



# ***AN INTRODUCTION TO SHAMANISM***

***A ONE DAY WORKSHOP***

***IN LANCASTER***

***WITH PAUL FRANCIS***

***SATURDAY, 15<sup>TH</sup> DECEMBER 2012***

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 counseling 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.

**This experiential course** covers the basics of shamanic practice. It is 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'
  - How to find your 'power animal'
- the basics of how to journey for others

Times are 10am till 5.30pm-ish. Prior booking is essential. Attendance on this course enables one to apply for the numerous advanced courses. **To book:** Cost: £40. A deposit of £20 secures a place (non-refundable, except in the event of the course being canceled), balance payable on the day. Contact Paul on 01524 67009 [paulfrancis@mail.com](mailto:paulfrancis@mail.com) [www.therapeutic-shamanism.co.uk](http://www.therapeutic-shamanism.co.uk)

**"Paul's courses are a joy to attend; relaxed and friendly, they are packed with lots of useful practical information which makes shamanism accessible & easy even for beginners. He is a gifted teacher with a wide range of knowledge and information about the history and origins of shamanism which is fascinating to learn about". L.M, Cumbria."**

**Just wanted to say a HUGE thank you to Paul Francis. I attended his 'Introduction to Shamanism' day in Leeds yesterday, and I can honestly say, it was the BEST thing I've ever done for myself, EVER! A true life-changing experience!! If you haven't done so - book on one of his courses...you won't regret it!" S.M., Yorkshire.**

**Doing this course was a great pivotal moment in my life. It was an amazing mixture of being both life-changing and life-enhancing, whilst at the same time delivered by someone with great groundedness, compassion, insight, calmness, and huge knowledge and experience. A really safe and sane teacher, and a wonderful doorway opening... . R.V. Manchester.**