

Animistic and Shamanic Healing Training

Starting March 2023

The Background

Animism is the ancient worldview at the root of all spirituality and religion. Pre-existing Shamanism, animism and animistic practices are found in most indigenous cultures across the world, although beliefs and practices will differ massively, as the foundation of the practices and rituals would have been localised to the area in which the communities were living.

Our early ancestors, the hunter-gatherers, were animists and formed relationships with the land, the animals, trees, plants, waters, skies, and the elements. A broad definition of animism is the belief that everything has a spirit, that everything is connected in the web of life and that there is no hierarchy or status in the natural world.

Core Shamanism is not bound to any cultural group or system. Core Shamanism was developed by Michael Harner in a quest to re-introduce shamanic practice to the West. In his half century of anthropological fieldwork, cross-cultural studies, experimental research, and first-hand experience, Harner arrived at the core methods of shamans worldwide. He found similarities or trends in his studies of different tribes in different countries and locations, which he synthesized to allow Shamanic practices and healing to be more palatable in the West. Since the West overwhelmingly lost its shamanic knowledge centuries ago due to religious oppression, the programmes in core shamanism are particularly intended for Westerners to reacquire access to their rightful spiritual heritage through workshops and training.

Shamanism on the other hand, is generally understood to have originated in central Asia and Siberia. Then, due to migration, travelled to other places, some of which include; Korea, Finland, Greenland, and North America.

A brief definition of Shamanism, provided by Nicholas Breezewood Editor of Sacred Hoop magazine, (a leading international magazine about Shamanism, Sacred Wisdom and

Earth Spirituality) says a Shaman is someone that has been chosen by the spirits and who can go into a controlled and repeatable, deliberate trance state during which they:

[A] Experience 'spirit flight', where they go to the spirit worlds and meet spirits, who they either work with, in alliance, or fight with, negotiate with, or trick in order to create change in this physical world.

[B] Are often taken over by the spirits (normally ancestral shaman spirits, or local land spirits) while in this physical world - the spirits using the shaman's voice and body to heal, or give advice to members of the shaman's community.

[C] In addition to [A] and [B] they also need to engage in ritualised magic or ceremony - which is based on an animistic understanding of reality - while not in a trance state. However, practicing [C] alone does not make someone a shaman, as the trance aspect is essential.

With all of that in mind, I have designed this training to begin at the beginning. It is also an attempt to define all three ways of working and living, as individual practices, as well as demonstrating that all three approaches can work in harmony with each other and are sturdy building blocks to encourage safe and solid practice.

- Animism, connecting and reconnecting with our spiritual roots, the ancestors, and our animistic ways of being and healing.
- Core Shamanism, sandwiched in the middle, forms a solid structure for working with the spirits to access deeper healing methods and bridging the way to the final years.
- A purer form of Shamanism. Developing a stronger relationship with the spirits of the landscapes, the ancestors and the elements in the UK. A deepening of ritualised practices to enhance full embodiment and spirit flight to access advice and healings - a pathway of blending the old ways with contemporary methods that are dynamic and relevant to UK animistic and shamanic practices now and moving forwards.

1 Year Course (1st Year)

In the first year we will be focusing on connection. Connecting to our own spirits, Mother Earth, the four elements; Earth, Water, Air and Fire, the spirits of the land, the ancestors, and the spirit of our newly formed community.

You will learn;

- To connect with the natural cycles of life and the elements.
- That all of life is sacred.
- How to form an Altar.
- Aspects of your own astrology to deepen your self-knowledge.
- Divination techniques for guidance.
- Cleaning and clearing rituals.
- How to create sacred space.
- How to connect with, feed and honour the spirits and ancestors.
- The importance of ritual and ceremony as a community.
- Prayer rituals and ceremonies focused on reciprocity to the earth and the elements that form life.
- How to connect and begin relationships with teacher spirits.
- Channelled healing techniques
- Working with the Medicine Wheel (a guide to life and living).

The one/first year course is a path to engage with and open up to your own unique healing path and to reconnect with your intuition and your spirit with guidance and support. To connect with community and to encourage a healthy relationship to our environment and our surroundings and develop a strong, grounded and well rounded life practice.

A Certificate of Completion will be presented at the end of the one/first year course.

3-year course.

The three-year course is a continuation from the introduction year.

During the additional two-year training, we will be delving into Core Shamanism. Training in core shamanism includes teaching students to alter their consciousness through classic shamanic non-drug techniques, such as sonic driving, especially in the form of repetitive drumming, so that they can discover their own hidden spiritual resources, transform their lives and learn how to help others. It is a wonderful way to gain more access to the roots of powerful healing techniques.

