



Introduction to Shamanic Healing



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. By interacting with spirit, the shaman gains insight into methods that may be used to bring peace and harmony to the community.

In recent years, there has been an increase in the interest and practice of shamanism in North America and Europe. The practice of Shamanism is easily integrated into other healing modalities and enables the practitioner to access the wisdom of the spirit world.

Discover techniques for healing the three types of spiritual illness recognized by shamans – spiritual or energetic intrusion, loss of spiritual power, and soul loss.

This four-session course will introduce you to the world of non-ordinary reality where you will meet and interact with your spirit helpers in the lower, middle, and upper worlds. You will learn a variety of techniques for healing yourself, others, and the community. Discover various tools used by shamans for healing and ceremonial work. Experience healing on a soul level through journeying, interaction with helping spirits, and shamanic healing practices.

Registration: \$485

Four days (two weekends): August 1 – 2 and August 29 – 30, 2026, 9 am – 5 pm each day

Offered by Diane Anderson and Gail Van Kanegan

For more information: sisterseekers@gmail.com or 507-269-0422

To register: www.sisterseekers.net