Shamanic Journeying: an ancient method for exploring the hidden universe for problem-solving, wellbeing and healing

Core shamanism is the near-universal basic methods of the shaman to enter non-ordinary reality (spiritual reality) for problem solving, wellbeing and healing. The focus of this two-day workshop will be an introduction to the classic shamanic journey - one of the most ancient methods (over 40’000 years) used by our ancestors to explore the hidden universe and access information to bring healing to the community.

Aided by drumming to alter the states of consciousness to safely experience the shamanic state of consciousness (SSC), participants are introduced to the basic methods for journeying to explore non-ordinary reality (the shaman’s map) and to experience the connectedness with Nature. They will also discover their own individual spiritual allies and teachers and to study with them, a very important step in shamanic practice. A shamanic journey can be used to empower an individual in restoring spiritual power and health. Participants will also learn how to apply shamanism in daily modern life to help themselves, others and the Earth. This 2-day workshop is a very hands-on experiential workshop with practices that encourage participants to share and compare their own discoveries and experiences with others. It is also an introductory workshop in shamanic healing (power animal retrieval), shamanic divination, power dance, community healing as well as the basics of creating and holding sacred space. No prior experience or training in shamanism is required.

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**Facilitated by:**

Jacqueline Teoh – Shamanic Practitioner, Reiki Master and Executive Coach

Jacqueline has been practicing spiritualism since 1996. Following the footsteps of her grandfather, who was a medium and shaman in Malaysia, she was initiated by and has trained extensively with a Celtic shaman in the UK as well as shamans in the US and from Tibet. She is also an Usui/Tibetan Reiki and Karuna® Reiki Master (since 2004). She was a former Director at the world’s largest professional consulting and accounting firm and is now the founder of Living Resonance (www.living-resonance.com), a complementary therapy and training practice in Geneva Switzerland where she practices and teaches stress reduction and integrative medicine such as Reiki and Core Shamanism. She has worked in the corporate world for 15 years before deciding to focus on her main passion: compassionate healing and people empowerment.

2-day workshop investment: 400 SGD
(Investment includes a free copy of Sandra Ingerman’s book + CD – Shamanic Journeying a Beginner’s Guide)

Places are limited to 15, to reserve your place please email latest by 15 July, 2012: info@living-resonance.com, mobile: +65 8589 4781 or visit www.living-resonance.com

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