

Dancing with the Ancestors

Information for Participants

THE VENUE

GAUNTS HOUSE, WIMBORNE, DORSET, ENGLAND

Gaunts House is a Georgian-Victorian, red-brick mansion with a castellated north tower, set in extensive grounds covering 2,000 acres. The house is comfortable but not luxurious. Meals are delicious and entirely vegetarian.

***Please bring your own towels, indoor shoes,
warm and comfortable 'all weather' clothes and a torch***

Gaunts House was first documented around 1355, when it was left to John of Gaunts by his beloved wife Blanche, daughter and heiress of the old Duke of Lancaster. Beneath the present red-brick mansion is one of Portland stone, built around 1752 by Sir Richard Glyn, Lord Mayor of London.

www.gauntshouse.org

THE MEALS

THURSDAY

SUPPER 6.00pm - 7.00pm Two Courses

FRIDAY

BREAKFAST 7.00am - 8.00am Continental Serve Yourself
LUNCH 12.30pm - 1.30pm Two Courses
SUPPER 6.00pm - 7.00pm Two Courses

SATURDAY

BREAKFAST 7.00am - 8.00am Continental Serve Yourself
LUNCH 12.30pm - 1.30pm Two Courses
SUPPER 6.00pm - 7.00pm Two Courses

SUNDAY

BREAKFAST 7.00am - 8.00am Continental Serve Yourself
LUNCH 1.00pm - 2.00pm Two Courses

THE CONFERENCE

Over the conference you will have the chance to learn from a variety of different teachers and to engage with spirit in numerous ways. It should be an experience like no other. We also encourage you to connect with nature and make as many new friends as possible.

We are very interested in your feedback so we can continually improve on this experience in following years. Please fill out the evaluation form before you leave and give it to Vanessa Allen .

Mark Loman will be taking photographs throughout the conference, it is possible some of these will be printed in magazines or displayed on websites, if you do not want your photograph taken please let Mark know.

We hope this is a transformational experience for you.



THE SOCIETY FOR SHAMANIC PRACTITIONERS

The Society was formed in 2004 with the intent of helping to translate the ancient art of shamanism for use in the modern world.

We focus on those shamanic practices that promote healthy individuals and viable communities and our main activities involve the gathering and sharing of knowledge.

Our goals for this conference are to expand knowledge about shamanic practice; to deepen healing skills; to learn new ways of doing the inner work necessary to live and practice with integrity; to build an ever-increasing shamanic community; and to offer a time for self-healing so that we return to the world re-vitalised and inspired.

www.shamansociety.org

GRATITUDE

Our grateful thanks to Nicholas Breeze Wood and Faith Nolton (Jan Morgan Wood), who designed and donated advertising space in Sacred Hoop the leading international shamanic magazine, Nick has also been instrumental in producing this year's brochure and updates the website he set up for the UK conference:

www.shamanconference.co.uk

Grateful thanks from Howard and Elsa to the rest of the Planning Committee: Bonnie Horrigan, Alan Davis, MD, PhD, Vanessa Allen, Annie Spencer, Nicholas Breeze Wood, Faith Nolton.

Last but not least a big thank you to our guiding Spirit Helpers and the Spirit of the Conference for their gentle and wise support.

Howard & Elsa Malpas

THE DAILY EVENTS - IN THE THEATRE

MORNING MOVEMENT

Friday, Saturday and Sunday: 6.00am – 6.30am

MORNING GATHERING

Friday and Saturday: 8.15am – 9.00am

A time to get to know each other in small groups, in the theatre.

As you enter the theatre please take a token to know which group you are a part of.

GIVE-AWAY

Sunday: 8.15am – 9.00am

PLENARY SESSIONS

Friday 9.00 – 10.00am Dancing the Ancestors. With Tom Cowan PhD

We will consider the four directions according to the Irish Spirit Wheel and honour the ancestors who exhibited the spirit powers and virtues of those directions. In our dance we will ask them to accompany us in our present lives renewing and strengthening those powers for us as we need them. The intent of our dancing can also be to forgive and heal those ancestors who were not able to embody the powers and virtues of the four directions.

Saturday 9.00 – 10.00am Keening for the Ancestors. With Tom Cowan PhD

We will ritually bury the names of our departed loved ones and keen for them as residents now of the Land of Truth. Our lamenting will allow us to grieve, but at the same time celebrate their lives, as well as the new life awaiting them beyond the veil. The Irish words we use in our keening are 'Ta siad in ait na fhirinne' (They are in the place of truth).



Sunday 9.00 – 10.00am Drumming the Generations. With Tom Cowan PhD

We will drum the generations along the River of Life. First we will drum downstream for those who have left this world and journeyed into the Otherworld. Then we will drum upstream for those not yet born who will come into our world after us. Lastly we will drum for all of us currently alive, that we be good stewards of the Earth that our ancestors have left us, and that we leave a healthy and viable planet for the generations to come.

Plenary Sessions will be in the theatre

THE SESSIONS AND PRESENTERS

THURSDAY AFTERNOON - 10th SEPTEMBER

SHAMANIC JOURNEYING

For those new to Shamanic Journeying or those wishing to re-cap
4.30pm - 5.45pm

With Maria Runningwater

Discover the wonders of journeying to the sound of the drum as our ancestors did before us. Experience journeys to other realities and meet with spirit guides, ancestors, teachers and/or Power Animals.

During this workshop you will experience:

- A short summary of the origins of shamanism and journeying.
- An explanation of how to journey, with demonstration of drumming.
 - 'Hollow Out' - a story of diverse experiences.
 - 1st journey: to the Lower World followed by share.
 - 2nd journey: to the Upper World followed by share.
- If time permitting 3rd journey: a choice of reason and destination.

This workshop will help you develop an understanding of the methodology of shamanic journeying, and how to prepare yourself by stepping into the freedom of openness, releasing the restrictions of ego. Discover the wonders of the sound of the live drum as our ancestors did before us. Experience journeys to other realities and meet with spirit guides, ancestors, teachers and/or power animals.

This gives you the opportunity to really connect with the essence and gain the best results from any journey situations throughout the conference.

Maximum of 40 participants for this workshop.

About Maria Runningwater...

Maria was blessed with the ability to see, hear, sense and feel spirit at an early age. It never left her, hence she followed many different interests, reiki, crystals, meditation, past life, tarot, NLP, hypnosis, this religion, that religion, and so the list goes on. None of these made complete sense until she discovered the shamanic ways. Since then she has never looked back. Everything she have ever done, now makes sense and slots together beautifully. She finds herself sharing and helping others to find their way in life, offering shamanic workshops, circles, healing, consultations and occasional vision quests.

Maria says "I have much experience, but no claims to fame. Being a simple down-to-earth person enables me to remain very grounded whilst working with those in this reality and other realities. I find myself walking between worlds daily and I am thankful for the day that my shamanic journey began".

www.totallyshamanic.com e.mail: help@totallyshamanic.com



THURSDAY EVENING - 10th SEPTEMBER 7.00pm

A WELCOME TO THE CONFERENCE

With Howard & Elsa Malpas

OPENING CEREMONY Beckoning the Ancestors

With Annie Spencer

About Annie Spencer...

Annie is the founder of Hartwell which offers workshops on shamanic ceremonial ways. She is a ceremonialist and workshop leader with an Oxford MA and a Diploma in Humanistic Psychology. She has been running groups and trainings for over 20 years including the ground breaking Women's Mystery courses. Her writing on earth mysteries, women's mysteries and ceremony can be regularly found in many major magazines. She also works with 'Circles of Life Rediscovery', bringing earth-based spiritual traditions to young people.

Annie has worked in many spiritual traditions over the past 30 years. Introduced to Native American Medicine work in 1982, she was apprenticed in this tradition. She has undertaken ceremony at Macchu Picchu, sat in sweatlodge in North America with elders from the Mi'kmaq and Ho Chunk nations, and has been studying Guatemalan Mayan teachings for the past five years.

Knowing the importance of integrating these teachings with her own land, Annie has built up an intimate relationship with the sacred sites of her Cornish ancestors, and she follows her own ceremonial path. Annie opens pathways for others – illuminating their life journeys.

