



## Introduction to Shamanism

Shamanism is the oldest spiritual and healing tradition known to humankind. This ancient tradition has survived tens of thousands of years and is currently being practiced today in nearly every country around the globe. The word shaman comes from the name given to tribal healers of Eastern Siberia and it roughly translates as “one who sees, or one who has knowledge.”



A shaman may be described as someone who acts as an intermediary between the natural world and the supernatural world. One of the basic beliefs of shamanism is that everything has a spiritual component. The shaman is a master of dreams, visions and trance work. Through journeying and by entering altered states of consciousness, the shaman communicates with spirit helpers to gain information regarding the spiritual aspects of illness and to learn the best healing method for the individual. His interaction with spirit gives the shaman insight into methods that may be used to bring peace and harmony to the community. The shaman recognizes the interconnectedness of all things and can easily identify imbalances and loss of connection with spirit.

During the past few years, there has been an increase in the practice of shamanism in North America and Europe. The practice of Shamanism is easily integrated into other healing modalities and enables the practitioner to awaken to the wisdom of spirit.

This eight-month course will introduce you to the world of non-ordinary reality where you work with your spirit helpers to gain knowledge and to learn a variety of healing techniques for yourself, for others, and for the community. You will learn the various tools used by the shaman for healing and ceremonial work.

Cost for 8-month course: \$375

Offered by Diane Anderson monthly from 8:30 am – 12:30 pm on the following Saturdays:

October 28, 2017	February 10, 2018
November 18, 2017	March 10, 2018
December 16, 2017	April 14, 2018
January 13, 2018	May 12, 2018

If interested, please email Diane Anderson at [danderson@hermitagefarm.org](mailto:danderson@hermitagefarm.org)