



# THE FOUNDATION FOR SHAMANIC STUDIES

a nonprofit public 501(c)(3) charitable and educational organization

*Dedicated to the preservation, study, and teaching of shamanic knowledge for the welfare of the Planet and its inhabitants.*

## **FSS SHAMANIC HEALING ONLINE TRAINING PROGRAM FAQ\***

For general information on core shamanism, what it means to be a shaman, and shamanic practice, please see the [general workshops FAQ](#).

[Shamanic Healing Online Training Program Description](#)

[Shamanic Healing Online Workshop Index](#)

\*NOTE: This FAQ applies to the [Foundation for Shamanic Studies](#) online healing series. For information specific to the Foundation for Shamanic Studies Europe, including in-person workshops, online offerings, and required prerequisites for all FSSE programs, please visit:

<https://www.shamanism.eu/>

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## FAQ RESPONSES

### **1. What is the [FSS Shamanic Healing Online Training Program](#) (the Program)?**

In January 2021, the FSS launched the Program, which includes the fundamental shamanic healing methods: power animal retrieval, extraction healing, psychopomp work with the spirits of the deceased, and power soul retrieval. It will also incorporate enrichment experiences designed to provide a depth of knowledge essential to an effective shamanic healing practice.

### **2. How does the Program compare with the FSS in-person healing series?**

Both the in-person and online series teach shamanic healing methods based in core shamanism, as originated, researched, and developed by anthropologist [Michael Harner](#) (1929 – 2018) over many decades. While the methods are essentially the same, the online workshops have been designed and tested for effective experiential and interactive practice in the digital environment using Zoom video conferencing. The FSS has decades of experience with in-person training and tens of thousands of students have become effective shamanic practitioners, so we know the methods work.

In May 2020, the FSS for the first time began offering an online shamanic divinatory series designed to bring shamanic knowledge and the power of the compassionate spirits to address personal, local, and global issues. FSS faculty members have been experimenting with and testing the [Shamanic Knowledge and Power Series](#). It has become clear that high-quality online shamanic training, including fully interactive participant exercises, is a powerful and effective addition to FSS in-person programming. (See [Shamanic Training in Digital Space](#).)

The Shamanic Healing Online Program is the next step as we move forward with the experiment.

### **3. Is it better to take the training online or in-person?**

One is not necessarily better than the other from the practical standpoint of learning shamanic healing methods.

Many students strongly prefer in-person training and the synergistic power of a group. Once the pandemic has subsided and we are able to meet again in person, we look forward to rescheduling our regular weekend [workshops and advanced residential training](#) programs. Because of Michael Harner's knowledge of shamanic practices worldwide, in-person training contains rich background material related to cultural shamanic ways, which is not duplicated in the online offerings. The online series is not meant to replace the FSS in-person training, which must be taken as a separate program, including in-person prerequisites. (See question 5.)

The healing series focuses on shamanic methods, with many opportunities to deepen and strengthen your personal practice, knowledge, and connections with your helping spirits. The program offers a viable stand-alone choice for students who want to learn the "way of the shaman," where travel, work, family or other personal considerations make in-person attendance impractical. Online training also provides flexible options for those who have received in-person shamanic training, and who seek to review, deepen, and enhance their shamanic practice and knowledge. After we have completed the full healing program, the FSS will evaluate its efficacy and determine how best to proceed with digital offerings.

#### **4. What training is required of FSS faculty members?**

[FSS Faculty Members](#) have completed the [Three Year Program of Advanced Initiations in Shamanism and Shamanic Healing](#) and the [Two Week Shamanic Healing Intensive](#). All faculty have had a minimum of three years shamanic healing experience; many have had active shamanic healing practices for more than a decade. In addition to these minimum requirements, faculty must have taken as a participant each workshop they teach at least three times. They are required to update their training periodically with a senior faculty member and via online training sessions with Susan Mokolke, Faculty Director, to ensure knowledge of the latest content. Faculty members experience online workshops as students before teaching them.

#### **5. Do the online workshops meet the prerequisites for in-person workshops?**

No. Online and in-person programming are two separate tracks. Online workshops have been designed for the digital environment. (See questions 2, 3, and 9.)

#### **6. Do the in-person workshops meet the prerequisites for the online workshops?**

In some cases, because the in-person workshops have been time-tested for decades, some workshops may serve as prerequisites for workshops in the online series. Check the specific online workshop you wish to take to see what in-person workshops may qualify. Those who have taken FSS in-person workshops, even advanced training, will be required to take some of the beginning online prerequisite workshops to gain the necessary practice in the digital environment. (See question 14.)

#### **7. Can I take both the in-person healing series workshops as well as the online healing series workshops?**

Yes, you are encouraged to do so. "Repetition is the key to mastery." These online trainings do not duplicate the full and rich content or the group experience of the [in-person weekend workshops](#), though the healing methods themselves are essentially the same.

#### **8A. If I have already taken the in-person workshops or the Two Week Shamanic Healing Intensive, do I need to take the online healing series workshops?**

No. However, many experienced shamanic healers find the online workshops offer a fresh look at shamanic practice, as well as an opportunity for inspiration and deepening. Innovative journeys, merging experiences, and distance healing exercises are included to enhance your shamanic knowledge.

#### **8B. Will I learn anything new?**

If one is seeking new and different ordinary reality knowledge, the additional online training in shamanic healing methods may not satisfy this desire – it would be better to research shamanism and shamanic cultures. In terms of spiritual understanding, however, it is not possible to identify what will be new to a person, since shamanism is an experiential system of first-hand knowledge. Each person walks their own unique path. Once you know the methods and are committed to the shamanic way, your own helping spirits will provide opportunities for transformation and growth specifically tailored to you.