Her primary interest is the renewal of ancient ceremonial forms for creating a path of beauty upon Grandmother Earth.

www.hartwell.eu.com e.mail: info@hartwell.eu.com

FINDING OUR BEAUTY – TOOLS FOR CONNECTION

8.00pm-9.30pm

With Carol White Owl Youngson

An important part of our healing journey is to reconnect with and heal our relations with our ancestors. We will journey to meet them to begin this process that will be continuing throughout our time together.

After a brief introduction to the etiquette of the spirit world and how to 'see' ancestors, we will establish our own individual clear intent. Then we will visit the four directions and call to the ancestors that are related to our four aspects.

New agreements for mutual support and healing can be made in this time.

You will experience how to:

- Open up to the awareness of your ancestors
- Gain the tools for making a strong connection
- Experience this connection and establish a working relationship
 - Gain an expanded sense of self and an open, joyful heart
 - Discover the help and support available from our ancestors
 - Clear up old business
 - Learn how to prepare to be a good ancestor
 - Contribute to creating the 'fifth world'
 - Gain awareness of caring for the seven generations.

We will close with prayers of gratitude for our ancestors

Things to bring: Note book and pen and a willingness to engage.

About Carol White Owl Youngson...

Carol is an authorised teacher and ceremonialist in the 'Sweet Medicine Sundance Path of the Deer Tribe'. She has been apprenticed to this path for over 20 years. Carol is the lodge leader of the 'Lodge of the Singing Stones' based near Sheffield in England. The Lodge offers year long programmes, apprenticeship, healing ceremonies, ceremonial drumming and singing, sweatlodges and much more.

"I love nature in all its forms and bringing the medicine wheel teachings and ceremonies to the people to restore their natural selves in connection with Spirit".

www.singingstones.org e.mail: carolwocy@googlemail.com



FRIDAY MORNING - 11th SEPTEMBER

FALLING UP, GROWING DOWN - Morning Movement

6.00am - 6.30am

With Anja Saunders

The aim is that we feel good, body pains eased, connected with our body, feeling the chi flowing. We will ground and expand our energy, so we can centre and focus our energy to feel empowered in our body and mind.

You are welcome to join me every morning at this time in the theatre, to start the day honouring our physical body.

Maximum number of participants for this workshop: unlimited

About Anja Saunders...

Anja Saunders is a shamanic practitioner, ceremony leader and a bodyworker.

For 17 years she was the founder and director of the Academy of Natural Health, where she developed a way of working with people which is empowering and accessible.

Tai Ji is part of her daily practise and she has been studying with Chungliang Al Huang since the early nineties. She teaches movement and Tai Ji as well as Alexander Technique, on a regular basis. Movement is key to aliveness for her
"When I move I can be moved, when I am moved I can move on".

www.fragrantfeathers.net e.mail: anja@fragrantfeathers.net

Four 2-Hour Workshops - Please Choose One

WORKSHOP CHOICE 1 - WEAVING THE ANCESTRAL THREADS

10.30am - 12.30pm

With Churaig Mac Niall

Many of us in the West have lost the connection to our ancestors.

From the teachings of indigenous shamanism, we have learnt that having such disconnection can have ramifications that spill into our lives. This can range from a sense of lostness, to deep frustration and to illness and dis-ease. From an indigenous worldview, it is seen as our responsibility and as a necessity for our own health and highest spiritual guidance that we take accountability for healing our ancestral lines.

This workshop will allow you to bring balance and healing to your most immediate ancestors. By journeying to the family lines we know through our grandparents, we will seek information for these four strands. Each strand will come to be represented by a totem, a colour and a particular family characteristic or quality. We will then weave these into balance.

By creating a spun cord with intention and prayer, we will be weaving together each of these four aspects of ourselves. The action of this can bring about healing where one family line has dominated over the others, or where one has been unrecognised for its part in our personal make up.

Do not be concerned if you have lost touch with your family lines. Immigration, adoption, the breakdown of family networks etc., all mean that the stories of our bloodlines are lost to many of us.

This does not prevent you from doing this work. The information you need will come directly from Spirit and there is also the possibility of working with the ancestors you choose. For example, your 'queer' family, your 'literary' family, your 'heroic' family etc..

This process is accompanied by your full attention and prayers for healing the family line.

The process of spinning culminates in a dynamic moment when the threads are released and a cord is created from the physical and spiritual tension made in the process. This becomes the energetic moment of healing.

Maximum of 25 participants for this workshop

Participants need to be competent in shamanic journeying

About Churaig Mac Niall...

'About 17 years ago now, a Bear showed up in my 'meditations' and began to teach me things in ways that I had no name for. A few years later, I had an experience in a class at University on shamanism that suddenly made sense of all that Bear had put me through.

I sought out teachers and, alongside others, Dr Crow Swimsaway and Bekki Shining Bearheart in Ohio have played key roles in my development. I consider my degrees in studies of religion and anthropology, and in education, to have been key preparation for my shamanic work.

I also have a background in massage, hypnotherapy and NLP.



It is the opening of my heart through shamanism that has led to where I stand today. Again and again in talking to Spirit I was being guided to work with the heart. I began with Angeles Arriens' concept of the 'four chambered heart'. This has grown, through Spirit's guidance, into heart-centred shamanic work. I have put down the drum and am creating sacred space through opening an intentional 'heart space'. I am finding this to be the most potent and healing spiritual work I have done to date. I am now teaching students to also develop this ability.

www.hearttracks.co.uk e.mail: churaig@hearttracks.co.uk

WORKSHOP CHOICE 2 - MEDICINE DANCING

10.30am - 12.30pm

With Marsha Scarbrough

*I'm somewhere in the wilderness between Santa Fe and Albuquerque.
I'm dancing. Native American drums are pounding. The New Mexico sun is blazing.
I should be sweating, but I'm not. I've been dancing for four days.
I haven't had any food... or water... in all that time.
My body is completely dehydrated, so even though I am exerting myself under the desert sun,
there is no moisture on my skin. When I cry there are no tears.
By now, my steps are unsteady. I'm struggling to stay on my feet,
but I want to break into a dead run and smack my body directly into a tree.
Have I lost my mind? I'm a divorced, middle-aged white woman from
Los Angeles with a downhill career in film production. How did I get here?*

In indigenous cultures dance is not a performance but a meditation for the dance. Participants will learn to drum basic rhythms and be invited to join in an abbreviated version of dance as a meditation, entering a group trance with the intention of creating personal healing of the body, mind and spirit, and world peace.

Please bring drums and/or rattles if you have them. Ceremonial dress is appropriate.

Maximum of participants for this workshop: unlimited

About Marsha Scarbrough...

Prompted by a bad mammogram, Marsh sought healing from Native American medicine man Joseph Rael, also known as Beautiful Painted Arrow. The amazing result of this treatment inspired her to follow an unlikely path that eventually led her to participate in marathon dance fasts, as well as sweatlodges, drumming meditations and other core shamanic teachings. Today almost 20 years later, Marsha is in perfect health and her experiential training with Joseph Rael, and other teachers, including Brooke Medicine Eagle, continues. Marsha is a resident of Santa Fe, New Mexico and is the author of 'Medicine Dance', one woman's journey into the world of Native American sweatlodges, drumming meditations and dance fasts, (O-Books, John Hunt Publishing).

As a freelance journalist, she has over 75 articles published in national magazines.

On her life journey, Marsha has travelled with Buddhist teacher Joan Halifax, danced with movement guru Gabrielle Roth, earned a brown belt in karate from martial arts legend Tak Kubota, participated in healing ceremonies with Native American mystic Beautiful Painted Arrow, and produced workshops for a Nigerian master drummer/ Yoruba ceremonial leader.

www.marshascarbrough.com e.mail: medicinedance@aol.com

WORKSHOP CHOICE 3 - HEALING THE SACRED WOUND

'Can't paint - won't paint'

10.30am - 12.30pm

With Polly Fox-Strangways and Jane Embleton

Through ceremonial theatre and movement, this taster workshop has an intention to bring each participant to a new place of seeing, where spiritual intoxication enlightens the senses. Each participant will begin to undo any conditioning around 'not believing they are creative'.

The journey continues and will take you through a process like the weighing of scales, on one side the void and on the other the colour spectrum.

Unfolding at the centre is the object or the tool awaiting its decoration.

Much depends on what comes through the weighing as to how much to decorate and how much space to leave. Through this specific journeying technique you, the participant, may hope to engage with a new trust in what spirit brings.

