

Therapeutic Shamanism



The Advanced Courses

To attend any of these courses you need to have...

- attended one of the Introductory Courses, or an equivalent course run by either Paul Francis, or another competent shamanic practitioner and...
- attended one of the Intermediate Courses, and/or have prior training in humanistic counselling and/or psychotherapy.

All the courses may be taken as individual, stand-alone courses. They can also be taken as part of our Practitioner Training. The exact content of each course is flexible, according to the needs and wishes of those involved. This is in accordance with our ideals of modelling being facilitators and enablers. As groups, we will be creating and exploring the weekends together.

Most of the advanced weekends are in modules of two or three connected weekends. The 2011 Medicine Wheel course, and the Elementals and Dragons course, are both modules of five weekends. The deposit required is £30 per weekend of a module (so £60 for a 2 weekend module, £90 for a 3 weekender, etc). However, most weekends can also be taken as individual, stand-alone courses, in which case the cost of each individual non-residential weekend is £125. With one-off courses, (like the Spirit of the Drum and Rattle: September 18+19), cost will be £125, or £100 if you also book on another course/module at the same time. So to summarise: booking courses one at a time costs £125, whereas signing up for the module saves you £25 per weekend. Deposits are non-refundable, and non-transferable (so please don't ask!) except in the case of the course being cancelled.

The courses include...

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Loosening our Minds: Journeying into the Body

Oct 17+18, and Dec 12+13 2009, Lancaster (in two parts, although the weekends can also be taken individually). The weekends will include: the 3 bodies from a shamanic perspective (Body, Mind and Spirit), and their different needs, including how to dialogue between them; body constellations (similar to family constellations, but using other people to represent and speak for your different organs/parts/symptoms); grounding; allowing the body to 'speak' by means such as trance dance and spontaneous movement (Lathian); entering into embodied trance states; exploring the messages behind body symptoms, including using movement, drawing, sound and representations; Kum Nye (a Tibetan shamanistic practice involving breath and movement); how to 'read' what a body is saying; various body-centred meditation, embodiment and awareness practices; how to journey into someone's body, or into a body or body part.

Soul Retrieval: Recovering from Trauma

November 7+8 2009, and Jan 9+10 2010, in Lancaster (in two parts, although the weekends can also be taken individually).

Soul loss occurs when part of us splits off. This may be the result of traumatic events, but may also occur simply because we learn to hide away part of who we truly are in order to fit in; eventually this part becomes lost to us. The symptoms of soul loss can include: depression, fatigue, feelings of emptiness, low self-esteem, addictions and illness. We will work on reconnecting to our own lost soul parts, as well as learning the beautiful, moving and empowering work of helping others recover their lost soul parts. We then go further than traditional shamanic soul retrieval and look ways of working with re-integrating the returned soul parts, to ensure that they are happy to stay.

Shamanism and the Energy Body

February 6+7, April 24+25 2010 in Lancaster (in two parts, best done together).

Most energy models of the human body such as the chakra system, the understanding of kundalini and prana in Indian philosophy, the Taoist ideas about yin and yang, and chi, the Chinese five element system and the Indo-European energy model, all have their roots in shamanism and shamanic practice. On this course we will focus on the human energy body, working shamanically with the energy flows. In particular we will focus on the chakra system and the five elements of ether, air, water and earth. We will explore shamanic meditation practices to cultivate and balance energy and power. As well as journeying into each of our chakras, we will also journey into each of the

elements, explore our relationship with them, and find our elemental helper for each element. The first weekend will cover the lower three chakras, starting with earth (base), water (sacral) and then fire (umbilicus). The second weekend will move onto the air (heart), ether (throat), brow and crown chakras. Over the two weekend we will work with the chakras to will build our own inner totem pole, complete with animal (or other) helpers at each stage.

Allies and Objects: Working with Guides and Tools

March 13+14, April 17+18 and May 8+9 2010 in Lancaster (each weekend may also be taken separately)

This course will allow you to greatly deepen your shamanic skills and abilities by assembling a team of helpers and teachers you can draw on, each with different skills and specialisms. We will also look at acquiring specialist shamanic tools and objects. The March weekend will focus on the Middle World, including working with spirits of places, houses, physical objects, nature spirits, and protector and guardian spirits, and how to deal with difficult or unhelpful spirits and thought forms. The April weekend will focus on the Lower World and include: expanding your ancestral kin or tribe; meeting specialist healers (for extraction, herbalism, burial healing, deposesession etc); meeting your lower world self, tools for working with the lower convergence point (the earth star); contacting Mother Earth. The May weekend will focus on the Upper World, including: deepening your connection with your spiritual lineage; upper world healing spirits; finding your upper world library and laboratory; working with specific upper world beings; the different layers of your upper world self; contacting Great Spirit.

