



# Discover Shamanism

**A one-day introductory workshop in shamanic journeying**

**with Paul Francis** (head of the Three Ravens College, and author of 'The Shamanic Journey: A Practical Guide to Therapeutic Shamanism').

**In Llandudno**

**Saturday 2<sup>nd</sup> December 2017**

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. It is in itself not a religion, and need not be incompatible with any religious practice.

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.

**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 is taught in a grounded way and rooted in personal experience. The day includes...

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

Times are 10am till 5pm-ish. Prior booking is essential. Attendance on this course enables one to apply for the foundation courses.

**To book:** Cost: £40. A deposit of £20 secures a place (non-refundable, except in the event of the course being cancelled). Contact Paul on 01492 873739, [paulfran@gmail.com](mailto:paulfran@gmail.com) [www.therapeutic-shamanism.co.uk](http://www.therapeutic-shamanism.co.uk)