Relevant sacred art affirms the holy and can assist in drawing the witness towards their own spiritual path. In creating spirit-driven decoration, the presence of chosen colours and symbology may impart knowledge otherwise veiled.



Things to bring: Blanket/cushion and an item you wish to paint

Maximum of 18 participants for this workshop.

About Polly Fox-Strangways...

Polly has lived a life working with opposites. She has trained for many years with recognised teachers of shamanism throughout Europe and Britain, including The Foundation for Shamanic Studies and The Sacred Trust. Her work is greatly inspired by the little known, yet well-trodden, Path of Pollen. She has an intuitive way of working with sound and voice and is a 5Rhythms dancer and beekeeper.

Polly is a professional shamanic healer specializing in emotional trauma and loss and, through the visionary guidance of spirit, creates sacred art and teaches a specific shamanic art technique.

www.sacred-folk-art.org e.mail: BeeTruth888@yahoo.co.uk

About Jane Embleton...

Jane is a professional artist and teacher of adults. She is a member of the Gatekeeper Trust and walks the land, her spiritual work includes pilgrimaging and reconnecting one sacred place to another. As an artist she enjoys working with mosaics and sacred symbology, also fresco painting using rare pigments made from natural minerals and plants. Jane is inspired by the spirit of place and has a keen and intuitive heart. She embraces the world with a tentative sensitivity and is naturally very aware of vibrations of all types. She also has an interest in Earth acupuncture and folk art and ancient architecture through the ages.

WORKSHOP CHOICE 4 - GOING BACK IN TIME
Dancing Through the Ancient Landscapes

10.30am - 12.30pm

With Twobirds

Without the ancestors we would not exist. They bequeath us life: we inherit life from them.

For this reason indigenous societies recognise and revere the ancestors.

Some of the oldest and most potent memories are stirred by dance, where the body itself becomes a receptacle for memory. Rhythm and music are memory awakening. Many societies dance, not only for their own enjoyment and recreation, but for the unseen audience of ancestors, spirits and deities. Through the body the invisible becomes visible, sounds become manifest from the timeless silence, the ancient ones become alive in this reality once more.

This workshop provides the opportunity to experience and explore the ancient landscapes as a 'whole body experience' through movement, dance and sound, interwoven with the classic shamanic journey. Drawing upon a variety of shamanic methods we will enter the landscapes of the 'Ancient Ones', visiting the 'power house' of our ancestral memory in the 'Underworld', the place of primal beginnings, where we can draw upon our deep resources, our traditional inheritance, our ancient memory.

Visiting the Underworld, we will also take this opportunity to connect with ancestral shamans and spiritual leaders to learn about their ways and how we can integrate ancient healing methods into our life today.

This workshop will explore the following practices:

- tribal movement as a preparation for the work that lies ahead.
- Encountering the 'Council of Elders' to meet ancestral teachers that we will be working with.
- A pilgrimage through the ancient landscapes of our forebears.
 - Active journeys to the 'Underworld'.
 - Dancing with the ancestors.

Things to bring: 4 stones about egg size (just pick them up from around the grounds)
Bandanna for blindfolding, blanket or towel to lie on, rattle and drum if you have them.

No experience is necessary, however, a familiarity with shamanic journeys will be helpful.

Maximum of 35 participants for this workshop.

About Twobirds...

Twobirds lived in Southern Africa for ten years and spent five years of her time in the African Bush living amongst different tribes, including the San Bushmen, where she was initiated to the power of the drum as the heart beat of the land. She came to Scotland twelve years ago, teaching drumming and dance on a full time basis. The drum led her into the heart of shamanism and she undertook a variety of training courses, including a two year professional shamanic practitioner training with the Sacred Trust. She has been practicing and teaching shamanism over the past ten years. She is the co-founder of the Anam Cara Retreat centre in the Scottish Highlands, where she works full time as a shamanic practitioner. Her work at the centre was featured on the BBC Television Heaven and Earth show in 2005.

www.anamcara.org e.mail: welcome@anamcara.org



FRIDAY AFTERNOON – 11th SEPTEMBER

2 LONGER WORKSHOPS or 2 SHORTER WORKSHOPS

*Please choose just ONE from the 2 longer workshops offered
OR choose ONE or BOTH of the 2 shorter workshops offered*

LONG WORKSHOP - CHOICE 1 - COMPASSIONATE DE-POSSESSION

Possession illness and how to recognise it

2.00pm - 6.00pm

With Betsy Bergstrom

Possession illness is a more common issue than many people are aware. This presentation will shed light on the nature of spirit possession.

- How and why it occurs and manifests in individuals.
- The role of ancestors and past lives in possession
- A short history of de-possession methods through the ages.

We will examine:

- Methods of diagnosis.
- Containment while treatment is happening.
- Ways to prevent it from happening in the first place, or re-occurring.
- We will discuss a compassionate approach to de-possession and why it may be the most effective method.

If circumstances allow there will be a demonstration of compassionate de-possession.

Due to the short length of the class, the method of compassionate de-possession cannot be taught.

Maximum number of participants for this workshop: unlimited

About Betsy Bergstrom...

Betsy Bergstrom is a full-time shamanic practitioner and teacher who has studied with shamans and healers from many cultures. She teaches Middleworld work including curse unravelling and compassionate de-possession, internationally. She has been trained by a number of indigenous shamans and healers who have encouraged her and shared with her their wonderful teachings. She has worked in various fields of alternative healing for over 20 years. Her calling is to work in partnership with the helping spirits, to help both the living and the dead.

www.betsybergstrom.com e.mail: betsy@betsybergstrom.com

LONG WORKSHOP - CHOICE 2 THE GHOST DANCE

Calling for a return to the ancestors

2.00pm-6.00pm

With John-Luke Edwards, MA, PhD

In January 1889, a Paiute Indian, Wavoka, or Jack Wilson, had a revelation during a total eclipse of the sun.

It was the genesis of a religious movement that would become known as the 'Ghost Dance'.

It was this dance that the Indians believed would reunite them with friends and relatives in the ghost world.

As the movement spread from tribe to tribe, it soon took on proportions beyond its original intent and desperate Indians began dancing and singing the songs that would cause the world to open up and swallow all other people while the Indians and their friends would remain on this land,

which would return to its beautiful and natural state. The unity and the fervour that the Ghost Dance movement inspired, however, spurred only fear and hysteria among white settlers which ultimately contributed to the events ending in the massacre at Wounded Knee. Wovoka gained a reputation as a powerful shaman early in adulthood.

The despair associated with the Ghost Dance reflects that period from which the movement evolved.

Plains tribes faced losing their freedom and being dispossessed of their homes, their beliefs and their existence. The Ghost Dance was a resurrection of the dead, a bringing back of the customs and way of life that the Indians were trying to hold on to.

In this presentation we will not just learn and remember the spirit of Jack's dance; a dance that begins in silence and stillness, but to meet with our ancestors and our ancestral ghosts, to establish a unity



with the Great Spirit. In this we will be free of the burdens of doubt, cognitive rhetoric and loss of our true value. Through the dance, we will hear the ancestors speak of the traditional values and wisdom of the shaman, how it becomes lost in a material world and how we are called to manifest it in our lives.

The presentation will include: a short history of the origins of the Ghost Dance, its relevance in modern society and in current shamanic practice; a group journey to evoke the ancestral memories of loss and to invoke the spirit of the Ghost Dance; and the Ghost Dance itself. There will be a space for participants to speak and share the message and healings of the ancestors, though the healing often manifests through the dance.

As with the original Ghost Dance, the presence of movement without sound is the evocation. This develops into each participant feeling a personal invitation to the dance, and in turn inviting others to dance with them. Ancestral spirits are invoked and they will come to dance, sing and teach the participants. They will also come to heal any fractures and divisions in us. Participants should be aware that the ancestral spirits will come manifestly present, in themselves and others. It is both a deeply personal experience and a truly connecting experience, not just of all the participants, but to all the Ghost Dancers past, present and to come and to the ancestors.

All participants will have the opportunity to open to a more reverential approach and knowledge of the Ghost Dance. They will receive personal and community healing and teaching from the ancestors, understand the need for traditional wisdom and values and how easily they become lost; feel the presence of community that is not dependant on time or space; they will take the Ghost Dance as a healing and teaching tool into the wider community as was the original intention.

