



SHAMANICHEALING.ORG.UK



Course Brochure

Introduction to Shamanic Practice

Weekend or online course to learn ancient practices for healing, nature connection, personal and spiritual growth

Welcome

I extend a warm welcome to you as someone, like me, who is curious about life and our place in the world and who may be seeking new ways to engage with nature, work with personal challenges, or who just wants to be inspired to develop and grow. My introduction courses will give you a sense of how to tap into the regenerative power of the natural world through the beautiful path of shamanic practice. You will not only get a taste of what this has to offer, but will also learn some practical tools and approaches you can use for the rest of your life. I very much hope that I have the opportunity to share with you some of the delights of this ancient path.

With warm wishes,
Dawn Song



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What is the course about?

This introduction to shamanic practice course will give you an opportunity to experience the benefits of shamanic practice, begin to learn how to open-up your senses and consciousness to the wider world of which we are all a part, and learn some core techniques, whether these be for personal development or to help others.

The course provides an entry into the world of shamanism, which is a spiritual practice, philosophy, way of life, and method for healing, growth and insight. The term 'shaman' can be traced back to the word samān of the Evenki people in Siberia and means 'one who knows'. A 'shaman' is then someone who engages with, and seeks to interpret, the wider consciousness and beings hidden behind the veils of our normal perception and draw on their regenerative and spiritual power for healing, wisdom and insight.

This introductory course will enable you to:

- Experience what is involved in shamanic practice so you can decide if the path is right for you;
- Teach you basic shamanic practice techniques you can use for your personal healing and growth;
- Receive basic training so that you can join more intensive training courses;
- Meet other like-minded people with new opportunities to be part of a wider community of practice;
- Provide you with the basic techniques as a pre-requisite for more intensive practitioner training.

The course is taught by an experienced teacher and practitioner – Dawn Song – who has extensive training and who understands the importance – and challenges - of finding new ways to help ourselves, other people, and our planet in turbulent times.

The course is, for many, an important initial step on a longer, more powerful journey of transformation and change enabled through learning how to follow a shamanic practice path and how to confront your limits and beliefs, find hidden talents, gifts, and enable your unique qualities to emerge and flow.

Who is the training for?

This course is for anyone interested in experiencing some of the benefits of shamanic practice. It will be particularly relevant if you are looking to:

- **Undergo a transformational journey.** Shamanic practice is a powerful way of supporting a transformation on 'the inside' to help you address your own complex challenges, better navigate our confusing world, find new paths, or to lead transformation 'on the outside'. Those attending an introductory course often say they have a stronger sense of transformational possibilities and feel that some kind of energetic shift has taken place.
- **Deepen your relationship to the natural world.** Shamanic practice is about learning to engage with the natural world, and with 'unseen' or 'unfelt' realities. It involves undergoing a shift towards having a deeper sense of how everything is interconnected. The introductory course teaches you practices that help you open-up your perception and awareness, leaving you feeling more inspired and with a greater sense of awe, wonder and appreciation for the natural world.
- **Become an independent practitioner and learn new healing skills.** The course is a pre-requisite for more intensive training to become an independent shamanic practitioner, leader or healer. An introductory course will give you the chance to see if the practice or your teacher feels right for you before you make a more significant commitment.



"I wasn't really sure whether this was something I could relate to and whether I would allow myself to embrace the journeying. But Ioan is an excellent guide and gently took us through the process. He created a non-judgemental, safe space, and as the learning went on I went deeper into my journey and was surprised by the guiding spirits it revealed."

~ Beverley



What will you learn on an Introductory Course?

The course is designed to teach you helpful shamanic practices and gives you a direct experience what is involved. On the course you will:

1. Learn about shamanism: You will be taught about the core principles underpinning shamanic practice, shamanic cultures and contemporary shamanism. This includes the principle that everything around us has sacred consciousness. This not only includes what we normally consider in western cultures to be 'alive' - animals, plants, algae, fungi and bacteria - but also the rivers, stones, soil, clouds, stars, wind and oceans. Everything is viewed as being permeated by an eternal life force that can be engaged with to learn and draw from its regenerative power. Shamanic practice – and what you will learn on this introduction course - is then the process through which you develop a deeper connection with this wider consciousness, and learn how to tap into its wisdom.

