



INTRODUCTION TO SHAMANISM

IN KINGS LANGLEY, HERTS

WITH PAUL FRANCIS

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Shamanism is our most ancient spiritual tradition. It has been practised for tens of thousands of years in every part of the world where humans have settled. It is the spiritual practice that the overwhelming majority of our ancestors practised, going way back into human history. It has seen cultures rise and fall. The fact that it has survived and thrived is testament to its truth, power and usefulness.

Throughout its long and varied history, shamanism has taken many forms, appropriate to the culture it has found itself in. **Therapeutic Shamanism** combines the principles of shamanic work with those of modern counselling and psychotherapy. It is highly relevant to modern life and its dis-eases. It provides an easily-learnt tool kit of techniques and methods that are profoundly useful for personal healing, help with life issues, raising self-awareness, personal and spiritual development, and much more.

These experiential workshops cover the basics of shamanic practice. They are usually an eye-opening experience that opens up a rich and amazing world of possibilities. Participants will be shown simple yet profound techniques to enter shamanic reality to reconnect to their own spirituality. No prior experience is necessary. The course will include...

- the history of shamanism
- the key concepts of the shamanic universe
 - how to enter a shamanic 'journey'
- the basics of how to journey for others

For those wishing to explore further, attendance on one of these days enables one to apply for the **Intermediate Shamanism Course** and **Advanced Shamanism Courses**, which can lead to the **Shamanic Practitioner Training**.

To book: Cost: £45. A deposit of £20 secures a place (non-refundable, except in the event of the course being cancelled). Contact Ananti at ananti@oneshakti.co.uk or on 07765171538

Check out the website: www.therapeutic-shamanism.co.uk