Things to bring: white clothes or a white shirt, drums and rattles.

Maximum number of participants for this workshop: unlimited

About John-Luke Edwards, MA, PhDs...

"In a waking dream, Xeuca the Elder, showed me a skull with bullet holes in it. He took blood and painted my eyes. He showed me a great circle of people dancing and crying. He told me that I was to show this great circle that the dance they had was in their head, "move it to their hearts and we will all come and teach them new steps".

John-Luke is a shamanic psychologist working in Canada. He has worked extensively with Northwest Coast aboriginal peoples, and those alienated through abuse, crime and violence.

He is the 'presidor' and founder of 'The Sacred Circle of the Great Mystery' which among other focuses in bringing shamanic practice into main stream professional acceptance in medicine, healing, psychology and social awareness.

He accepts apprentices into the 'Wolven Path Tradition', a re-vitalised Celtic/Nordic shamanic tradition. In this tradition, one of family, tribe, clan and community, great emphasis is placed on maintaining a focussed tradition in shamanic culture as well as linking with the shamanic traditions of other cultures.

The Ghost Dance, which at first seems like a segregationalist process, is employed as a linking through ancestral spirits which at some level are common to all traditions.
www.wolfindark.com www.circleofgreatmystery.com e.mail: inevitablegrace@wolfindark.com

SHORT WORKSHOP - CHOICE 3
'ONCE UPON A TIME - THAT WAS NO TIME AT ALL'

2.00pm - 4.00pm

With Sarah Howcroft

We are the latest manifestation of our ancestry! All the joys, traumas, learning and talents of our ancestors culminate in those of us who are alive and evolving now. So we have everything, both light and dark, to thank them for - the lessons of the wounds we carry, and the abilities and strengths, conscious or unconscious, that we have inherited. Contrary to what most scientists would tell you, our DNA is not a fixed and unchangeable code that we are given and have to suffer for the duration of our lives, but a record of all this experience and potential coming from our forebears. That's right - it can be changed and re-written. During those years of rapid change and growth of consciousness, it is important to realise that the buck stops with us, and as conscious healers we are responsible for what happens next.

In this workshop you will hear more about how DNA really functions. We will discuss and examine how we each have been affected by our ancestry and the sometimes surprising ways in which this plays out in the patterns of our lives.

We will offer thanks for what our ancestors have brought us, and perform a powerful healing ceremony using guided journeying, the drum,



sound and music, to work with our maternal and paternal lines, healing the unresolved wounds and re-awakening and activating the potential stored in our DNA, for our own future and that of the generations that follow. We will also journey to investigate the idea that we have 12 strands of DNA to be activated... see what that means for each of us at this time.

We will be healing ourselves, our ancestors and the generations of the future, and vibrationally shifting through DNA healing and activation work.

Ability to journey essential

Things to bring: blindfold, blanket, pen and notebook

Maximum of 25 participants for this workshop

About Sarah Howcroft...

Sarah has been healing since she was very young and has explored many kinds of healing modalities. She trained on the first shamanic practitioner course that Howard and Elsa Malpas ran and assisted them for the four years that followed. Since then she has undertaken various trainings including other shamanic work, trance dance facilitator training with the Natale Institute, NLP, and last year a Bushcraft Instructors qualification. Sarah believes that the lives and ways of our ancestors are seamlessly linked with shamanic understanding and will serve the challenges of the future. She lives in Brecon in Wales amongst beautiful mountains and rivers, where she offers healing sessions, workshops, vision quests and training, and makes painted drums, rattles, beadwork and other items inspired by shamanic needs.

www.shamanism-wales.co.uk e.mail: spirit@shamanism-wales.co.uk

SHORT WORKSHOP - CHOICE 4 STOPPING THE WORLD

4.00pm - 6.00pm

With Carol White Owl Youngson

In our society we are taught from an early age to think about everything. While this is a very useful tool, it can be like a virus taking over and creating our entire reality. This is not how we are designed to function as human beings and it blocks our perception of the energetic reality around us. Our ancestors are patiently waiting for us to reconnect with them, but we do not notice.

We have a constant internal chatter going on that grabs our full attention.

We will have fun together identifying the tricks and traps our brain plays with us and explore a variety of techniques so you can gain control of the 'monster' and free your attention for much more interesting and expansive connection with the Universe. The teachings of the Twisted Hairs Elders will guide us to know how we can function much more consciously, fulfilling our true potential.

No previous knowledge or experience required other than an ability to be honest with yourself and a willingness to laugh.

Any shamanic practice requires the ability to step out of the internal dialogue and be totally in the present, so this workshop will enhance any shamanic work that you do as well as your life!

Things to bring: A notebook and pen. If you have a rattle bring that along too.

Maximum of 25 participants for this workshop

About Carol White Owl Youngson...

Carol is an authorised teacher and ceremonialist in the Sweet Medicine Sundance Path of the Deer Tribe. She has been apprenticed to this path for over 20 years. Carol is the lodge leader of the Lodge of the Singing Stones based near Sheffield in England. The Lodge offers year long programmes, apprenticeship, healing ceremonies, ceremonial drumming and singing, sweatlodges and much more.

"I love nature in all its forms and bringing the medicine wheel teachings and ceremonies to the people to restore their natural selves in connection with Spirit".

www.singingstones.org e.mail: carolwocy@gogglmail.com



FRIDAY EVENING - 11th SEPTEMBER

FIREBIRD TRANCE DANCE

7.00pm - 9pm

With Leo Rutherford, MA and Doug Blacksmith

We will share the heart-warming, mind-opening experience of trance-dance, with the magic of the drum. This will be an evening that feels like a celebration. An experience of accessing altered states through movement. This form of trance dance is derived from the traditions of West Africa and the Afro-Brazilian cultures, specifically the Candomble and Umbanda, and also the Gnawa Moroccan tradition, all of which have their roots in West Africa.

In the background is the unique dancing path of Gabrielle Roth.

Trance-Dance is an ancient healing tradition, as old as humanity. The dance takes us naturally and effortlessly from thinking to being, melting into oneness with existence. The rhythm of the drum - the heartbeat of Mother Earth - guides the dancer to the magic healing place of deep trance. By inviting Spirit to dance through us, we come to a place of ease with our true nature and can experience the world through the lens of ecstasy, perceiving our-self as part of the Universal playful being enjoying 'The Cosmic Dance'. Trance-dance is a magical catalyst for all sorts to happen and patterns to shift. It enables you to sweep away confusion and delusion and to penetrate to the heart of yourself and to connect with your soul's divine purpose.

Things to bring: a blindfold, dancing shoes (feet are OK) comfortable clothes.

About Leo Rutherford...

Leo has been a shamanic practitioner for 24 years. He trained with Gabrielle Roth in 1978 at the Esalen Institute in California, in the days when he lived in San Francisco. It was a revelation and a liberation for which he has gratefully never looked back. He took part in her first ever 5 week training in 1982, and was probably the first person to bring her '5 Rhythms' work to this country in 1983/4 as part of the work Leo calls Play-World. He came across the South American way of trance-dance in 1985 and added that to the unique mix which has become 'Firebird' Trance-Dance from experience with the T.T.T./Candomble method combined with his experience of Gabrielle's work. He has worked with Doug Blacksmith giving trance-dance workshops since 1991.

Leo founded Eagles Wing Centre for Contemporary Shamanism in 1987, he has studied with many gifted shamans and created a body of work which combines the best from many sources and leaves any dogma behind.

Leo is author of 'The View through the Medicine Wheel' (O-Books)
'Shamanic Path workbook' (Arima Pubs), 'Principles of Shamanism/Way of Shamanism' (Harper Collins)

www.shamanism.co.uk e.mail: leo@eagleswing.org

About Doug Blacksmith...

Doug has trained with some of the very best traditional native shamans of North and South America, whilst at the same time he has been studying traditional West African drumming of Guinea, Mali, Gambia, Ivory Coast and Burkina Faso. For the last six years or so he has been apprenticed to Mamady Keita "Giant du Djembe", who is one of only three living Djembe masters.