2. Learn the art of shamanic journeying: A key tool or art of the shaman is 'shamanic journeying'. This is the process of going into deep 'dreamtime' for learning and healing. You will be taught, and supported in your learning of, this technique. This will enable you to go to 'non-ordinary realities' and engage with, what are usually our poorly applied, senses. On the course you will undertake multiple journeys to different realities. You will be taught how to tap into the wider consciousness using the journeying to generate insight.

3. Find and work with your own spirit helpers and teachers: A second core principle of shamanism is that the non-ordinary realities we can experience, through processes like ancient shamanic journeying, are inhabited by other beings we are normally not aware of, or do not usually directly engage with. During your training on the introductory course you learn to engage with these beings in a collaborative way. This will include finding and working with an animal guide and spirit teacher. Many find that they continue to build their relationships with their newfound guides long after the course has been completed.

4. Unleash your potential to work with other ways of knowing: Much of shamanic practice is about engaging with very different forms and ways of knowing. On the introductory course you will experience how we can learn to engage with the signs that are all around us to make better decisions or get a stronger sense of direction. Over time, this can help you open-up your senses, instilling greater awareness, curiosity and potential.

5. Receive and introduction to shamanic healing: A key role of a shamanic practitioner is to work as a healer. Here, 'healing' is interpreted widely and used for many different purposes. Healing can be for oneself, another person, non-human beings, or the communities that shamanic practitioners serve. Healing is also achieved in shamanism through many different practices, from direct energy work to using ceremonies and rituals, land healings or supporting those who have yet to fully depart the Earthly plane to move on. On this introductory course you will learn about these different forms of healing, and begin to learn about how to support healing in others. This will include learning a simple healing technique of 'gift finding' and 'gift giving' that you will practice with your peers on the course.

6. Participate in a community healing: To experience more in-depth forms of healing you will participate as a helper in the process of a community healing. This will provide you with a deeper sense of how shamanic healing works and what is involved.

How will I benefit from an Introduction Course?

Everybody's experience of shamanic practice is unique, and it would not be appropriate for me to provide any guarantees of how you will benefit from an Introduction Course to Shamanic Practice.

Nevertheless, the course is not just about learning some basic tools. Many who attend one of these courses are surprised about the effect that it has on them.

The following are 10 common ways people attending the course typically benefit:

- Greater sense of peace and joy;
- Heightened sense of awe and wonder through greater awareness of how they are part of nature;
- New ways of knowing and perceiving;
- Greater appreciation of the healing potential of nature;
- Ability to perceive and work with personal spirit guides and teachers;
- Feeling inspired to undertake a deeper, personal, journey of healing and growth;
- New methods to work with health or personal challenges or enhance their effectiveness in their career;
- New ways to build their relationship with nature;
- Enhanced sense of how they can be of greater service to others;
- Greater courage to travel roads less often travelled.



"I would wholeheartedly recommend Ioan/Dawn Song, I found the weekend training I undertook both spiritual and cleansing but also grounding. It's very rare to do something which has such an entirely positive effect on your whole being and that doesn't end when the course ends."

~ Jane.

How is the Introduction Course taught?

Engaging with shamanic practice is a process of personal and spiritual growth and involves learning new techniques and practices for healing to help yourself and others. To experience shamanic practice, the teaching is therefore underpinned by two key principles.

Principle 1: Learning by doing. Just like riding a bike, you cannot learn shamanic practice by only reading a book or watching a power point presentation. You must get on the proverbial shamanic bike and give it a go, making sense of what your experience uniquely means to you, and then by gradually deepening your practical capabilities. The introduction course is therefore taught using a 'learning by doing' approach. You will not be getting long monologues from your teacher. Instead, you will learn by directly engaging in diverse shamanic practices and by sharing your learning and experiences with others.

Principle 2: Learning through transformation. Shamanic practice is also about undergoing a process of becoming and transition. While major shifts in consciousness are difficult to achieve in one short period of training, the course is still designed to begin to open-up your sense of awareness and ability to engage with the wider consciousness of which we are all a part. The introduction course is then also a process of healing as you begin to experience a different way of relating to the world around you. The introduction course is thus delivered in a gentle way, to give time for your mind and body to integrate what is experienced.

