



Therapeutic Shamanism

Next Steps Day Saturday 27th July 2019

St Columba, Hunts Cross, Liverpool.

10.30am-4.30pm

Cost: £30

Meeting our lower world guide...

After finding your Power Animal and developing a strong bond with it, the next step in terms of Guides is usually to find a Human Guide to work with. Along with your Power Animal, this Human Guide will become a profoundly important teacher in terms of developing and deepening your shamanic practice. As with your Power Animal, essentially you will become their apprentice and they will guide you into the deeper layers of this work.

The practice of Recapitulation...

Every interaction you have with other people involves an investment of personal energy. When we move forwards through time from these interactions, we can leave aspects of our energy tied up in the situation which prolongs any emotions you may have about the encounter.

Over the course of a lifetime you invest enormous amounts of energy in these interactions and this can leave you drained. Having your energy tied up in these past situations can also dictate behaviour patterns in the current time.

Think of it like having little parts of soul scattered throughout time, like the debris that a comet leaves behind as it travels through space, only each piece of debris is still tied to the main body of the comet by a fine thread. Not only are you losing fuel by leaving these parts of energy behind we are constantly being held back by the cords.

We do not have an infinite amount of personal energy. We need every little bit available to us in order to live life effectively and so we seek to gather up these bits of energy through the process of recapitulation.

During this workshop you will have a chance to work with the practice of recapitulation and gather back the energy from your chosen past experiences.

The practices you learn on this day will enrich your shamanic journeying and move it on to the next Level.

To book a place contact Chris Holt at:

chrisgibbons01@hotmail.com 07958 058 191