Doug has been co-facilitating trance-dance workshops with Leo since 1991. He also teaches drumming to adults and children in schools all over the country. Sweatlodge is also one of his specialities.

e.mail: medicinedrums@aol.com



SATURDAY MORNING - 12th SEPTEMBER

FALLING UP, GROWING DOWN - Morning Movement

6.00am - 6.30am

With Anja Saunders

The aim is that we feel good, body pains eased, connected with our body, feeling the chi flowing. We will ground and expand our energy, so we can centre and focus our energy to feel empowered in our body and mind.

You are welcome to join me every morning at this time in the theatre, to start the day honouring our physical body.

Maximum number of participants for this workshop: unlimited

THREE 2-Hour Workshops - Please Choose One

WORKSHOP CHOICE 1 - MEETING THE GRANDMOTHERS and the Law of Seven Generations

10.30am - 12.30am

With Lin Churcher (Woman Who Brings Fire)

This is an experiential training, today we will be working with our female line, but this tool can be used for you to seek knowledge of other lineages. You will be discovering any family patterns that you are carrying through that no longer serve you or your ancestors. Using a classic exercise taught by Brooke Medicine Eagle you will 'step back' to meet those ancestors.

You will experience:

- Working with your female line, starting with your Grandmother.
- Using a standing meditation - then stepping back to meet your Grandmother.
 - Learning about her.
- Repeating this for 7 generations of Grandmothers
 - Culminating in a ceremony of release

The ceremony of release will help you to better understand your particular family patterns and will assist in the letting go of any negative history

Things to bring: drums and rattles if you have them, a notebook and pen

Maximum of 40 participants for this workshop.

About Lin Churcher...

Lin has been working with Shamanism for over 14 years. "As a counsellor I realised that the 'talking therapies' don't always reach the core discomforts whereas shamanism does". Lin has worked with disadvantaged young people, special needs, homeless and drug/alcohol misusers.

She has run relapse prevention groups for several years has run her own workshops and camps, including vision quests and sweat lodge ceremonies.

She worked with Eliana Harvey on her Shamanka training for several years, and has also worked with Brooke Medicine Eagle, JohnTwo Birds and Dennis Renault.

"My path is to walk the Medicine Wheel as best I can and to work with, and listen to, Spirit. Aho"

e.mail: lindylouwho7@hotmail.com

WORKSHOP CHOICE 2 - SEIDR A Nordic Shamanic Ritual

10.30am - 12.30pm

With Karen Kelly and Shenoah Taylor

During the session we will learn about and undertake a seidr ritual. Seidr is a form of ritual that was practised in Northern Europe during the Viking period and thus offers us a very direct connection to our ancestors. The form that we will learn about in this workshop is an oracular ritual in which we will ask a community question and you will have the opportunity to have any life-questions you may have answered in a very direct way by the spirits. There are three main elements to a seidr ritual, the use of song for journeying, the use of a staff by the shaman as a primary shamanic tool, and the answering of questions by the spirits through the medium of the shaman.



We will learn about the practice of seidr as described in the saga of Erik the Red. There is a detailed example given in the Saga of Thorbjorg a *volva* or seidr practitioner seidring about the famine that was affecting Greenland. Seidr is known to have been practised here in the UK - the wife of Erik Bloodaxe the Viking king of York was a practitioner.

In the ritual we will use song, the high seat and staffs. As a circle we will choose a question for the shaman to ask the spirits. Three people will act as the *volvas* for the community. If you would like to be one of these, please try to speak to one of us before the workshop. You need to have a strong journey practice for several years to undertake this role. If you have a staff please bring it, if not we will have some spare ones.

The circle will then learn a seidr song and we will sing the *volvas* on their journey. When the *volvas* have given the answers to the community question they have been journeying on, there will be the opportunity to ask the spirits about more personal questions. These will be answered by the spirits speaking through the *volvas*. The use of song rather than drumming or rattling is core to seidr. When a circle of people sing a shaman on his or her journey, they become involved in the ritual in a very powerful way. The seidr songs we use are the ones that have been given to the modern community by the spirits.

We will also touch on how to take this forward as a way to inspire and enrich your own shamanic practice. Whilst we will focus on the oracular seidr ritual, the practice of seidr in the sagas extended far beyond this, including out-sitting, shapeshifting, lone-seidr and other magical singing practices. This is a powerful ritual and an important one for us to be re-connecting to, as this tradition belongs to the people of Northern Europe.

Things to bring: a staff if you have one

Maximum of 18 participants for this workshop.

About Karen Kelly...

Karen has practiced shamanism for over 16 years. With an MA in archaeology and anthropology from Cambridge, she is deeply interested in how we can find a shamanic practice that is as relevant to our lives in Western Europe as native peoples' practice relates to their home and ancestors. Karen edited Spirit Talk - the core shamanic newsletter hosted by Shamanic Circles (a US based non-profit organisation) and has also been a facilitator of the London Open Drumming Group for over 10 years. She has worked with numerous shamanic teachers including Jonathan Horwitz, Annette Høst and Myron Eschowsky. She has a shamanic healing practice based in Cambridge, but also works in the corporate world. She learned seidr from a number of teachers including Annette Høst of the Scandinavian Centre for Shamanic Studies and Diana Paxson of Hrafnar in the USA, and has taught seidr for several years at the London Open Drumming Group and practised lone-seidr for herself

e.mail: karensprittalk@ntlworld.com

About Shenoah Taylor...

Shenoah has been working with shamanism as a spiritual path since 1990 and is a shamanic practitioner and teacher. She has worked within a number of different shamanic traditions and has woven them together into a deep personal practice. She has worked with many teachers including Jonathan Horwitz, Annette Høst and Myron Eschowsky. She is a facilitator with the London Open Drumming group and a member of the Core Shamanic Practitioner Circle which offers peer support for shamanic practitioners. Song is one of the main vehicles in Shenoah's personal practice and her work with others. She offers courses in shamanism including shamanic song and ceremonial work and has a shamanic healing practice based in London. She learned seidr from Annette Høst and has taught lone-seidr and community seidr for a number of years. The song and the staff are part of her personal practice.

www.shenoah.abelgratis.co.uk e.mail: shenoah@abelgratis.co.uk

WORKSHOP CHOICE 3 - TRADITIONAL MEXICAN HEALING

Experience the magic of curanderismo

10.30am-12.30pm

With Trisha Mulholland

'Mother that glows in the dark, help me
Ride this weird energy mine
Until your luminous, magnetic heart transforms me into love.
For I truly want to love. Truly'

Prayer to the Aztec cosmic mother, Coyolxauhqui - with thanks to Elena Avila

Curanderismo is an earth centred medicine - which gently brings us back into balance and reminds us of our wholeness and potential.

The teachings are grounded in the 'Filosofia Nahuatl' which is about living in harmony with ourselves and our environment. Using these concepts enables us to know our true selves and bring more consciousness to our thinking and to our lives. This philosophy is applied to all areas of life and provides the basis for the medical concepts of the Mexihkas.



Creating sacred space together we shall then open the door of the ancient Aztec traditions and explore 'The Medicine of the People' - the beautiful Medicine of Flowers.

How we will work together:

- Working with the Nawi Ollin Teotl - the Four Movements of Energy - Curanderismo addresses the emotional, mental, physical and spiritual totality that makes up our self, our being. To the Mexihkas, all illness stems from an imbalance which can be in any of these areas.
- We will engage with the tools of Platica - heart to heart talking and listening that allows us to identify aspects of ourselves that no longer serve us, take care of wounds that are ready to be healed and attend to splits in ourselves where we may be leaking power.
- We will practise Limpias - spiritual cleansings - using flowers and herbs that permit us to release energy that is stuck or toxic and to heal ourselves of physical, mental or soul illness.

These tools can be used with your friends, family and clients.

The techniques can be taken into your own shamanic work with people. They can be used to deepen your own shamanic practice and spiritual path.

This is an opportunity for personal growth
Experience another way of working shamanically.

Please bring rattles and drums if you have them,
some fresh rosemary, a candle and a flower.

Maximum of 45 participants for this workshop

About Trisha Mulholland...

Trisha is a Celt from Scotland and has been working with her spirits since childhood and as a shamanic practitioner and therapist since 1986. She is also trained in 'Medicina Mexihka' - traditional Aztec Medicine - and practised kinesiology, vibrational Medicine and Jun Shin Jyutsu. She has a full time practice in London.

Trisha has been leading workshops in shamanic practice, therapeutic healing and energy medicine since 1991 and is the founder of 'Dreamweavers Women's Shamanic Medicine Lodge'.

