

The Path of Personal Empowerment

Basic Shamanic Techniques for Personal Healing and Transformation

Feeling Stuck?

As we move through life we often hit periods in which everything seems to be changing. We might say we are “stuck” or that things “seem to be falling apart.” Times like this can be a gift. They are an opportunity to heal our wounds, to dissolve the obstacles holding us back and to learn to stand firm in our Power. To do this we must explore our connection to all things - self, Spirit, nature and each other.

Shamanic Practice and Healing

Today many contemporary shamanic practitioners and teachers help people around the world achieve healing through wholeness. In the shamanic world, it is believed that all illness and dis-ease begins in the spiritual realm and that healing is needed on all levels - mental, emotional, physical and spiritual. The shamanic practitioner works in the spiritual realm to facilitate healing. Shamanic teachers help their students discover the path to their own personal healing, transformation and empowerment.

The Series

Want to learn more? Join us for two days of exploring personal healing, transformation and empowerment from a shamanic perspective in a small community setting. Learn about the three worlds of the shaman, the healing attributes of the directions on the medicine wheel and the elements of nature, and learn how you can integrate shamanic techniques into your spiritual practice and day-to-day life.

Session Dates and Times:

Saturday, February 21 from 10am-5pm

Introduction to shamanism and shamanic journeying. Learn about shamanic healing techniques, how to work with the elements of nature and the directions on the medicine wheel. Experience a drumming meditation and discover your personal shamanic journeying “home base.” We will also explore the shamanic Lower World. Take a shamanic journey to the Lower World to meet a Guide or Teacher, visit a Place of Power and retrieve symbols and information for personal healing. Perform a Power Animal Ceremony for a partner in the workshop, and receive one yourself.

Sunday, February 22 from 10am-5pm

Explore the shamanic Middle World - the spiritual realm of our every day lives. Journey to meet a Guide or Teacher and to discover how you are energetically connected to others in your life. Learn to work with those connections in order to maintain and build your personal energy and power. Learn about power and energy retrieval ceremonies, as well as the shamanic technique and ceremony known as Soul Retrieval. We will also explore the shamanic Upper World and your personal connection with Spirit. Take a shamanic journey to the Akashic Records to meet a Teacher and retrieve information for personal healing. Retrieve spiritual information to help you with the obstacles and challenges that are most prevalent in your life today.

In each session we will discuss how to integrate the shamanic techniques you learn into your day-to-day life. We take a practical approach to personal healing in this workshop in order to ground these techniques in a reality you can access in every aspect of your life.

Details:

This workshop series will be held in the Lake Highlands area of Dallas, TX. Register by contacting Lynn (workshops@turtlemedicine.net or 214.564.6799) or by sending workshop fee via PayPal (workshops@turtlemedicine.net) by Friday, February 6. Cash and checks are acceptable as well. Special arrangements can be made for those who cannot afford the full workshop fee. Contact Lynn for details.

Register by Friday, February 6 to reserve your place in the workshop.

About the Facilitator:

Lynn Wolf, a member of the Spirit Moon Community and the Society of Shamanic Practitioners, is a shamanic teacher and practitioner in the Dallas, TX area who has studied with shamanic teachers Kristin Madden (New Mexico - www.kristinmadden.com) and Lyn Birmingham (Dallas - www.spiritmoon.net). Lynn has completed the Foundation for Shamanic Studies “The Way of the Shaman” class with Sandra Ingerman (www.shamanism.org) and www.sandraingerman.com) and is a faculty member for Ardantane in New Mexico (www.ardantane.org). She also has studied with healing practitioners and teachers Connie Henry ND, CPH, RN, and Digby Henry in New Mexico through Ardantane’s School of Healing Arts, as well as Reiki Master Jennifer Walz, L.Ac. (Dallas, TX).