You will learn;

- How to access non-ordinary realities
- How to shift your state of consciousness to affect change in your own physical reality and others.
- To build a network of spiritual allies that will greatly assist in guiding you through your own healing processes as well as advising how to work with other people, spirits of all kinds, and deepen your own personal practice even further.
- Core shamanic healing techniques and rituals for the following;
 - Shamanic Space Clearing
 - Negotiating Land Use & Management with Spirits
 - Past Life Healing
 - Soul Retrieval
 - Extractions
 - Ancestral Healing
 - Community Psychopomp

Case Studies

You will be required to submit several case studies for all of the healing techniques taught to you to gain a Practitioners Certificate.

Carrying out the case studies is incredibly important if you wish to become a practitioner. These are the biggest teachers in

- strengthening relationships with our guides
- building trust in how your individual practice unfolds
- gaining experiences with working in the different realms
- and in holding space and support for those with whom you work, who are moving through their healing experiences.

For anyone who would like to take part in the 3 year course to deepen their practice and to receive further teachings and healings but doesn't want to qualify as a practitioner, none of the case study course work needs to be submitted.

5 Year Course

In the final two years we will explore with more depth, our relationship with death and dying. A profound journey into themes around end of life and life after physical death. Alongside receiving these teachings, we will be developing relationships with more spirit teachers who specialise in this area.

This part of the course will be encouraging embodiment of helpful spirits - a true shamanic way of healing and communicating to the community and working with the spirits.

You will be introduced to working with plant medicines and the teacher plant spirits who can be supportive of and enhance healing experiences and dreamtime visions.

You will learn;

- Depossession Ritual
- How to check on loved ones who have passed to spirit
- How to assist in the transition of those who are dying to a peaceful death
- Mediumship
- How to connect with and maintain a healthy relationship with teacher plant spirits as a way of connecting with their medicine to help others, studying how these plants can be helpful in opening doors to healing experiences and transitions.
- How to embody the spirits of the ancestors and other helpful spirits to affect healings and to bridge the communication from the local spirits of place to the community
- How to hold Ceremony and Ritual for different occasions.

After completing the five-year course with additional case studies, you will be presented with a full Animism, Core Shamanic and Shamanic Practitioner Certificate.

Dates for Year One

Starting May 5th-8th Kent/Sussex Borders

Element; Fire

Medicine Wheel Point; East

Accommodation; Camping

Then Dates and venue Tbc

June - 4 days/3 nights

Element; Water

Medicine Wheel Point; South

September - 5 days/4 nights

Element; Earth

Medicine Wheel Point; West

December - 3 days/2 nights

Element; Air

Medicine Wheel Point; North

March 2024 5 days/4 nights

Element; Space

Medicine Wheel Point; Centre

In between the community gatherings there will be some online group meetings to attend in addition. Dates for these meetings will be confirmed once the course has begun.

Dates and venues for the 3 and 5-year course will be confirmed in a few months' time.

Pricing

One Year Course (Certificate of Completion)

Inclusive of teachings, venue and food. Camping equipment is not provided.

Option 1	Option 2	Option 3
£ 1,900 Paid in full on booking	£1,900 Paid in 3 instalments of £633.35 Payments due March 2023, May 2023 and Aug 2023	£2,160 Paying monthly Deposit of £300 due March 2023 then 11 monthly instalments of £169 from April 2023 – Feb 2024

Three Year Course (Certificate of Completion & Practitioners Certificate)

The One Year Course must have been completed before taking part in the following two years.

Option 1	Option 2	Option 3
£ 2,200 per year (2 years) Paid in full on booking	£ 2,200 per year (2 years) Paid in 3 instalments of £733.35 Payments due Mar 2024 May 2024, and Aug 2025	£2350 Paying monthly Deposit of £400 due March 2024 then 11 monthly instalments of £177.30 from April 2024 – Feb 2025

The third year will be the same cost and payment system as year two.

The Five-Year Course

The Three-Year Course must have been completed before moving into the final two years.

Option 1	Option 2	Option 3
£ 2,400 per year (2 years) Paid in full on booking	£ 2,400 per year (2 years) Paid in 3 instalments of £800 Payments due Mar 2025 May 2025, and Aug 2025	£2550 Paying monthly Deposit of £550 due March 2025 then 11 monthly instalments of £181.80 from April 2025 – Feb 2026

The fifth year will be the same cost and payment system.

Application forms will be sent out to those who would like to take part.

When I have received your application form, I will arrange a phone call with you at a convenient time to discuss any questions you have or further information that you may require.

Please send an email to; knowingthh@gmail.com for the attention of Emma Edgington, to request an application form.

Please put into the 'subject bar', "Animistic and Shamanic Healing Training".

Please note that deposits are non-refundable.

In the event of cancellation, for options 1 & 2 the money will be refunded pro rata as if paid under option 3. This applies to all years.