

The Workshop

Shamanic journeying is the core technique of shamanism, enabling the practitioner to obtain help from spirit allies by traveling in a trance state to the shamanic realms. Using drumming, rattling, movement and other methods of sonic driving to move into a state of shamanic consciousness, workshop participants learn to contact and interact with their personal spirit allies.

Following introductions, the workshop starts with a morning session for discussion of the origins, distribution, history, and methods of shamanic practices worldwide. Crow and Bekki explain the importance of these practices and their use for healing and personal spiritual growth. Extensive handouts are provided during and prior to the workshop so you can learn without having to take extensive notes.

Once the historical background is established, the drumming starts. You will learn to journey to your spirit allies in order to solve personal problems and help others. You will be oriented to the concept of a spirit ally, the landscape of the spirit world, and learn how to use your new skills on behalf of a fellow participant. Additional methods of journeywork, such as the Sami walking journey, are introduced to broaden your experience of the practice.

Workshop Schedule

Friday

Introductory talk by Crow and Bekki and Community Drum Circle starts at 7 pm

Saturday

Workshop from 10-5

Dinner together and Drum Circle

Sunday

Workshop from 10-5

Overnight accommodations available in the B&B and the Tipi Campground. Details and registration information on reverse.

Practical Details

- Bring drums or rattles if you have them, an eye covering, and a journal.
- Comfortable clothing and a blanket and/or pillow are recommended, since participants will journey lying down.
- Saturday lunch and dinner Sunday lunch are provided. If you are staying over, breakfast is provided both days too. Tea is provided, bring snacks if you like (especially chocolate!).

We recommend reading *The Shaman* by Piers Vitebsky. Other quality books on shamanism will be available for purchase at the workshop.

The Instructors

Crow Swimsaway, Ph.D., is an experientially based, academically trained shamanic practitioner and teacher, and an artist, activist and ritualist, expressing through his ministry with the Church of Earth Healing, founded in 1990. He has taught shamanism with Bekki since 1982 at universities, conferences, religious institutions, festivals and gatherings throughout the Midwest and Eastern U.S., and in Britain. Crow's degrees (Chicago and London School of Economics at London University) and publications are in Social and Cultural Anthropology. He has traveled and studied extensively in the U.S., Mexico, Europe and the Far East.

Bekki Shining Bearheart is an intuitive who has been guided by her relationship with Mother Earth since age 2. She has been a student of metaphysics since age 14, including astrology, tarot and various methods of healing. In 1980 she met and married Crow, continuing to explore spiritual realms via earth religions and shamanism. Her degrees are in Art and Art Education. She continues a lifelong involvement in the arts by crafting, and teaching others to craft, shamanic tools and music. She is also a licensed massage therapist specializing in Structural Therapy. She is a minister of the Church of Earth Healing, based near Athens, Ohio

Comments from Past Students

"The *Fundamentals* workshop provided groundedness in both wisdom and practice, and the teaching is very intellectually satisfying, as well as emotionally and spiritually exhilarating. Bekki and Crow create a tremendously powerful yet wonderfully safe space within which to work, learn, and stretch one's wings."

~Jo Wheat, Columbia SC

"After just this one weekend workshop, I am able to journey on my own, finding guidance and help through this valuable healing tool."

~Anne Romance, Salem WV

"I learned these techniques from Bekki and Crow over twenty years ago. Shamanic practice has proven to be a practical and concrete way of communicating with and learning from Spirit. It's a way to gain 'real world' solutions to problems rooted in the spiritual, emotional and physical realms. For me the fact that shamanic techniques are and have been used by humans across cultures since the indefinite past indicates their essential validity."

~Jennifer Seymour, Spencer NY

Costs

Day Tripper: *includes workshop and meals: Saturday lunch and dinner; Sunday lunch.* \$215

Tipi Traveler: *includes workshop; a shared stay in our tipi campground (or pitch your own tent if you prefer;) and meals: Saturday and Sunday breakfast and lunch; Saturday dinner.* \$250

B&B Traveler: *includes private bedroom/bath Saturday and Sunday and meals through lunch Sunday* \$385 solo/\$630 couple

Prices assume registration by April 20th. Late registrants add \$30 each.

For more information or to register please contact Turtle Dreams B&B at www.dreamingturtles.com or 607-838-3492. We look forward to talking to you!

To learn about the teaching and other work of Crow and Bekki, see www.church-of-earth-healing.org Or reach them directly at either info@church-of-earth-healing.org or 704-664-5050

Scholarship available, contact Bekki and Crow for details.

Fundamentals of Shamanism

With

Crow Swimsaway, PhD

&

Bekki

Shining Bearheart, LMT

10 AM to 5 PM

Saturday & Sunday

May 2nd & 3rd, 2009

At

Turtle Dreams B&B and Tipi

Campground

Groton, NY

607-838-3492

www.dreamingturtles.com