



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 TRAINING PROGRAMS FSS Continuing Education (CE) Credits Support Documentation

### **TO LICENSING AND APPROVAL BOARDS-ORGANIZATIONS-ASSOCIATIONS:**

This document provides authenticating material for the quality, authenticity, and efficacy of continuing education credits and certificates of completion earned through study with the [Foundation for Shamanic Studies](#) (FSS). An individual who requests acceptance from your organization of FSS CE credits will submit this to you along with their FSS CE CREDITS LETTER, showing workshops taken and CE credits earned.

Your organization may verify with the FSS the requesting individual's completion of FSS workshops and trainings by independently submitting this [Verification of FSS Continuing Education Credits](#) form.

### **I. ABOUT THE FOUNDATION FOR SHAMANIC STUDIES ([shamanism.org](#))** (a nonprofit public 501(c)(3) charitable and educational organization)

Started in 1979 as the Center for Shamanic Studies, the [Foundation for Shamanic Studies](#) (incorporated 1985) presents the world's foremost training programs in shamanism and shamanic healing. They are based on the pioneering work of Ph.D. anthropologist [Michael Harner](#) (1929 – 2018), who brought shamanism and the shamanic drum journey to contemporary life in the West after extensive field and cross-cultural investigation, experimentation, and personal practice. He originated, researched, and developed [core shamanism](#), a system designed for Westerners to apply shamanism and shamanic healing successfully to their daily lives. This system is based upon the underlying universal, near-universal, and common features of shamanism—together with journeys to other worlds—rather than upon culture-specific variations and elaborations. The applicability of core shamanism to contemporary Westerners has been substantiated by the experiences of the Foundation's thousands of students. The experiential methods are simple, safe, and have been used successfully by them with positive life-changing results.

Dr. Harner practiced shamanism since 1961. He received his doctorate in anthropology in 1963 from the University of California, Berkeley. He taught there, at Columbia and Yale, and at the Graduate Faculty of the New School for Social Research, where he chaired the anthropology department. His honors include the 2009 Pioneers in Integrative Medicine Award from California Pacific Medical Center's Institute for Health & Healing, an honorary doctorate in shamanic studies from the California Institute of Integral Studies, and special academic recognition at the 2009 meeting of the American Anthropological Association, at which he was honored by three sections of the association for his role in the exponential growth of the anthropological study of shamanism.

His classic book, [The Way of the Shaman](#), has long been considered the premier text on modern shamanism. His more recent book, [Cave and Cosmos: Shamanic Encounters with Another Reality](#), is recognized as another classic, and shows the cross-cultural reality of shamanic experience.

## II. ABOUT FSS WORKSHOPS & TRAINING

The Foundation for Shamanic Studies' [integrated series of workshops and advanced shamanic training programs](#) are widely recognized as unparalleled in the world. Originated, researched and developed over nearly 50 years by Michael Harner, the Foundation's training offers students the opportunity to learn and practice authentic, powerful, and effective shamanic healing methods to high ethical standards.

By taking workshops in a flexible weekend format, students have the opportunity to advance step-by-step in their training. Five-day and longer advanced residential programs, such as the *Two Week Shamanic Healing Intensive* and the *Three Year Program of Advanced Initiations in Shamanism and Shamanic Healing*, include profound and life-changing shamanic initiations. The Foundation's experienced practitioner-faculty ensure a high-quality, rich, and transformative learning experience. *See section D, FSS Faculty Training and Requirements, below.* The Foundation's programs are based in decades of practical experience.

Since 1985, tens of thousands of students have taken FSS workshops and training programs in the USA and Canada.

