & rain that purifies your being. The sound of the rattle has been utilised since ancient times by native tribes in the world to cleanse energy.

**Personal experience of Shamanic Healing**

Required Minimum 3 shamanic sessions with Violeta Araya / Louise Gilmore-contact the college to book these in.

Healing, empowerment and life enhancing sessions include Power Animal Retrieval, Soul

Retrieval, Soul Remembering, Healing our Life's Stories, Healing Unidentified Life Wounds, Connecting with our Ancestors, Returning Soul Parts to Others, Healing Ceremonies for Homes, Land and Communities, Dismemberment and Initiation Journeys and Transfiguration Ceremonies.

By its very nature, shamanic work is transformative. It can make considerable demands upon you as you learn to relate your experience to the theory. Individual processing sessions help you to evolve your learning and support the integration of your learning into your daily life.

It's very important to experience the power of shamanic healing in practice first-hand. These Shamanic Healing sessions are designed to help you maximise your learning experience and to encourage and facilitate your ongoing self-development.

**Required texts:**

Ingerman, Sandra, "Intro to Shamanic Journeying". Includes a drumming CD.