In shamanic work, it is practice in the journeys, exercises, and healing methods that provides occasions for expansion and depth. While one can repeat a method, as one grows in understanding the outcome may be different each time, with the spirits facilitating surprising leaps in comprehension when you are ready. "You can't step in the same river twice," is a truism of transformation. Working with a group,

taking journeys, and sharing experiences can strengthen one's relationships with the spirits, leading to an increase in spiritual power, which is essential to the effective practice of shamanic healing.

### **9. If I take the online healing series, do I need to take the in-person workshops?**

Yes, you will need to take the **in-person prerequisites** if you wish to take [Harner Shamanic Counseling](#), or the residential [Three Year Program of Advanced Initiations in Shamanism & Shamanic Healing](#) or the [Two Week Shamanic Healing Intensive](#). This is because the intensity and power of these initiatory trainings, as well being in physical proximity require interpersonal skills. Group harmony is essential to the powerful support of the helping spirits. The student needs to have prior FSS in-person experience for both the student and the FSS to determine whether the training will be a good fit.

You do not have to take the in-person weekend healing series if you do not intend to take advanced residential training, though you might find them helpful for depth and mastery. (See also question 3, for more about what the in-person workshops offer.)

NOTE for FSS Europe: FSS online workshops do NOT meet the prerequisites for the [FSS Europe in-person workshops](#) or the [FSSE Three Year Program](#). Please visit [shamanism.eu](http://shamanism.eu) for details.

### **10. Can I take workshops in the series with different FSS faculty members?**

Yes, you may take any workshops in the series with any faculty member offering it.

### **11. Does the FSS offer degrees or certification?**

The Foundation does not offer degrees or certification as no one can certify a person as a shaman — it is the helping spirits who do that. See FAQ #13. The Foundation does, however, offer [Certificates of Completion](#) for a course of study, including one for the Shamanic Healing Online Training Program, to acknowledge the considerable time, effort, and resources invested in shamanic training.

### **12. Does the FSS offer continuing education credits?**

Yes, the Foundation offers **traditional** Continuing Education Credits/Units (CEUs). Please visit the FSS [Continuing Education Credits - Continuing Education Units \(CEU\)](#) page for details on how you can apply to your organization/board for approval of FSS traditional credits for workshops you complete; it is not automatic. CEUs are also sometimes offered by educational organizations sponsoring FSS workshops. Continuing Education Credits offered will be listed by the specific workshop on the FSS workshops calendar pages.

### **13. If I complete the Shamanic Healing Online Training program, will I be a shaman?**

Training by itself does not make a shaman, though training and the resulting knowledge and discipline can help you form strong relationships with your helping spirits. True shamanic power comes from the helping spirits. If you make strong connections with these spirits, then they may give you the power to help others, ease pain and suffering, find answers to difficult problems and resolve life-issues. If you perform miracles of healing, your community may then name you a shaman.

#### **14. How do I get started with the Shamanic Healing Online Training program?**

To provide rigorous training and preparation, including developing a level of competence in and comfort with online healing practice, each workshop in the series builds on the previous workshop. Workshops are designed to be taken in a certain order, with each workshop serving as a prerequisite for the next one. It is up to you to determine how much time you need for integration and practice between each workshop. You may finish the entire series and qualify for a *Shamanic Healing Online Training Program* [certificate of completion](#), or stop when you have taken the workshops you feel are relevant to your shamanic practice.

NOTE: Those who have taken [FSS in-person workshops](#), even advanced training such as the Three Year Program or Two Week Intensive, still must take [The Shamanic Worldview: Everything is Alive](#) and [Shamanism, Spirits, & Healing](#) in order to take other workshops in the Program. This is required in order to gain the necessary practical experience doing shamanic work in a digital environment.

#### **Prerequisites to Program entry (take 1 or 2a and 2b, and 3):**

1. [The Basic Workshop: The Way of the Shaman](#) (in-person workshop) **OR**
2. a. [The Shamanic Journey: Pathway to Knowledge & Power](#) **AND** b. [Shamanic Divination in Practice](#)
3. **AND** [The Shamanic Worldview: Everything is Alive™](#)

Next: Take the first workshop in the Program: [Shamanism, Spirits, & Healing](#).

For links to additional workshops in the Program, prerequisites, and calendar of scheduled offerings, check the [Online Healing Program workshops index](#).

TO REGISTER: Workshops may be taken according to your schedule with any [FSS faculty member](#).

1. Go to the calendar page for the workshop you wish to take;
2. Check to make sure you have met the prerequisites;
3. Select a workshop from the scheduled offerings;
4. Contact the faculty member teaching the workshop directly for registration details, including tuition.

#### **15. Are there any tuition discounts offered for the online workshops?**

Yes. Members of the Circle of the Foundation will receive \$10 or \$20 off tuition for 7-hour or 14-hour workshops, respectively. Discount will be applied by the instructor during registration. Not a member? [JOIN US](#).

#### **16. Can non-FSS training be used to meet prerequisites for the online program?**

No. Only FSS training with authorized FSS faculty members can be used to meet prerequisites.

#### **17. Can I take part of a workshop or receive credit for taking part of a workshop?**

No. Each workshop is designed as an integrated whole and exercises build upon the previous ones. If a workshop is not completed, the entire workshop must be taken again to receive credit.