The Plant People: Plant Spirit Medicine

May 22+23 and June 26+27 2010, venue to be confirmed (in two parts, although the weekends can also be taken individually).

A course exploring this major part of shamanic work. Most of the animal life on earth depends on Plant's ability to use energy from Father Sun. We will look at connecting with the spirit of Plant, and its relationship with light and water, air and soil. We will look at working with overspirits such as Tree, Lichen, Grass and Moss, and then overspirits of plant families (Conifer, Solanacea etc) and then working with the spirits of specific plant species, and even specific individual plants. We will look at plant intermediaries, including the Green Man, and Insects, and work on assembling our own personalised team of plant spirit helpers and teachers, and how to do plant spirit healing.

Shamanic Healing: Extraction, Burial, Depossession and Dismemberment

June 12+13 and July 24+25 2010 in Lancaster (in two parts, although the weekends can also be taken individually).

A course learning the nuts and bolts of Core Shamanic healing practices: extraction - the removal of intrusions in the energy body; deposesession - the removal of living intrusions, including entanglements with other people; burial and dismemberment - both methods of deep cleansing and re-patterning of the energy body. As with all courses, our unique approach will focus on doing the work in a way that is as empowering to the 'client' as possible; working with helping the client explore what is going on and helping them discover what needs to happen for them (rather than taking over and interpreting the symptoms and doing the work for them).

Spirit of the Drum and the Rattle

September 18+19 2010 in Lancaster.

The drum and the rattle are the fundamental shamanic tools. his workshop will be a chance to bring along your own drum(s) and rattle(s) and meet their spirits, and form a deep working relationship with them as helper spirits. we will also explore working with different rhythms and other percussions and sounds, and their different healing effects. We will look at using percussion as both a diagnostic and healing tool, and explore rhythmic movement as a means of entering shamanic reality. Some of the weekend will be done in darkness, to heighten our sense of sound and vibration, so that we can tune in and explore what sound and movement can teach us and show us.

Ancestor and Family: Healing our Inheritance

October 16+17 and November 13+14 2010, in Lancaster (in two parts, although the weekends can also be taken individually).

A course exploring how much of what we do is coloured and affected by messages from our parents, grandparents, and even further back into the generations. Also looking at how families form powerful 'fields' of energy, in which the participants can feel compelled to act out particular roles. We will explore our own family and ancestral influences, and learn how to heal wounds within the ancestral and family patterns, and begin the process of disentangling ourselves from unhealthy roles and influences that no longer serve us.

Healing the Future

December 4+5 2010 and January 8+9 2011 in Lancaster (in two parts, although the weekends can also be taken individually).

How we move into the future, the form we take and the choices we make, is usually heavily and unconsciously determined by our past. In healing our family wounds, disentangling ourselves from unhealthy ancestral influences, recovering our lost soul parts and reconnecting with nature and spirit, we can become conscious and free to chose how we move into the future. Who do we want to be? We will explore how our future is formed, and how our choices create multiple realities. We will also look at how to become an ancestral kin for future generations, and

cultivate relationships with future guides.

The Medicine Wheel: A Year of Living Shamanically

2011: Jan 29+30, March 19+20, June 18+19, September 17+18, December 17+18 in Lancaster.

The Medicine Wheel is a profoundly useful tool for living shamanically. It provides us with a model that maps out how processes flow in cycles. It shows us the order of things, and how things fit together into a whole. It can be used in many ways. For instance, it can help us to live more in harmony with natural cycles and processes – not just times of day or the seasons of the year, but the stages of human life, and the stages we go through in learning something or moving through a process. It can help us to pay more attention to what is around us, and so to feel more connected to life and nature. It can be used when we feel stuck with something, by helping show us where we are in the cycle and what we need to do next to move on. It can help show us what resources we can draw on when we need help and support. It is both a human psychological map, and a map of external, natural processes. This five weekend course starts on the weekend before Imbolc, a time of planning and preparation. The following weekends are the weekend before the spring equinox, the summer solstice, the autumn equinox and the winter solstice. Together we will practice a year of living in tune with the natural seasons and rhythms of the year, as well as going deeply into what the medicine wheel tells us about our own individual processes, and how it can help us.