## III. WORKSHOPS AND TRAININGS OFFERED

(see section VII, below, for course descriptions)

### WEEKEND WORKSHOPS: BASIC AND ADVANCED (in person)

(13 CE credits/contact hours; 1.3 CEU)

- The Way of the Shaman®: The Basics (Prerequisite for all workshops and trainings)

#### **Shamanic Healing Series Program**

- Shamanism, Dying, and Beyond™
- Shamanic Extraction Healing Training™
- Power Soul Retrieval Training™
- Advanced Shamanic Healing Practice™
- Shamanism in Practice: Ethical, Effective, and Inspired Shamanic Healing™

#### **Shamanic Knowledge Series**

- Shamanic Divination Training™
- Shamanism and the Spirits of Nature™
- Shamanic Dreamwork™
- Shamanic Training in Creativity™
- Shamanism for Inspired Local & Global Change™
- Shamanism & Personal Transformation™

#### **ADVANCED FIVE-DAY AND LONGER TRAINING PROGRAMS**

- Two Week Shamanic Healing Intensive™ (60 CE credits/contact hours; 6 CEU)
- Three Year Program of Advanced Initiations in Shamanism and Shamanic Healing™ (Yearly: 56 CE credits/contact hours; 5.6 CEU. Program total: 168 CE credits/contact hours; 16.8 CEU)
- Harner Shamanic Counseling™ (35 CE credits/contact hours; 3.5 CEU)

## ONLINE WORKSHOPS

### Shamanic Knowledge Series

- The Shamanic Journey: Pathway to Knowledge & Power™ (7 CE credits/contact hours; 0.7 CEU)
- Shamanic Divination in Practice™ (7 CE credits/contact hours; 0.7 CEU)
- Shamanism for Inspired Local & Global Change (online) (14 CE credits/contact hours; 1.4 CEU)
- The Shamanic Worldview: Everything is Alive™ (7 CE credits/contact hours; 0.7 CEU)
- Shamanism & Personal Transformation (14 credits/contact hours; 1.4 CEU)

### Online Shamanic Healing Training Program

- Shamanism, Spirits, & Healing™ (7 CE credits/contact hours; 0.7 CEU)
- The Shaman As Psychopomp™ (10.5 CE credits/contact hours; 1.05 CEU)
- Inspired Shamanic Practice: Essentials of Effective & Principled Shamanic Healing™ (7 CE credits/contact hours; 0.7 CEU)
- Shamanic Extraction Healing Method™ (10.5 CE credits/contact hours; 1.05 CEU)
- Power Soul Retrieval Method™ (10.5 CE credits/contact hours; 1.05 CEU)
- Core Shamanism Healing Practice (14 CE credits/contact hours; 1.4 CEU)

## IV. FSS FACULTY TRAINING AND REQUIREMENTS

“I remain enormously grateful to the many wonderful teachers you have trained. Do you know that although it appears that many have “gone off on their own,” it is you and your course work that comes so strongly through them. They have an ethic of care that you imparted to them. I wouldn’t study with any other teachers than those who were trained by the Foundation because I trust you and I trust the teachers you have birthed into being.”  
—FSS student

Faculty members of the Foundation teach workshops worldwide in core shamanism. Each workshop contains specific content based in core shamanic methods originated, researched, and developed by Michael Harner. These methods have been tested over time by tens of thousands of Foundation students and found to be effective. FSS faculty members are trained in these methodologies so that each of the workshops and trainings offers consistent, authentic, and high-quality content and experiential exercises. Instructors are also experienced shamanic practitioners/healers.

Faculty members are required to:

- Complete the [Three Year Program of Advanced Initiations in Shamanism and Shamanic Healing](#).
- Complete the [Two Week Shamanic Healing Intensive](#).
- Take each workshop three times as a participant before teaching it.
- Teach consistent methods, content, and experiential exercises for each workshop
- Submit student feedback/evaluation forms when a new workshop is taught. (The FSS also solicits direct student feedback periodically through online forms.)
- Update their training periodically with an advanced FSS instructor to ensure familiarity with the latest content, as well as participate in video meeting updates throughout the year.
- Have an active shamanic healing practice. (Many have more than a decade of shamanic healing experience.)
- Comply with the [Code of Ethics of the Foundation for Shamanic Studies](#) (FAQ #6) and with standard ethical practices for healing disciplines.