In this medicine she has been apprenticed to Curanderas Eloxochitl M Ivonne Buendia Danchez and Cuauhyelitzli G. Rattay and has worked with Elena Avila. She is a member of 'Cen Jaot'l (United Warriors), the Medicina Mexihka Group in the British Isles.

Trisha enjoys helping people connect to their own inner wisdom
and joy with power, passion, humour and love.

www.dreamweaversenergywork.com e.mail: trisha@dreamweaversenergywork.com

SATURDAY AFTERNOON - 12th SEPTEMBER

2 LONGER WORKSHOPS and 2 SHORTER WORKSHOPS

***Please choose just ONE from the 2 longer workshops offered
OR choose ONE or BOTH of the 2 shorter workshops offered***

LONG WORKSHOP - CHOICE 1 THE WAY OF BLESSING

2.00pm - 6.00pm

With Jonathan Horwitz and Nicholas Breeze Wood

The objectives of this workshop are for participants to become aware of the power of Blessing, how blessings can be given and received, how to use blessings, and what it means to be blessed.

It is also hoped that, as a result, participants will become more aware of their place in the 'Circle of Life' and where they are on their own path.

When a blessing is said, it is not just words. A true blessing is a manifestation of power, and an act of empowerment. From the time when our ancestors first walked this earth, the spirits have been with us. This is clear from the creation stories of all cultures from around the world. In these stories the universe was created through a series of blessings - events where the spirits take an



active hand, rather than sitting idly by. As time went on, sometimes miracles were needed. People of power were called upon to bring forth the power of the spirits and direct it to situations and people in need. As so-called 'simple' cultures developed into civilisations, the individual practices of shamans became codified into predetermined ritual functions, performed by medicine men and women, and eventually by priests.

Those of us who were brought up within a religious environment can perhaps remember the rituals we experienced in our places of worship. Some of us, before coming to animistic practices, may have looked to other religions than the ones we were brought up in, and perhaps saw the power there and even felt a bond with it. Even if we have not taken part in a religion, the fact remains, that though blessings are not an active, conscious part of Western culture, and are often dismissed in our age as 'superstitious', they are still very much part of our lives.

Sometimes, we are overcome by what seem to be unimaginable strokes of 'good luck'. But where does this good luck come from? Coincidence?

In this workshop we will work with traditional forms of ritual blessing, and learn ways to work shamanically with blessings, together with our spirit helpers and teachers, for the benefit of ourselves, our communities and the Earth.

All participants **MUST** be experienced in shamanic drum journeying and have a good relationship to at least one spirit helper/teacher. All participants are expected to participate fully for the duration of the workshop.
Things to bring: A rattle, something to write with and on, and if you wish, a cushion, a blanket and something to cover the eyes when journeying.

Please do not bring too much paraphernalia

Maximum of 28 participants for this workshop

About Jonathan Horwitz...

Jonathan has been working with shamanism since 1972. From 1984 to 1993 he was a field researcher and teacher with Michael Harner and the Foundation of Shamanic Studies. He co-founded The Scandinavian Center for Shamanic Studies with Annette Høst, and has been teaching in the UK since 1986. His studies concentrate on shamanic healing, spiritual ecology, and shamanism as a spiritual practice.

www.shamanism.dk e.mail: jonathan@shamanism.dk

About Nicholas Breeze Wood...

Nicholas has been working with shamanism for over 20 years. He works with his life and medicine partner Faith Nolton (Jan Morgan Wood) on Sacred Hoop Magazine - the leading international magazine about shamanic practice (founded by Faith in 1993). Alongside the magazine, they have led circles on medicine wheel, shamanism and counselling together for nearly 30 years. He has made a life-long study of shamanic objects and their use, especially those from the traditions of the Native American, Siberian, Mongolian and Tibetan cultures. He is a craftsman of drums and other ritual objects, and has not only studied the ritual use of shamanic objects, but also their physical construction and the materials used in their construction. He runs 3Worlds, an on-line gallery selling original antique ritual objects and is the author of 'Voices from the Earth' - a book about the medicine traditions and ritual objects of the Native American peoples.

www.3worlds.co.uk www.sacredhoop.org e.mail: Nick@sacredhoop.org

LONG WORKSHOP - CHOICE 2 TAKING BACK LOST POWER The ancestors and the Medicine Dance

2.00pm - 6.00pm

With Chris Luttichau

Power can be lost throughout life in many ways - trauma, depletion, or simply giving away power in everyday interactions because of wanting to please others.

Staying connected with our ancestors, communicating with them, and learning from them through journeys and meditations, can show us how to reclaim it.

Giving thanks to our ancestors in ceremony greatly strengthens this process.

This workshop will include teachings, meditations and journeys on staying connected with the ancestors in ways that relate to our lives now, and on how to take back lost power so that we can walk a path of self-respect and self-authority.

The workshop builds to a shamanic dance that helps the dancers into an altered state of consciousness and enables them to move into a world of energy and expanded time. Here you can take back power that has been lost on the path through life. The dance is a ceremonial doorway into a stronger sense of self.

Things to bring: two feathers if you have them.

Maximum number of participants for this workshop: unlimited



About Chris Luttichau...

Chris is the author of Animal Spirit Guides. He founded Northern Drum Shamanic Centre after studying with shamans, healers and elders from North-Middle-and South America for more than 20 years. He teaches shamanism as it applies to modern day life.

He is the keeper of a large amount of teachings that, amongst other things, cover healing, dreaming, vision quest, nature work, consciousness training, council ways and traditional shamanic methods of personal healing, transformation and empowerment.

His teachings can be applied in all areas of life.

www.northerndrum.com e.mail: chris@northerndrum.com

SHORT WORKSHOP - CHOICE 3 TIME FOR CHANGE

2.00pm - 4.00pm

With Leslie and Andrew Marsh

Time will tell - change happens, it is how we look at time and change that affects our lives.

Who are you and where do you come from? Where are you going?

To find the answer to these questions and to understand how we naturally adapt to change, it is important not to overlook the lessons of our ancestors, that we so often forsake in the modern world. To achieve this we will journey to some of the earth's most spectacular geological features where we will gain wisdom by connecting to the spirits of these ancestors.

To do this:

- You will journey to ancient landscape to find an ancestral guide.
- Through guided visualisation with this ancestral guide you will understand how you came to this place. Stripping away the unwanted debris of your life, you will reveal the warrior within.
 - You will dance to integrate the change.
 - you will journey to the story of your future.
- you will then allow yourself to move forward freely.

This session will encourage you to embrace change and to accept yourself as the bright being that you are, with ability to manifest your future by understanding and recognising your inherent abilities.

You will need to have experience of, and be comfortable with journeying, guided visualisation and dance.

Things to bring: cushion, small blanket, notebook and pen

Maximum of 25 participants at this workshop

About Leslie Marsh...

A native Scot and somewhat of a maverick, Leslie was fascinated by stories at an early age. This has continued and has become an integral part of her shamanic work. A master practitioner in both NLP and Erickson hypnotic techniques, Leslie continues her search for the stories that heal the soul.

She has previously presented shamanic workshops at Witchfest, Scotland, Tir-na-Nog and Earth Spirit. She has had articles published in various journals and online. Living and writing in Scotland with her husband Andrew they are continually inspired to work with Spirit.

e.mail: lesliecurrie@tiscali.co.uk

About Andrew Marsh...

Born and raised in England, Andrew has trained and worked as a geologist for over 20 years. Having a practical approach to his work has allowed him to recognise a connection to the land. Recently gaining his shamanic practitioner status, Andrew is also continuing with his Reiki training.

He has recently presented shamanic workshops at Tir na Nog and will be exploring geological-time-shamanic connections with Leslie at the inaugural shamanic conference in Squamish, British Columbia, in November 2009.

As well as a writer, having articles and poems published in various journals and magazines, Andrew has a passion for building herb spirals and magical gardens

Andrew and Leslie are currently planning their new healing centre in Scotland.

This will encompass teaching, healing, learning and be a spiritual retreat.

www.spiralheart.co.uk e.mail: ulu@geo9.fsworld.co.uk



SHORT WORKSHOP - CHOICE 4
ALTERED STATES
and the healing effects of the drum

4.00pm - 6.00pm

With Doug Blacksmith and Leo Rutherford, MA

We will discuss the use of altered states in various cultures, mainly Native American and West African.