Who will be your guide?

All of your teaching will be conducted by me, Dawn Song. I am a certified shamanic practitioner and teacher, with extensive training in the Embracing Shamanism tradition. I have a graduate certificate in counselling skills, certificates in Usui Rei-ki, and training in an approach to body work called Body Harmony. I have been practicing shamanic healing and other healing arts for over 20 years.



"Ioan is the 'real deal' - a gifted healer and seer who gets to the heart of the matter. Ioan facilitates a space of safety, care and professionalism, from which deep healing can take place. His wealth of expertise allows for a multi-layered approach to the healing services he offers. I highly recommend Ioan's services, whether it be for insight, guidance or deep transformation."

~ Lynne



I am also an internationally known Professor in the Department of Environment at the University of York, UK where I apply my research on transformation in my teaching and lead the facilitation of organisations in transformative change. This includes over 25 years of expertise in experiential forms of teaching, focused on helping students understand change, the challenges facing people and the planet, and the wonders of the natural world. My research focuses on how transformations 'on the inside' support societal transformations 'on the outside'.

I now draw on my unique experience as academic, teacher, facilitator and healer - and my personal experience of working with my own complex health issues, search for deeper connection with nature, meaning and purpose - to help guide others to navigate the confusing world in which we now live.



"Ioan is a powerful and intuitive healer. I had the rare pleasure of receiving a healing from Ioan... rare because as a very discerning energy healer myself, I do not allow many people to perform energy work on me. It was a pleasure because it left me with a deep sense of awareness. Ioan knew exactly what to do to help me release energies that I no longer needed that were blocking me from moving forward. I feel much more alive and present in my daily life. I am so grateful for the work that he did."

~ Tiffany



Do I have to ascribe to a particular belief or 'guru'?

You do not have to ascribe to a particular belief to come on this course. It is open for anyone who is curious about the world and would like to experience something different. Most people – whatever their spiritual beliefs or religion - often find shamanic practice is highly intuitive and complementary, rather than antagonistic, to their existing spiritual beliefs and helps them deepen their existing practices.

In shamanism, there are also no gurus, spiritual masters or leaders that define what a practitioner must experience. Instead, those practicing shamanism undergo a process of self-empowerment based on individual experience. So, while we can all learn from those more experienced than ourselves, in shamanic practice it is ultimately the responsibility of the individual and their immediate community to interpret their experience. The course is designed to give you enough of a personal experience for you to make up your own mind about whether the practice is right for you.



" I am a Christian, and was initially nervous about shamanic healing. But through Ioan's expert and gentle guidance, healing and training, I have learned new tools, connected more deeply with my faith, found new answers, and have been empowered to heal. The outcome has been transformational. I have now gone back to working with colleagues face to face and I feel more whole now than I have ever experienced before."

