

# **A SHAMANIC EXPERIENCE**

## **Introduction to Shamanism**

with Joanne Stuart

No matter where we come from or what routes our journeys have taken, if we trace our ancestors back far enough, we find they were tribal people sitting around fires, singing, sharing sacred stories and dreams and honoring the divine spirits whom they relied upon for life. Learning shamanism can often be the experience of release, remembering and reapplying ancestral knowledge that has lain dormant throughout most of our lives. Core shamanism is not a religion but a spiritual practice that does not require forsaking religious traditions in which we were raised or any belief system we have acquired.

**Shamanism** is the intentional effort to consciously leave ordinary reality and journey to the non-ordinary realms of the spirit world to develop lasting relationships with personal helping spirits to assist yourself and others. At the root of disease, accidents, illness and general misfortune is the loss of one's spiritual power and at the root of shamanic healing procedures is the reunion with spiritual power. This is achieved with strong relationships with helping spirits. The shamanic practitioner functions as a conduit for spiritual energy or power received from allies in the spirit world.

**In this training** you will acquire shamanic tools, including energy management, healing techniques and ways to increase our personal power to be of assistance to others and ourselves. You will connect with helping spirits and allies using various methods and acquire knowledge that you can use in your daily life. You will be able to work with chi(energy) as hot chi, cold chi, red chi, black chi and learn to clean dirty energy to be a more efficient channel for life energy.

**Presenter:** I have studied with Foundation for Shamanic Studies and have had training and in Tibetan Buddhism, dreaming and energy management, as well as teachings from Native American Elders. I am a Intuitive, Reiki Master, Animal Communicator, and a Portrait Artist. I have been using shamanism all my life and have been teaching for more than 7 years.

My wish is that you too may experience these methods and tools as useful and enlightening.