This combination of rigorous experiential training and active shamanic practice has produced a world-class team of teachers for FSS shamanic programs.

## V. FSS RECORDS AND CE CREDIT VERIFICATION

The Foundation for Shamanic Studies keeps a central database of all FSS students (regular backups are made). Each student receives a unique identification number in the database. Workshops completed are recorded in the student's record by workshop name, date completed, and instructor. Hardcopy workshop registration forms are kept for each workshop as well.

If you receive a request for CE credits from an FSS student, your organization may verify with the FSS the requesting individual's completion of workshops and trainings by independently submitting this [Verification of FSS Continuing Education Credits](#) form.

## VI. CE CREDITS FOR FOUNDATION PROGRAMS

CE credits have been accepted for FSS trainings by associations for RNs, psychologists (such as MFT, LMFT), bodyworkers, massage therapists, social workers, hospice workers, and many others. As one example, California Institute of Integral Studies, San Francisco, California offers 13 BBS CEs (MFT, LMFT, RN) for FSS workshops it sponsors.

### What students say about the value of FSS training:

*"I could never have dreamed that the teachings of shamanism and in particular the process of shamanic journeying would have begun to alter me at my very core in all of these "ripple" effect ways. I am now 55 and have traveled many pathways. But this is the work that far transcends any of those attempted pathways."*

*"I want to thank you for making information on shamanism available through your book The Way of the Shaman and through all of the work you are doing to promote education and understanding. I took my first shamanic journey today and although I have never had any training or formal education in this area, I found the experience to be extremely profound and life altering. It was very different than I could have imagined it would be like, and the welcome I received in the Lower World brought me to tears as well as laughter."*

*"As a doctoral level social scientist and marriage and family therapist, I can attest to the fact that this work is the most powerful of all of the modalities in which I've trained."*

The practice of shamanism as taught by the Foundation is a non-exclusive healing modality, which often enhances treatments a patient is receiving from other health professionals. The shamanic practitioner enters an advanced state of consciousness using non-drug methods (rhythmic percussion sound, i.e., drumming/rattling, either live or recorded), where the practitioner is fully cognizant of herself and, at the same time, working in an elevated state of spiritual awareness.

In Michael Harner's *Cave and Cosmos*, in Appendix D, he and Sandra Harner, Ph.D. (psychology, Fordham University), discuss "Core Shamanism: Healing Information for Physicians and Health Professionals." This appendix provides one of the best descriptions of shamanism as a healing method that works well in conjunction with allopathic as well as alternative healing modalities.

"Physicians and psychotherapists who have come to understand the value of shamanic practices through firsthand experiential training and personal experimentation commonly wish to add such practices as a spiritual dimension of their own work or to refer patients to shamanic practitioners for complementary treatment. ... Also, in the United States, for example, health professionals tend to be inhibited from attempting to use shamanism due to governmental laws and regulations and professional organizations that prohibit them from practicing spiritual healing or even making referrals to spiritual practitioners.

“Such generalized conventional distrust of spiritual treatment needs to be replaced with specific knowledge about particular modes of practice and their possible complementarity. In the interests of developing such knowledge, significant support is needed for clinical studies of the effectiveness of shamanic practices. Only by taking seriously the most time-tested system of mind/body/spirit healing known to humanity can holistically oriented policies emerge that do not blindly forbid the nonexclusive treating of the spiritual aspects of illness and injury.” (*Cave and Cosmos*, p. 271.)

Shamanic training as part of professional and personal development is beneficial on many levels. For those in healing professions, the compassion and optimism it inspires in practitioners can enhance their work with patients and clients. Students of shamanism have reported that the training helps to reduce stress and anxiety, nurtures a deep understanding of and connection with people and the natural world, heightens creativity, and generally promotes well-being.

