

FIFTH 2-YEAR SHAMANIC INTENSIVE

with Cecile Carson, M.D.

March 2011 – November 2012

Honeoye, New York



“It’s not what you do but who you become that changes the world.” Sandra Ingerman

These times call for a steady, focused response to the changes in our world and in our personal lives. This intensive is designed to help the participant do the deep inner work necessary to be a healing force in the world today.

Being a shamanic worker means mastering the power of thoughts, of speech, of gesture, and of right action, knowing that at all times we are influencing and being influenced by the outer world and the inner world. It doesn’t matter if you are openly or actively doing shamanism with others; this course is about holding sacred space within yourself and with spirit, to offer your light to others. You do not have to be a shaman or have taken a million workshops. All that is required is that you are willing to open to the fullness of who you are and to your purpose in the world.

The course begins with the most primary forms of connecting with ourselves and with all of nature, utilizing journeying skills and extended time in nature to open to the conversation that is always there, but most often not noticed. It is designed to give us protected time to face ourselves fully and bravely. We will explore the language inside our heads and our beliefs that drive that language, and open to a deep dialogue with all of nature. We will also explore the impact of our words and thoughts on our bodies, our health, and our relationships and work with others.

The course is also designed to build a supportive shamanic community that can have a greater impact on the healing process than can individuals alone, and that will continue beyond the two years.

Curriculum:

The **first year** includes a full exploration of our inner processes, our assumptions, the lenses through which we view our world and through which we take action. Each session will include journeywork, as we invite our helping spirits to offer the information and healing we each uniquely need to move through the process. The sessions will address symbol and gesture as primary language; speech (use of decree, inadvertent cursing, naming, healing sound); focus and intention; imagination and playfulness; surrender. We will work with Middle World allies and the power of the land and the elements. At the end of the first year, participants have the option to commit to a second year.

The **second year** focuses on more completely integrating a shamanic framework into our lives and exploring our life’s purpose and how to manifest it in the world. We will address limiting beliefs that are obstacles to this manifestation and allow the spirits to initiate us into the sacredness of our being. We will develop shamanic forms that work best for us and that we can offer to others. We will work with group energy and forms of collective healing and communication as we build an ongoing community to support us throughout the program and beyond.

Location:

The group will meet at High Pond Retreat Center, a rustic 23-acre site 30 miles south of Rochester, NY. (see photos on website www.integratedhealthinstitute.com) We will also utilize a 350 acre nature preserve very close by.

Dates and Times:

There are **five 2-day sessions for each of the two years** that run through the cycles of the seasons: March, May, July, September, November. Additionally, there will be assignments for participants to work on between sessions.

Year One: March 19-20, May 14-15, July 16-17, September 17-18, November 5-6, 2011

Year Two: (dates to be announced)

Times: 2-day sessions will run from 9 a.m. to 6 p.m. both Saturday and Sunday.

Registration and Fees:

The fee for each year is \$990. A non-refundable deposit of \$150 will hold your space in the group. At the time of the first 2-day session in March, you will be required to pay both the balance due of \$80 for the first session plus \$200 (non-refundable and in advance) for the final session of the first year. A fee of \$280 will be due at both the second and the third 2-day sessions. This arrangement will repeat for the second year as well.

Prerequisite:

Participants must be able to journey and have a working relationship with their helping spirit(s). They must also fill out an application form and be accepted into the program.

Facilitator:

Cecile Carson is an experienced teacher and shamanic worker who has integrated shamanic principles into her Western medical practice. She has had extensive training through the Foundation for Shamanic Studies over the past 24 years, and has studied in Romani (gypsy) and Celtic traditions as well. She is also on the Board of Directors for the Society for Shamanic Practitioners, an international organization of individuals deeply committed to using shamanic skills to heal the spiritual aspects of illness in people, communities, business, and the environment.

Contact:

Call or email Cecile Carson with questions and to register. An application form will then be sent to you to be completed. Upon acceptance, the deposit is due and will hold your space in the group. Phone: 585-271-5650 or email cecile@cecilecarson.com.