

Stepping Stones

Intro to Shamanism 1 + 2 (5 days)

- Shamanic Cosmology
 - Breathwork
 - Shamanic Journey
 - Helping spirits/totems/power animals
 - Basic Energy Maintenance/Self Care
 - Basic Spiritual Protections
 - Shrines, Alters, and Sacred Space
 - Basic Shamanic Tools
 - Shamanic Sand Painting**
 - Working in & with nature**
- ** Bonus for 5 day intensives

OR

Intro to Shamanism 1 (2 days)

- Shamanic Cosmology Part 1
- Breathwork
- Shamanic Journey

Intro to Shamanism 2 (2 days)

- Shamanic Cosmology Part 2
- Helping spirits/totems/power animals
- Basic Energy Maintenance/Self Care
- Basic Spiritual Protections
- Shrines, Alters, and Sacred Space
- Basic Shamanic Tools

Medicine Way of Everyday Shamanism (Intermediate)

South (2 days)

- Intro to the Medicine Wheel
- Intro to the South
- Luminous Energy Field
- Mesa Basics
- Pendulum Basics
- The Q'ero & the Prophecies
- Attachments, Suffering, and Themes
- Personal Fire Ceremonies
- Harmony Rite & Bands of Power

West (2 days)

- Intro to the West
- The Luminous Warrior
- The Shadow
- Unwinding
- Perceptual States
- Healer's Rite & Seer's Rite

North (2 days)

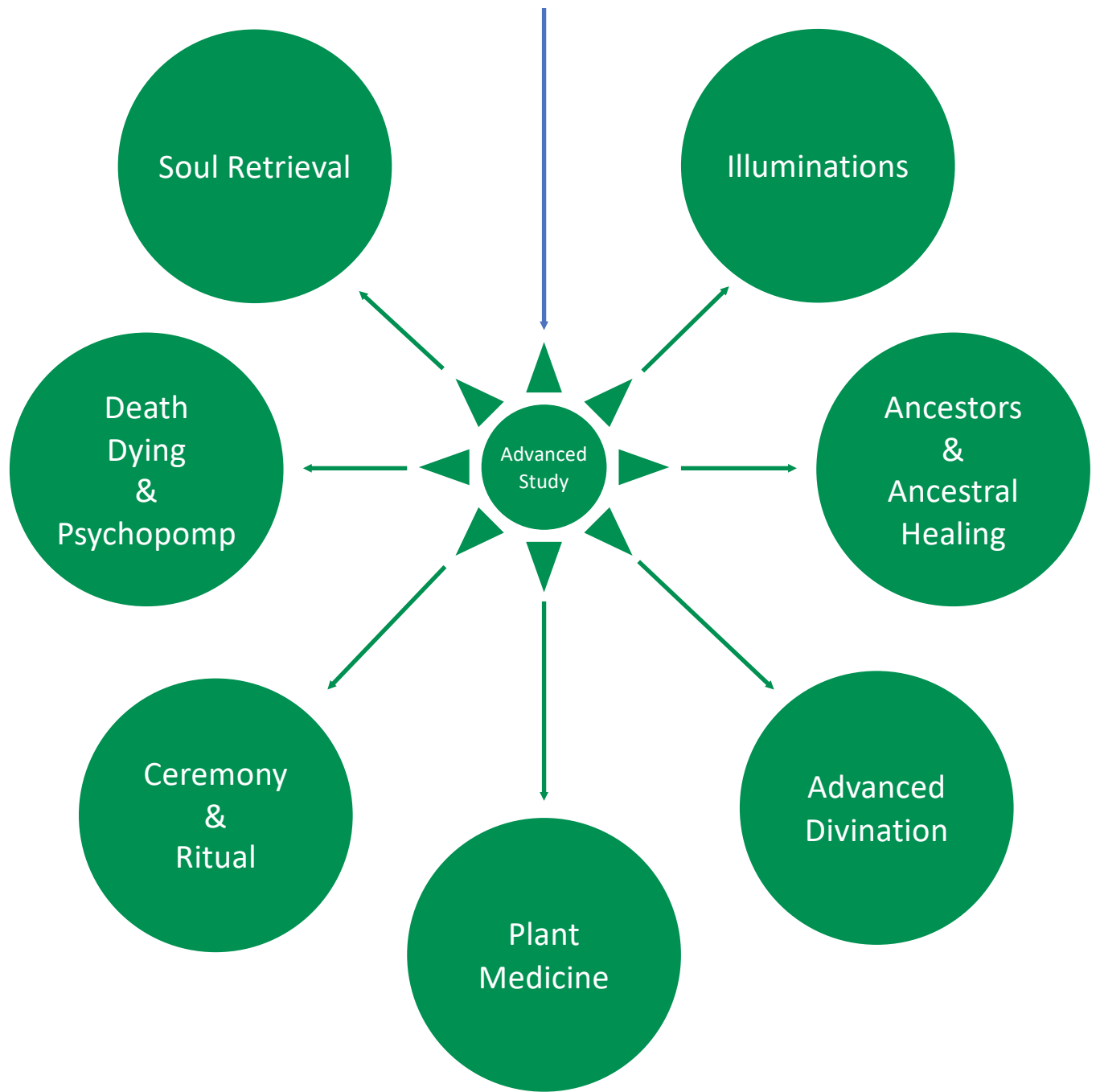
- Intro to the North
- Sacred Apus/Connect with the Land
- Teachers
- Roles
- Destinies
- Celestial Parents
- Soul of the North Fire
- Journey of Dismembership
- Daykeeper's Rite & Wisdomkeeper's Rite

East (2 days)

- Intro to the East
- Core Beliefs
- Tupaykuna: Backdoors & Unwinding
- Releasing Guilt & Shame
- Full Mesa Activation
- Mesa Carrier Activities: Cutti Lessons, Personal Despachos, Bringing Jaguar Down, Huacha, Mesa Carrier Basics
- Earthkeeper's Rite & Starkeeper's Rite

Balance & Power (2 days)

- Intro to Walking in Balance & Power
- Dreaming the World into Being
- Epigenetics
- Shamanic Divination
- Rite of the Womb & Creator's Rite



Working with Clients

- Shamanic Healing
- Pastoral Counseling
- Clearing Buildings & Land
- Fairs & Festivals

Teaching & Course Development

- Pedagogy for Shamanic Education
- Course & Module Development
- Teaching in the classroom
- Teaching online

Ceremonies & Rituals

- Birth
- Marriage, Handfasting, Civil Unions
- Death and Dying
- Seasons & Cycles
- Despacho

Professional Activities

- Research & Scholarship
- Social Media & Public Presence
- Shamanic Business Management