## **VII. WORKSHOPS AND TRAININGS DESCRIPTIONS**

([Workshops and Programs Directory](#) on shamanism.org)

### **A. WEEKEND WORKSHOPS: BASIC AND ADVANCED** (13 CE credits/contact hours; 1.3 CEU)

**[The Way of the Shaman:®The Basics](#)** (prerequisite for advanced workshops below)

During the Basic experiential workshop, participants are introduced to core shamanism, the universal, near-universal, and common methods of the shaman to enter nonordinary reality for problem solving and healing. Particular emphasis is on the classic shamanic journey, one of the most remarkable visionary methods used by humankind to explore the hidden universe otherwise known mainly through myth and dream. Participants are initiated into shamanic journeying, aided by drumming and other techniques for experiencing the shamanic state of consciousness and for awakening dormant spiritual abilities, including connections with Nature. Practice includes comparisons by participants of their discoveries in shamanic journeys as well as being introduced to shamanic divination and healing. They are also provided with methods for journeying to meet and study with their own individual spirit helpers in nonordinary reality, a classic step in shamanic practice. Participants learn how the journey is utilized to restore spiritual power and health, and how shamanism can be applied in contemporary daily life to help heal oneself, others, and the Planet.

### **Shamanic Healing Series Program (in person)**

**[Shamanism, Dying, and Beyond](#)**<sup>TM</sup>

Participants learn how to deal with the issue of dying and the destiny of souls from a shamanic perspective. The workshop is both for those who wish to learn for themselves, and for those who wish to help others who are in terminal situations or who have already passed on. Experiences to be undertaken include learning how to become experientially familiar with the after-death realms, tracking a person using shamanic journeying, completing unfinished business, helping a person to cross over, and classic psychopomp work.

**[Shamanic Extraction Healing Training](#)**<sup>TM</sup>

Participants are initiated into the extraction method of healing, including how to see, sense, and remove localized illness and pain connected to spiritual factors. This is an important part of shamanic healing training. They will also learn how shamanic practitioners can work in partnership to increase the effectiveness of this work. The Extraction Healing Training workshop is designed exclusively for people who want to bring shamanic healing work into their practice with others.

### **Power Soul Retrieval Training™**

Learning shamanism is not just a matter of acquiring methods, but also of increasing spiritual power and knowing how to use it. From the shamanic point of view, people who are not spiritually "power-filled" are prone to illness, accidents, and misfortune. Anyone who has had a traumatic experience may lose a portion of their soul, of their spiritual essence. There are also other reasons this may occur. In this workshop, participants will learn about soul loss and soul retrieval from a shamanic perspective. There will be a particular emphasis on the importance of shamanic power to do successful soul retrieval. Participants will also learn how to re-empower a client's soul after it has been returned so that the client is once again spiritually power-filled, leading to greater health and well-being. This soul retrieval training is based on worldwide core principles and methods. It does not require Western psychological perspectives and practices.

### **Advanced Shamanic Healing Practice™**

This two-day workshop is designed to provide to students with advanced FSS training, the opportunity for hands-on healing practice using multiple core shamanic methods. It includes a review and practice of these primary methods: extraction healing, power animal retrieval, psychopomp work, and power soul retrieval. General parameters of a shamanic healing session as well as important ethical considerations will be discussed. Participants will have the opportunity to offer a complete shamanic healing session for another workshop participant. Afterward there will be group Q & A and discussion focused on clarifying the methodologies and addressing issues that arise during the healing sessions.

### **Shamanism in Practice: Ethical, Effective, and Inspired Shamanic Healing™**

This two-day workshop is for those seeking to more effectively use their core shamanic training to alleviate pain and suffering and to help others in the world. A well-designed container for your healing practice that supports your clients and inspires you, can considerably enhance the effectiveness of your work. The training is appropriate for those beginning a shamanic practice, as well as for seasoned healers looking to deepen their work. This training provides an opportunity to create your ideal container for your practice. It includes:

- The ethical practice of shamanic healing and divination
- A brief look at legal considerations\*\*
- Practical matters such as payment for services, useful forms to have on hand, and more
- How to describe your shamanic services, talk with clients, and screen potential clients
- Creating a healing space that supports and inspires you
- Consulting with your helping spirits about various aspects of your healing practice

The workshop combines lecture, small group discussion, interactive exercises, and journeying.