~ Mark

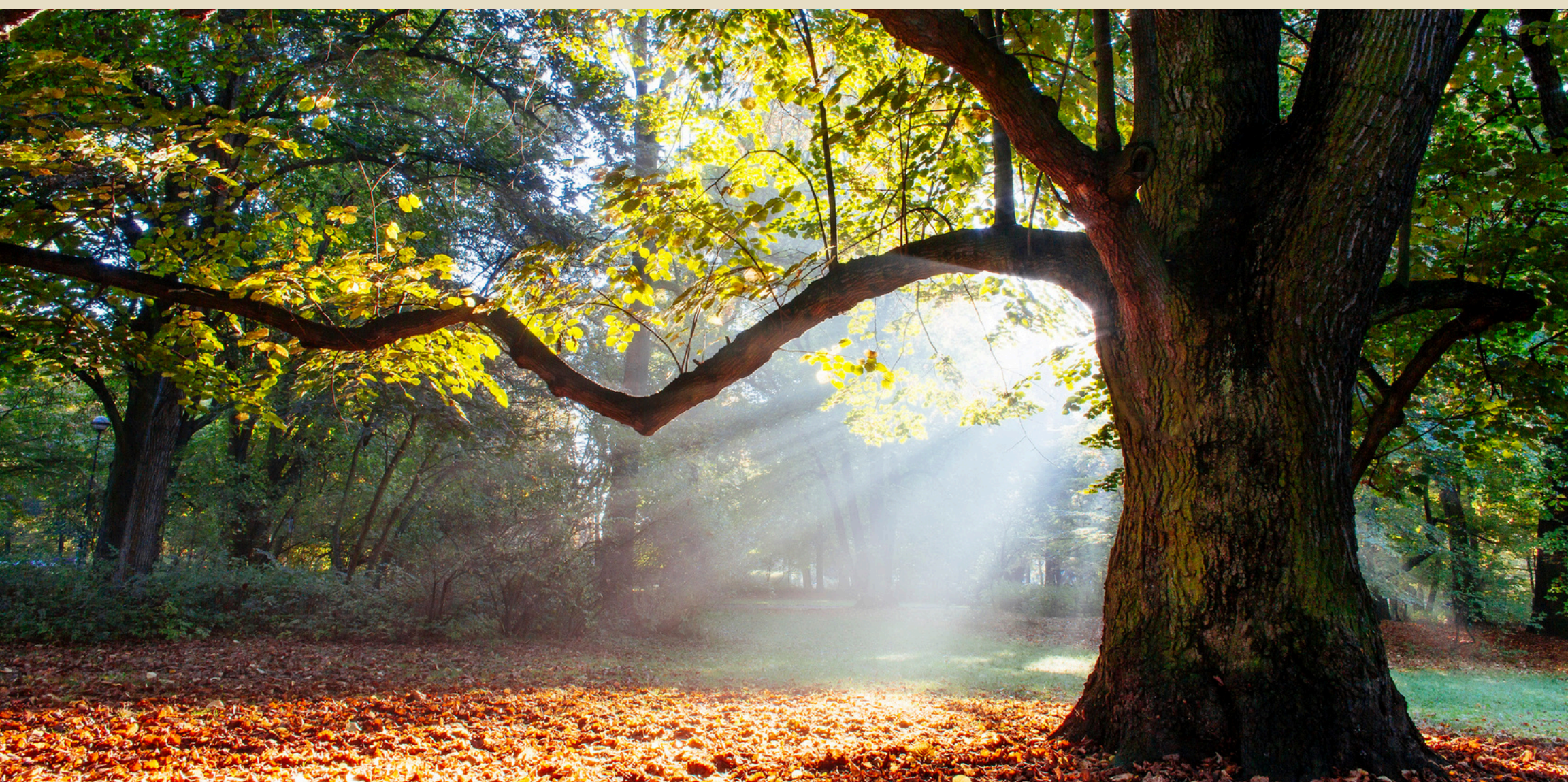
Face to Face vs Online Training

My introduction courses are available either as face to face in York, UK or online. These work equally well, but have different advantages.

Face to face courses: These are usually taught over a weekend in York and generally allow more peer-to-peer interaction than online meetings, such as through the discussions that happen over breaks or lunch. These courses are often attended by those living in the locality, and thus provide opportunities for you to build your networks in the region.

Online Courses: These are usually taught over one evening per week for five weeks. They still provide considerable interaction (e.g. using zoom breakouts), are taught using experiential methods, and teach you the same activities and practices as face-to-face training. Online courses do, however, have the added advantage over face-to-face gatherings because they allow you to undertake optional and additional small amounts of homework between sessions. You can therefore build your skills over time which allows you to integrate and embody the shamanic practices you are taught.

In summary, if you are relatively local to the City of York, a face to face course is probably your best option. But you definitely won't miss out by taking an online version and will be able to benefit in other ways.



How many people are on a course?

Each course has a maximum of 10 participants.

Pricing

£150 per person. Payment of a deposit will secure you a place on a course and is refundable upto one month before the course begins.

How to book

You don't need prior experience to join a course. Simply book through the ShamanicHealing.org.uk's website or by emailing info@shamanichealing.org.uk

Face to Face Location

Harriet Centre, York Cemetery, 49 Cemetery Rd, York YO10 5AJ. This venue provides a sacred space with ample access to nature.

The course is non-residential. Food will be provided for lunch, although you will be asked to bring a food offering which helps keep the cost low.

Times are usually 10-5pm Saturdays and Sundays, with some gatherings also requiring engagement on Saturday evenings.



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