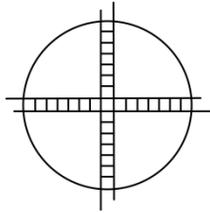


South Jersey

Shamanic Practitioners



Intro to Shamanism | 3 Part Series | Creating a Daily Practice

- Part One: Creating Altars & Sacred Space
- Part Two: Prayers & Protection
- Part Three: Entering the Spirit Worlds

These 3 foundational classes were created to provide you with a solid base on which to move forward with building your personal shamanic practice, as well as the confidence and resources to know what to do and how to maintain and nurture a home practice. This series is rich in both experiential practice and academic information.

Cost: \$200 Per Class or 10% discount for all 3 classes paid for and scheduled in advance (a \$60 Savings). Cash or check. It is recommended you schedule your classes every 1 or 2 months so you have time to practice and do your homework in between classes. Classes are taught in the order described above.

PRE-HOMEWORK

*Yes, there is homework
before the series begins!!!*

In this series you will begin creating your own sacred medicine bundle that is also a portable altar. We will not be providing the materials for your sacred bundle; it is more meaningful when you find these items on your own. For these workshops you are encouraged to bring:

- A frame drum or rattle
- a cloth for your altar (large enough to wrap all the contents)
- a stone, rock or crystal
- a seashell that can hold a small amount of water
- a feather or bird item (picture, bone, fetish, statue)
- a small candle holder (tea lights are easiest)
- your most sacred item.

You may not have all these items acquired by the time of the first workshop and that is ok, finding the right items (or allowing them to find you) is part of this process. Items can also change over time, it's ok to bring one item, and then later change it. In fact, if you are anything like us, you have a shoebox full of stones, bones, feathers and natural bits that you didn't know what to do with them, but have kept them with you.

What is Shamanism?

There are 3 primary concepts that define a shamanic practice:

- an animistic view that all things contain a spiritual essence
- a familial relationship with the spirit nations
- the ability to travel and act as a liaison between the physical and spirit worlds

“To carefully and conscientiously walk between these worlds requires discipline, practice and dedication. Shamanism is not a religion or hobby, it is a conscious and active lifestyle that changes the way you experience the world around you. You may feel called to shamanism, but you do not get to decide to call yourself a “shaman,” that is a role either passed down through your lineage or a role acknowledged and accepted by your community. However, you do have the choice to live your life in a shamanic way and you may feel called to become a practitioner of shamanism as a way to improve your life and serve the community, the land and/or the spirits. This is a path that requires an incredible amount of integrity and self-study. There is no certificate at the end of this program. This is a lifelong process of becoming and unbecoming, and there are many branches of shamanism to be researched and explored.” –SWK

To schedule Module One | Intro to Shamanism:
Contact Jeffrey Kestrel at 609-513-9453

Module One is a prerequisite for Module Two – The Seven Directions (7 Part Series).