## **Shamanic Knowledge Series (in person)**

### **Advanced Shamanic Divination Training™**

One of the classic tasks of the shaman is to journey into nonordinary reality in order to obtain answers to questions, both at the request of others and for oneself. Participants in the workshop have the opportunity to engage in divination journeys for each other as well as for themselves and to gain experience in using various time-tested shamanic divination techniques. In the shamanic search to become persons of knowledge, they learn, as shamans have from time immemorial, how to converse with plant and animal spirits, how to learn about the use of quartz crystals, and how to seek and receive revelatory knowledge from visionary sources.

### **Shamanism and the Spirits of Nature™**

From ancient times, shamans have worked with the spirits of nature for healing, survival, and knowledge. By learning from the plants and animals, from the rocks and mountains, from the winds and waters, and from the sun, moon, and stars, shamans helped their peoples live in harmony with the universe. In a world now out of balance, the way of the shaman can teach how again to respect nature, our Planet, and its inhabitants at a deep spiritual level. As our ancestors everywhere once knew, our survival depends on the survival of the other species. By working together intensively through shamanic journeys and other spiritual experiences, we will dedicate ourselves to working in both nonordinary and ordinary reality to restore and maintain a living Planet.

### **Shamanic Dreamwork™**

In this unique experiential workshop you will have the opportunity to explore the nature, meaning, and use of dreams among shamanic peoples, with dreamwork practices from a range of cultures. Researched and developed by Michael Harner, subjects to be covered include shamanic dream theory and big dreams, as well as dreams and the soul, spirits, shamanic journeys, the Dreamtime, and the vision quest. You will have the opportunity to apply the knowledge to contemporary life, including the use of dreams in divination, health, and healing.

### **Shamanic Training in Creativity™**

Creativity is so ancient that it is at once fundamental and complex, even a driving force in our lives. Shamanism brings a fresh approach to Westerners for cultivating their creative potential. In this workshop developed by Sandra Harner, based on years of research, participants will have the opportunity to enhance their creativity through the practice of shamanic methods. Selected historical and anthropological examples will illustrate connections between shamanism and creative abilities, and a variety of specific shamanic exercises will be taught that participants can apply to their personal lives. (Article: "Shamanism and Creativity" by Sandra Harner.)

### **Shamanism for Inspired Local and Global Change™**

In these challenging times, shamanic work, when combined with ordinary reality knowledge and action, can make an immense contribution toward effective long-term solutions for community and global problems. Shamanic divination - asking the fully compassionate spirits for answers to questions - is particularly helpful in providing inspired and workable ways to address complex issues in ordinary reality. This workshop offers practical methods to gain and apply wisdom from the spirits to resolve persistent problems facing humanity, our precious Earth, and its inhabitants.

In this workshop, you will:

- Practice applying shamanic divination/journeying methods to the problem-solving process
- Use shamanic divination to gain insight into real-world issues you care about
- Examine ethical guidelines and issues of permission
- Look at some of the personal benefits of spirit-inspired community action
- Explore possible ways to ethically invoke the presence and power of the compassionate spirits in our world

### **Shamanism & Personal Transformation™**

Shamanism has much to offer those seeking personal knowledge and emotional and spiritual maturity. Shamanism & Personal Transformation teaches us how to work with our spirit helpers and in ordinary reality to transform personal attitudes, emotions, and blocks to living a fulfilled and inspired life. Exercises are provided to help participants see and move beyond personal limitations to a centered and compassionate state of being. In so doing, we bring these qualities into the world to the benefit and ultimate transformation of our Earth and its inhabitants.