Experience altered states through different kinds of drumming, with and without movement, to see what works best for you individually, demonstrating how rhythm is used beneficially and what guidance and help can be obtained.

For practitioners we will endeavour to widen their knowledge of ways of entering altered states and harmonising body and mind and spirit, so they may have more tools at their disposal.

Maximum of 25 participants at this workshop

About Doug Blacksmith and Leo Rutherford MA...

For information about Doug and Leo please see their Trance-dance workshop on Friday evening

SATURDAY EVENING – 12th SEPTEMBER

ANCESTRAL DANCE
Honouring our ancestors through the Xentsa

7.30pm - 9.00pm

With John Lockley (Ucingolwendaba)

Traditionally the South African sangoma world works with three sets of ancestors

- 1: The blood ancestors down our father's line
- 2: The blood ancestors down our mothers line
- 3: Those adopted ancestors who have an affinity for, or are from, other cultures

It is believed that if we travel back far enough all our ancestors are related.

The English word 'ancestors' can sometimes be misunderstood in the context of shamanic work. It means more than just those to whom we are blood related. A closer translation would be 'the silent, hidden ones' referring to the unseen forces and spirit guides that play such a powerful role in our lives, and who can support us the more we connect with them and work with them.

This ceremony gives us an opportunity to heal troubled relationships we have with our own bloodline.

First we will connect with the rhythms, 'heart beat rhythms', closing our eyes and listening and feeling our own heart beat. Really connecting with our heart energy and our inner selves.

John will then show us how the dance is performed, so we can join in and start to feel the ancestral energy in our body, mind and spirit.

John will teach us a few simple Xhosa songs which are 'ingomas', or special ancestral songs for raising and calling the ancestors. As we sing and dance we become more open to receiving a dream.

Please wear white, even if you just bring a white sheet from home. White is the colour of 'ancestral work'

About John Lockley (Ucingolwendaba)...

John is a traditionally trained Xhosa *sangoma* or African shaman from South Africa. In his late teens he received his calling in South Africa to become a sangoma, unfortunately apartheid was in full force then and he was not allowed to go into the townships to train.

His 'twaza' or shamanic illness was very severe. Many specialist Doctors in Johannesburg were consulted, to no avail. His ancestors instructed him to train in Zen meditation. So he trained and apprenticed with Zen master Su Bong in South Korea. His illness abated to a certain extent under traditional Chinese and Korean medicine, as well as many hours of meditation and chanting practice. However, his African spiritual calling was still very strong, so he returned to South Africa in 1993. Fortunately apartheid crumbled around this time, and while John was completing

his Psychology degree he had the good fortune of meeting his teacher Mum Gwevu, a well known sangoma in the Xhosa tribe. John apprenticed with Mum Gwevu for over ten years, becoming one of the first traditionally trained white men in recent years to be given the title of sangoma or iggira - the one who holds the lightening energy of the ancestors. John has also had the good fortune of working closely with Tata Sukwini, Mum Gwevu's husband, who is a traditional elder and clan leader.

Today John spends most of his time teaching in the UK. He returns to South Africa every year for a few months. There he continues to work with his teacher and her husband, honouring their ancestors and the ancient ways of the Xhosa people.

John holds an Honours degree in clinical psychology. He has also received ancestral training in Yoga and Zen Buddhism. He is a qualified Yoga teacher, and also has a background in dance therapy.

www.african-shaman.com e.mail: john@african-shaman.com

SUNDAY MORNING – 13th SEPTEMBER

FALLING UP, GROWING DOWN - Morning Movement

6.00am - 6.30am

With Anja Saunders

The aim is that we feel good, body pains eased, connected with our body, feeling the chi flowing. We will ground and expand our energy, so we can centre and focus our energy to feel empowered in our body and mind.

You are welcome to join me every morning at this time in the theatre, to start the day honouring our physical body.

Maximum number of participants for this workshop: unlimited

SHAMAN'S MARKET

10.00am - 11.15am

HONOURING OUR ANCESTORS

11.30am - 1.00pm

With John Lockley (Ucingolwendaba)

Normally in the Xhosa culture the Sunday ceremony finishes off the ancestral work, and we dress in our finest as a mark of respect to the ancient ones.

John asks that you continue to wear white, and also your favourite ceremonial clothes, i.e. beads, talismans, headdress, whatever has the most spiritual meaning for you. We will sing and we will dance to honour and respect our ancestors and each other, in the way John is guided to lead us.

SUNDAY AFTERNOON – 13th SEPTEMBER

KEYNOTE SPEECH

2.00pm - 3.30pm

With Alan Davis MD, PhD

About Alan Davis...

Alan is an assistant professor at the University of Utah School of Medicine and Rehabilitation in Salt Lake City, and the medical director for Quinney Rehabilitation Institute at Salt Lake City Regional Medical Center, His medical practice focuses on inpatient medical rehabilitation. He completed his physical medicine and rehabilitation residency at the University of Medicine and Dentistry of New Jersey in Newark. He then completed his neuroscience PhD investigating how yoga-like breathing exercises produce a relaxation response.



He hopes to re-integrate spirituality and spiritual healing into hospitals and medical centers.

His shamanic training includes completion of the Foundation for Shamanic Studies (FSS) 3-year program, plus completion of a 2-year teacher training program with Sandra Ingerman and apprenticing with Sarah Sifers, PhD a graduate of the FSS 3-year program.

After following his dream of integrating shamanic work into healthcare through the Shamanism in Medicine conferences, he now seeks to provide a supportive community for shamanic practitioners. With Bonnie Horrigan, Sandra Ingerman and a wonderful circle of enthusiastic practitioners, the Society for Shamanic Practitioners was founded in 2004, with Alan as the President. For more information on the Society for Shamanic practitioners, please visit their website www.shamansociety.org

CLOSING CEREMONY

With Annie Spencer

GRATITUDE AND FUTURE PLANS

With Howard and Elsa Malpas

SOCIETY FOR SHAMANIC PRACTITIONERS

MISSION

We are an alliance of people deeply committed to the re-emergence of shamanic practices that promote healthy individuals and viable communities.

VISION STATEMENT

To keep up with the changing times, the Society for Shamanic Practitioners:

Creates an alliance of diverse shamanic practitioners, which functions as a circle of peers.

Gathers and disseminates knowledge about shamanic practice

Promotes the importance of personal responsibility in doing the inner work necessary to live and practice with integrity

Focuses resources and shamanic energies to bring healing and unity to the world

Provides a forum for sharing ideas about integrating shamanic practice into contemporary society, clinical practice, institutions and efforts to heal the earth

Encourages a dynamic exchange around how people use spiritual practice in their personal daily lives and how we bring shamanic practices into our professions

Creates grass roots communities that support each other

Supports education through an annual conference, regional gatherings and small focused retreats

Maintains a repository of stories and clinical case studies of successful shamanic interventions

SOCIETY UK DIRECTORS

Howard Malpas

Being sent to a boarding school in Ireland as a 9-year-old was a very special opening for Howard. This school was run by his first shamanic teacher, and much time was set aside for attunement with nature. It was at this time he opened to his passion for nature and everything natural. He was able to sit quietly in that beautiful ancient Celtic land, communicating eye to eye with the various animals and birds that approached him, these communications gave him a deep understanding of the natural world.

After training as a chemical engineer, he spent years fighting the opening he had had as a child, until he could deny it no longer. This was at a major crossroads in his life over 25 years ago. The route he took led him to meet and learn from amazing teachers and to sit in a place of wonder and acknowledgement of the spiritual world.

The shamanic way is the cloak he wears that blends his deepest desires with those of helping others find their soul healing.

With his partner Elsa he has been running the 'Warrior in the Heart Shamanic Trainings' for the past 15 years and they also work together in the NHS using complementary therapies to help those with mental health difficulties and those suffering with addiction problems.

Howard is an ordained Shamanic Minister of the Circle of the Great Mystery Society.

Elsa Malpas

Initiation into the way of the shaman began for Elsa with total paralysis following polio at 11 years of age. She had a near death experience at this time, one of many throughout her life. For three years she was in a wheelchair unable to walk. Gradually with the help of guides and teachers from spirit, she managed to walk and overcome many other obstacles. Those years of struggle have given her a compassion for all people and a desire to work with those who need support and help.