Working with Elementals and Dragons.

2011: April 16+17, May 14+15, July 16+17, Oct 15+16, Nov 12+13.

A five weekend advanced course really immersing ourselves in the fundamental building blocks of the shamanic universe: earth, water, fire and air. We will meet these energies as living, elemental, beings, meeting the sylphs (air), salamanders (fire), undines (water), and gnomes (earth). We will take each realm in turn and spend a whole weekend on it. So we will spend a whole weekend exploring the realm of earth, and learning earth-working (including rock and crystal work) from the gnomes; another weekend journeying with water undines, exploring the how water is both ever-changing and ever-remembering; another basking with the fire salamanders, and learning how to work with that transformative element; and another weekend spent soaring free with the air sylphs, swirling and flowing in the realm of air. On each weekend we will really immerse ourselves in the each elemental's reality, and learn how and why to draw on them and work with them. The fifth weekend will focus on working with dragons. Dragons are essentially built from elementals, and represent both an adversary and a gatekeeper, and so potentially a hugely powerful ally. We will also briefly explore the elusive fifth element (ether, or Spirit), including it's dragon forms.

Chronological list...

2009

November 7+8 Soul Retrieval: Recovering from Trauma 1
Dec 12+13 Loosening our Minds: Journeying into the Body 2

2010

Jan 9+10 Soul Retrieval: Recovering from Trauma 2
February 6+7 Shamanism and the Energy Body 1
March 13+14 Allies and Objects: Working with Guides and Tools 1 (Middle World)
March 20+21 Practitioner Training
April 17+18 Allies and Objects: Working with Guides and Tools 2 (Lower World)
April 24+25 Shamanism and the Energy Body 2
May 22+23 The Plant People: Plant Spirit Medicine
June 12+13 Shamanic Healing: Extraction, Burial, Depossession and Dismemberment 1
July 24+25 Shamanic Healing: Extraction, Burial, Depossession and Dismemberment 2
September 19+20 Spirit of the Drum and the Rattle
October 16+17 Ancestor and Family: Healing our Inheritance 1
November 13+14 Ancestor and Family: Healing our Inheritance 2
December 4+5 Healing the Future 1
December 11+12 Practitioner Training

2011

January 8+9 Healing the Future 2
January 29+30 The Medicine Wheel: A Year of Living Shamanically 1
March 19+20 The Medicine Wheel: A Year of Living Shamanically 2
April 16+17 Elementals and Dragons 1
May 14+15 Elementals and Dragons 2
June 18+19 The Medicine Wheel: A Year of Living Shamanically 3
July 16+17 Elementals and Dragons 3
September 17+18 The Medicine Wheel: A Year of Living Shamanically 4
October 15+16 Elementals and Dragons 4
November 12+13 Elementals and Dragons 5
December 17+18 The Medicine Wheel: A Year of Living Shamanically 5

Further courses are planned on the following themes:

- Death and Dying
- Betwixt and Between: Working with Darkness and Heightening the Senses
- Spirits around us: Working with Urban and Nature Spirits
- Healing Ourselves: The Wounded Healer
- The Stone People: Gem and Crystal Medicine
- Shapeshifting and transmutation
- Gaia and Shamanism; Exploring the Planet as a Living Being

The Shamanic Practitioner Training

Entrance onto the Practitioner Training is by application only (attendance at a beginners course and the intermediary course being a minimum pre-requisite). It is for those who wish to engage deeply and in a committed way to becoming a Therapeutic Shamanism Practitioner. Its exact form will be negotiated and adapted according to negotiation and the needs and wishes of the participants. It will involve attendance at a *minimum* of twelve of the advanced courses, plus *at least* two practitioner training courses spread out over at least two years (although you can take as long as you want). On top of this, it will involve evidence of further study and shamanic practice, including a year of 'living shamanically' - observing the seasons, and cultivating a shamanic practice in one's daily life. It will involve keeping some kind of a personal development journal, and will involve self, peer and tutor feedback, assessment and supervision. It could involve, by negotiation, helping run beginners and/or intermediate courses.

I wish to try and keep the training as affordable as possible. The fees will be (at time of writing): for the courses as advertised, plus an extra £200 to cover the additional tutor input.

Practitioner Training weekend dates...

- December 11+12
- More to be arranged