## **B. ADVANCED FIVE-DAY AND LONGER TRAINING PROGRAMS (in person)**

### **Two Week Shamanic Healing Intensive™** (60 CE credits/contact hours; 6 CEU)

"The course is brilliantly designed. Each tool was taught in a step-by-step way so I gained experience and confidence to undertake the healing work. The schedule worked well and the methodology was very eloquent and elegant." —Two-Week student

Originated and directed by Michael Harner and based upon his decades of research and experimentation, this residential program in advanced core shamanism is described by former participants as "transformative," "life-changing," and "the most important spiritual experience of my life."

A variety of advanced methods are practiced in this program, including extraction healing, power soul retrieval training, psychopomp work, divination, and work with the spirits of nature. There will also be work that is not included in FSS weekend workshops, such as selected advanced healing methods, the dream dance, explorations, and initiatory experiences. (This program does not duplicate Three-Year Program material nor include Shamanic Counseling Training.)

### **Three Year Program of Advanced Initiations in Shamanism and Shamanic Healing™**

(Annual: 56 CE credits/contact hours; 5.6 CEU. Program total: 168 CE credits/contact hours; 16.8 CEU)

"The Three Year Program has changed my life on a cellular level. It has been the best experience of my life!"

Originated by Michael Harner and based upon his decades of research and experimentation, this course is the most advanced training in shamanism and shamanic healing offered by the Foundation. It is widely considered as unparalleled in the world. It involves intensive extended training in progressively higher levels of very advanced shamanism, including initiations into rare and little-known practices and principles.

### **Harner Shamanic Counseling™ Training Program** (35 CE credits/contact hours; 3.5 CEU)

"The HSC work is among the most powerful I have encountered, not only for myself at the training, but in use with clients afterwards. With regard to the training itself, I really loved it. I came away, not only with insights and new practices for myself, but a method I can use to help clients develop their own disciplined work and connection to helping spirits."

—Susan Rossi

In essence, the clients become practitioners of divinatory shamanism for themselves, with the help and guidance in ordinary reality of the shamanic counselor. One of the features of HSC is that the real shamanic counselors are in nonordinary reality. These are wise teachers that the clients encounter in their shamanic journeys and who provide answers to the clients' questions. The ordinary reality HSC counselors, in contrast, provide instruction, orientation, and methodological advice based upon core shamanism and shamanic journeying.

HSC uses electronically provided sonic-driving (drumming) to alter the state of consciousness of the client in order to go "outside of time" to utilize ancient shamanic problem-solving methods. The client is trained in the method of simultaneous narration and recording of the shamanic journey in order to amplify the quality of experience and to have an ongoing record of the journeys. Through their experiences in the shamanic journey, clients have the opportunity to discover their own abilities to obtain extraordinary, practical and wise answers to important personal questions, overcome inhibitory fears, and to acquire self-



confidence and incredible heartfelt wisdom. With this, the client commonly experiences a sense of personal empowerment and a new-found joy in existence.

All five days of this course are devoted to experiential practice in question framing, journeying, and shamanic interpretation in an intimate setting. Each participant will have practice in both roles, client and counselor. The work is intense and exciting. As one participant observed, "The deepest journey I ever had occurred in this course."

Since HSC is a spiritual rather than a psychological system, it is not necessary for an HSC counselor to be a professional psychotherapist or other counselor. What does seem to be essential is that the counselor be well-versed in the concepts and practices of shamanism, and be a stable individual of sensitivity, intelligence, character, and compassion.

### **C. ONLINE WORKSHOPS (7 - 14 CE credits/contact hours or 0.7; 1.4 CEU)**

Online workshops index: <https://www.shamanism.org/workshops/>

All FSS online experiential workshops are taught by FSS faculty members via Zoom video conferencing. Participants see and hear each other and interact in pairs and small groups, as well as in the full circle.

