



## 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 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 animal spirits and other 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 four-session 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: \$375 (1/2 by November 10, 2018 and balance by January 12, 2019)

Offered by Diane Anderson on four separate Saturdays November 2018 – February 2019 (see dates below)  
If interested, please email Diane Anderson at [danderson@hermitagefarm.org](mailto:danderson@hermitagefarm.org) and mail registration:

\*\*\*\*\*

### REGISTRATION FORM

Workshop Name: Introduction to Shamanism      DATES: Nov 10, Dec 15, 2018, Jan 12, Feb 9, 2019

Make checks payable to Diane Anderson  
Mail to Hermitage Farm Center for Healing  
6415 West River Road NW  
Rochester, MN 55901

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Phone : \_\_\_\_\_