

Walking the Beauty Way IX

An Apprenticeship Exploring Shamanism as a Personal Spiritual Practice

5-Weekend Study Series with Ana H. Larramendi

Class will be held at Bethel Horizons Retreat Center near Dodgeville, WI.

Meetings begin at 7:00pm Friday and end at 3:00pm Sunday. We meet every other month.

How do we live a life of Spirit? How do we integrate Shamanism in everyday life?

This apprenticeship is for those who are exploring shamanism as a personal spiritual practice and wish to have more depth in their understanding of this tradition. I recommend this training as an excellent foundation to build your shamanic skills and to be better prepared for more advanced healing classes or apprenticeships. A commitment to all 5 meetings is expected.

Walking the Beauty Way teaches core practices that appear cross-culturally in many shamanic cultures. The meetings include mindfulness, meditation, journeying, ceremonies, personal rituals, gratitude, and love of the natural world. This training is excellent for those who would like to explore these practices simply for personal spiritual purposes.

These gatherings will meet Friday evening to Sunday afternoon for 5 weekends. A small community of like-minded, curious people learning together and building a skill-set of shamanic practices that can be personalized and applied in your regular life. This training offers an opportunity to discern for yourself if studying in a more advanced healing apprenticeship calls to you.

Meeting 1: October 6-8, 2023

Foundational Practices: This meeting will focus on a more in-depth overview of shamanism by learning some basic foundational practices. We will review cross cultural understanding of calling in directions: Understanding why it is done and what purpose it serves. You will learn a basic template of what each direction symbolizes so you can confidently create sacred space yourself. In addition, we will learn about smudging, making simple offerings, including a simple Peruvian technique that can be easily applied to many situations. We will also learn grounding and discernment, holding space, as well as practices to stay safe. This will include spiritual hygiene and self-care, such as setting boundaries so we can communicate in a safe and meaningful way with our helping spirits, Power animals, and teachers. A discussion on ethics in this work will also be covered.

Meeting 2: December 1-3, 2023

Personal Work: Here we will focus on knowing and claiming our authentic selves--of being in our power. We will explore behavior patterns that weaken us, or cause us to give away our power, as well as working with our ego. We will bring attention to how we may create unconscious sorcery, and how to stay in integrity in our spiritual practice. This meeting focuses on self-care, journeys for self- healing & awareness, and journeys for clearing of heavy energies in our own energy fields. We will finish on Sunday with exploring different types of divination practices, including how to phrase questions and how to structure a divination for comprehensive, useful results.

Meeting 3: January 26-28, 2024

Death & Rebirth: In this meeting we will explore the concept of death from a shamanic viewpoint. We will explore what happens to the soul at the time of death...the cosmology of the soul's journey, including reincarnation. Understanding the soul's journey after death, empowers us with knowledge that dispels the fear of death that many struggle with. Making peace with death is an extremely important theme for those who walk this path. We will learn about psychopomp, (crossing souls to the light), as well as ways to support and calm those who are in the final stages of life. We will learn the practice of *Tupay* (conflict resolution in sacred space) as a means to bring peace to unresolved relationships. Our group will experience practicing Death Rites on each other...as a way to learn the soul's journey. This meeting is an opportunity to be reborn through shedding the past and creating a new relationship regarding our perception of death.

Meeting 4: March 22-24, 2024

Ritual & Ceremony: In this meeting will focus on how to bring the sacred into our everyday life. We will learn how to confidently create our own meaningful and personal rituals and ceremonies by learning basic structure, forms and “rules” that create best practices. This will include; proper opening and closing of sacred space, space clearing, as well as how to construct ceremonies for: Rites of Passage, Personal Initiations, Blessing Ways for newborns, and other personal rituals to demarcate beginnings or endings in our lives. We will also learn proper protocol for building a fire for fire ceremonies, have a fire ceremony, and learn several types of traditional offerings (tobacco ties, prayer arrows) typically offered to the Spirits.

Meeting 5: May 17-19, 2024

Nature Communication: In this gathering we will delve into the spiritual world of nature by developing ordinary and non-ordinary reality skills that help us communicate with nature and elemental beings. This meeting focuses on how to be in harmony with nature and re-wilding ourselves. Practices will include: Fox walking and stalking, Bird language, Techniques of invisibility, communicating with trees and listening to medicine plants. Also, practices on how to receive and interpret signs and omens from nature. We will do Journeys to the Spirit of Places as well as discovering the landscape that is most harmonious for your personal spiritual growth and grounding. This meeting will deepen your ability to walk with oneness in a natural landscape through nature awareness.

Ana H. Larramendi is a full-time shamanic teacher and healer, with a private practice in rural Wisconsin. She has been studying shamanic traditions since 1989, and founded **The Hollow Bone** in 2001. Ana has studied extensively with teachers from many different shamanic traditions. Her healing work includes: Soul Retrieval, Extraction, Depossession, Curse Unraveling, Ancestral Healing, Somatic Illumination, Past-Life healing, space clearing and various land healing/balancing modalities. Ana has had articles published in the *Journal of Shamanic Practice*, and has appeared several times on the Podcast of *Why Shamanism Now?* With Christina Pratt. More of Ana’s work can be seen at her website: www.thehollowbone.com

Prerequisites:

An interview with Ana, and an ability to receive information from helping spirits through shamanic journeying. A commitment to all 5 meetings is expected. Class will be held at Bethel Horizons Retreat Center near Dodgeville, WI.

****All students are required to take a Covid-19 home test 24-48 hours (and test negative) before each meeting begins in order to attend****

The class size is limited to a maximum of 14 people (only 10 residential spaces) and a minimum of 8. If the class is not sufficiently filled by the starting dates, the starting date will be pushed back to the dates of the next meeting.

Cost per weekend: All residential prices are for private rooms.

\$625 Private room in main building

\$605 Private room in separate building

\$565 Non-residential (includes all meals)

Price includes; 5 meals and 2 nights lodging. Bring your own pillow, linens (or a sleeping bag) and towels (or add \$15 for a full set of sheets and towels). A \$100 deposit holds your space. You can withdraw from the program up till Sept.1,2023 and receive a refund for your deposit.

If you have questions, call Ana at 608-255-4333. To receive a registration form please email Ana at: anawasi@thehollowbone.com