### **Shamanic Knowledge Series (online)**

#### **[The Shamanic Journey: Pathway to Knowledge & Power](#)**<sup>TM</sup> (7 CE credits/contact hours; 0.7 CEU)

*Prerequisite for other ONLINE workshops.*

The shamanic journey is a remarkable visionary method for entering into another reality with discipline and purpose. Using classic drumming techniques to alter consciousness, participants will be introduced to the shamanic journey to awaken one's soul and dormant spiritual power. Travel outside of time and space into another reality and make contact with compassionate helping spirits, such as teachers and power animals, for personal wisdom and to gain knowledge to help create a better world.

#### **[Shamanic Divination in Practice](#)**<sup>TM</sup> (7 CE credits/contact hours; 0.7 CEU)

The skilled practice of shamanic divination, the process of consulting the spirits for knowledge, is an essential aspect of shamanic healing and of bringing the wisdom of the helping spirits to bear on personal, local, and global issues. This workshop offers students opportunities to practice methods for contacting their compassionate spirit helpers, particularly through the shamanic journey, and to enhance their abilities to form on-topic questions and interpret the messages received. Participants will also experience classic shamanic ways to build and nurture strong relationships with their own spirits.

#### **[Shamanism for Inspired Local and Global Change](#)**<sup>TM</sup> (online) (14 CE credits/contact hours; 1.4 CEU)

In these challenging times, shamanic work, when combined with ordinary reality knowledge and action, can make an immense contribution toward effective long-term solutions for community and global problems. Shamanic divination - asking the fully compassionate spirits for answers to questions - is particularly helpful in providing inspired and workable ways to address complex issues in ordinary reality. This workshop offers practical methods to gain and apply wisdom from the spirits to resolve persistent problems facing humanity, our precious Earth, and its inhabitants.

- Practice applying shamanic divination/journeying methods to the problem-solving process
- Use shamanic divination to gain insight into real-world issues you care about
- Examine ethical guidelines and issues of permission
- Look at some of the personal benefits of spirit-inspired community action
- Explore ways to ethically invoke the presence and power of the compassionate spirits in our world

**[The Shamanic Worldview: Everything is Alive™](#)** (online) (7 CE credits/contact hours; 0.7 CEU)

The shamanic worldview underpins the ethical and effective practice of shamanism. Experiential knowledge of this worldview leads to a profound awareness of the sacred nature of our world and an awakening of compassion, resulting in a deep desire to relieve pain and suffering and restore balance and harmony. Using journeying and experiential shamanic methods, in this online workshop you will have the opportunity to personally explore and experience the fundamental aspects of the shaman's worldview: Everything is alive; unity, our connection with all beings and nature; permission as an essential requirement for shamanic work; the shaman as “one who knows,” practicing an independent spirituality.

**[Shamanism & Personal Transformation](#)** (online) (10.5 CE credits/contact hours; 1.05 CEU)

Shamanism has much to offer those seeking personal knowledge and emotional and spiritual maturity. Shamanism & Personal Transformation teaches us how to work with our spirit helpers and in ordinary reality to transform personal attitudes, emotions, and blocks to living a fulfilled and inspired life. Exercises are provided to help participants see and move beyond personal limitations to a centered and compassionate state of being. In so doing, we bring these qualities into the world to the benefit and ultimate transformation of our Earth and its inhabitants.

## **Shamanic Healing Training Program (online)**

**[Shamanism, Spirits, & Healing™](#)** (online) (7 CE credits/contact hours; 0.7 CEU)

Effective shamanic practice depends upon knowledge of the spirit realms and how to access them to build strong relationships with the compassionate helping spirits. Powerful shamanic healing requires training, discipline, and experience. Explore the three worlds of the shaman, ordinary and non-ordinary reality, and spirits, as well as their relationship to illness and wholeness. Primary shamanic healing methods will be described, including shamanic extraction healing, psychopomp to help the spirits of the deceased, and soul retrieval. Learn and practice power animal retrieval.

**[The Shaman As Psychopomp™](#)** (online) (10.5 CE credits/contact hours; 1.05 CEU)

Shamans are concerned with the human soul, with healing during life and assisting the soul's passage out of the Middle World after death. Familiar with the realms of the dead, a shaman can act as a psychopomp, a conductor of souls. A trained shamanic practitioner is able to guide the soul of a deceased person out of the Middle World to a place where the soul can receive help in taking the next step on its path. The focus of this training is on learning and practicing the psychopomp method.

**[Inspired Shamanic Practice™](#)** (online) (7 CE credits/contact hours; 0.7 CEU)

An effective shamanic healing practice depends on a combination of factors, including authentic and rigorous training in methods and direct experience with clients. As a spiritual healing method, the pragmatic aspects of the profession may be easily overlooked, and yet can make the difference between a valuable experience and a profoundly healing one from the client's viewpoint. The online workshop combines lecture, small group discussion, interactive exercises, and journeying. **Includes:** Ethical issues such as permission, talking with and screening potential clients, what to do before and after a session; brief legal considerations (not legal advice); practicing with integrity and respect; and some pragmatic aspects of an effective shamanic practice.

*(Continued next page)*

**Shamanic Extraction Healing Method**<sup>TM</sup> (online) (10.5 CE credits/contact hours; 1.05 CEU)

Shamanic extraction healing is a powerful practice for treating localized pain and illness resulting from spiritual factors. "The shaman works to remove things that interfere with the health of the body, such as spiritual intrusions, and extract them. This is not done through journeying. It's done through working here in the Middle World in an altered state of consciousness." –Michael Harner, [Shamanic Healing](#)

In this fully experiential online workshop, you will have the opportunity to:

- Learn methods to build spiritual power to prepare for extraction practice
- Sense and see spiritual intrusions, which may be causing localized illness
- Practice with other participants to safely extract (remove) spiritual intrusions
- Re-empower a client after a shamanic extraction to fully restore health and well-being

**Power Soul Retrieval Method**<sup>TM</sup> (online) (10.5 CE credits/contact hours; 1.05 CEU)

Soul loss due to trauma - such as emotional pain and shock, accidents, long term illness, constant stress, overwork and even the loss of connection with nature - is a spiritual illness, recognized by shamans cross-culturally. A missing soul portion can be thought of as part of a person's vitality and essence that they can no longer access, leaving them diminished and lacking in power. Soul retrieval is a classic shamanic method in which the practitioner, with the assistance of their helping spirits, in an altered state using rhythmic drumming or rattling, makes a shamanic journey to locate and return any missing portions of a client's soul.

In this fully experiential online workshop, participants will be trained in the core elements of soul retrieval, including:

- Definitions of the soul and soul loss
- The importance of spiritual power to effective soul retrieval and exercises to build power and strong relationships with your helping spirits
- How to find and bring back a lost soul portion for a client
- Practice with other participants offering and receiving soul retrieval to help restore wholeness, personal vitality, and health

**Core Shamanism Healing Practice**<sup>TM</sup> (online) (14 CE credits/contact hours; 1.4 CEU)

This online workshop will provide students with advanced FSS training the chance to review and practice the fundamental core shamanic healing methods in a session with a participant-client. Those who are beginning a shamanic healing practice, as well as seasoned practitioners seeking to increase their proficiency, can benefit from this training.

The workshop includes:

- General parameters of a shamanic healing session, as well as important ethical considerations.
- Review and practice of the primary methods, as taught in the in-person weekend workshops and the Online Shamanic Healing series: extraction healing, power animal retrieval, psychopomp work, and power soul retrieval.
- The opportunity to "put it all together" by applying multiple core shamanic healing methods in a solo session for another participant in the role of the client.
- Discussion, Q&A, and information exchange afterwards with other shamanic practitioners to clarify the methods and address issues that may arise during a healing session.