As a young woman Elsa was a natural psychic and for many years sat in a healing circle at her local Spiritualist Church, until one day she became disillusioned with what she was doing. On a physical level the results were outstanding, but she knew there was more to do. She knew she was here to help and teach on a very deep soul level. There followed many years of confusion and disillusion with society and authority. She never stopped working for those in need, those with a soul need, but it was only upon reaching a major crossroads in her life, when she met her partner Howard and they started a journey together, that she realised

what she was doing had a name: it was called shamanism.

It was at this time that many native indigenous peoples, shamans and powerful teachers - mostly from other continents - started entering their home, some staying for hours some days, weeks or in one case 4 years. The teachings were powerful and deeply enriching with many seemingly impossible initiations. For which they are eternally grateful.

Elsa is also a director of the Isle of Avalon Foundation in Glastonbury, a not-for-profit company that offers a range of programmes and trainings in contemporary spirituality, healing, personal growth and transformation.

She is an ordained Shamanic Minister of the Circle of the Great Mystery Society.

www.shamanicwarrior.com e.mail: warriorintheheart@tiscali.co.uk

SOCIETY MEMBERS UK CONFERENCE PLANNING COMMITTEE

Vanessa Allen

Vanessa has been studying and working with shamanic practice for 10 years, having completed my training with Howard and Elsa Malpas.

She has been working as their assistant for three years offering support to students of the Warrior in the Heart practitioner training.

She work full-time in the NHS as a 'systemic psychotherapist,' This means that she works with groups of carers, families and supporters of people who have learning difficulties. Participating in 'Fundamentals' in 2008 with Susannah Darling Khan of the School of Movement and Medicine has added a dimension of dance and voicework to her exploration and personal development. In September 2008,

Vanessa was ordained into the 'Wolven Way', by Rev Dr John-Luke Edwards. She continues to explore the interface between an integration of spiritual practice and psychotherapeutic work

e.mail: vanessaallen123@btinternet.com

Annie Spencer

The founder of Hartwell, which offers workshops on shamanic ceremonial ways, Annie is a ceremonialist and workshop leader with an Oxford MA and a Diploma in Humanistic Psychology. She has been running groups and trainings for over 20 years including the ground breaking 'Women's Mystery' courses. Her writing and earth mysteries, women's mysteries and ceremony can be regularly found in many major magazines. She also works with 'Circles of Life Rediscovery', bringing earth based spiritual traditions to young people. Annie has worked in many spiritual traditions over the past 30 years. Introduced to Native American Medicine work in 1982, she was apprenticed in this tradition. She has undertaken ceremony at Macchu Picchu, sat in sweatlodge in North America with elders from the Mi'kmaq and Ho Chunk nations, and has been studying Guatemalan Mayan teachings for the past five years. Knowing the importance of integrating these teachings with her own land, Annie has built up an intimate relationship with the sacred sites of her Cornish ancestors; and she follows her own ceremonial path. Annie opens pathways for others, illuminating their life journeys. Her primary interest is the renewal of ancient ceremonial forms for creating a path of beauty upon Grandmother Earth.

www.hartwell.eu.com e.mail: info@hartwell.eu.com

Nicholas Breeze Wood

Nicholas has been working with shamanism for over 20 years. He works with his life and medicine partner Faith Nolton (Jan Morgan Wood) on Sacred Hoop Magazine - the leading international magazine about shamanic practice (founded by Faith in 1993). Alongside the magazine, they have led circles on medicine wheel, shamanism and counselling together for nearly 30 years.

He has made a life-long study of shamanic objects and their use, especially those from the traditions of the Native American, Siberian, Mongolian and Tibetan cultures. He is a craftsman of drums and other ritual objects, and has not only studied the ritual use of shamanic objects, but also their physical construction and the materials used in their construction.

He runs 3Worlds, an on-line gallery selling original antique ritual objects and is the author of 'Voices from the Earth' - a book about the medicine traditions and ritual objects of the Native American peoples.

www.3worlds.co.uk www.nicholasbreezewood.com www.sacredhoop.org e.mail: Nick@sacredhoop.org

Faith Wolfheart Nolton (Jan Morgan Wood)

Faith is founder-editor of Sacred Hoop Magazine, author of 'Easy to Use Shamanism', and for over 20 years she has guided people in applying the teachings and processes of animism and the

Medicine Wheel, often working with her medicine partner, Nicholas Breeze Wood.

As a counsellor, mentor and 'soul gardener', she works with individuals and circles, face to face and online.

She is an acclaimed visionary painter, and guided by her spirits, explores the role of sacred image to create an interface for us to access the spirit worlds and for the spirits to travel into our reality.

Faith's work and life is guided by trust in the ability of Beauty to balance, restore and heal, and in the power of living simply from the heart.

www.soulgardens.co.uk e.mail: Faith@faithnolton.co.uk

Mark Loman

Mark is a talented jeweller who has spent the last 20 years working as a 'jewel doctor' (goldsmith) and feels this is another form of healing as the things he makes for people boost their feel good factor. He is also a talented artist and has painted a series of portraits featuring his spirit guides, as well as using his considerable crafting skills to make shamanic tools for himself and others.

Mark is a committed Crystal Skull keeper and has around 150 at the last head count. Some of his channelled work with them appears in 'Crystal Skull Emissaries of Healing and Sacred Wisdom' by Marion Web-de-Sistos.

He also runs the 'Warrior in the Heart' shamanic journeying circle in Glastonbury.

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SOCIETY BOARD OF DIRECTORS

Cecile Carson, MD

Cecile is a clinical associate professor of medicine and psychiatry at the University of Rochester Medical Center, Rochester, NY. An internist and counsellor, she has focused her work over the past several decades on the mind-body-spirit interface in teaching and clinical care. She respects the endless variety of forms the healing process can take, and has explored and integrated a number of them: spiritual healing, hypnosis, neurolinguistic programming, therapeutic recreation, psychodrama, and dreamwork. Her extensive shamanic training with the FSS began in 1986 and included the 'Basic Workshop, 2 Week Intensive', 'Shamanic Counseling', 'Soul Retrieval', and the 3 year 'East Coast Program'. She also trained with Roani Chovihano.

Tom Cowan, PhD

Tom is a shamanic practitioner, specializing in Celtic visionary and healing techniques. He combines universal core shamanism with traditional European spirit lore to create spiritual practices that can heal and enrich one's own life and the lives of others. He is an internationally respected teacher, author, lecturer and tour leader. He has taught training programs in England, Austria, Germany, Switzerland, Slovakia and Italy. Tom received a doctorate in history from St Louis University. He has studied extensively with, and taught for, the Foundation for Shamanic Studies. Tom is the author of 'Yearning for the Wind: Celtic Reflections on Nature and the Soul', 'Fire in the Head: Shamanism and the Celtic Spirit', 'Shamanism as a Spiritual Practice for Daily Life', 'The Pocket Guide to Shamanism', 'The Book of Seance', 'The Way of the Saints: Prayers', 'Practices and Meditations' and 'Wending Your Way: A New Version of the Old English Rune Poem'.

www.riverdrum.com

Alan Davis, MD, PhD

Alan is an assistant professor at the University of Utah School of Medicine and Rehabilitation in Salt Lake City, and the medical director for Quinney Rehabilitation Institute at Salt Lake City Regional Medical Center. His medical practice focuses on inpatient medical rehabilitation. He completed his physical medicine and rehabilitation residency at the University of Medicine and Dentistry of New Jersey in Newark. He then completed his neuroscience PhD investigating how yoga-like breathing exercises produce a relaxation response. He hopes to re-integrate spirituality and spiritual healing into hospitals and medical centers.

His shamanic training includes completion of the Foundation for Shamanic Studies (FSS) 3-year program, plus completion of a 2-year teacher training program with Sandra Ingerman and apprenticing with Sarah Sifers, PhD a graduate of the FSS 3-year program.

After following his dream of integrating shamanic work into healthcare through the 'Shamanism in Medicine' conferences, he now seeks to provide a supportive community for shamanic practitioners. With Bonnie Horrigan, Sandra Ingerman and a wonderful circle of enthusiastic practitioners, the Society for Shamanic Practitioners was founded in 2004, with Alan as the President.

For more information on the Society for Shamanic practitioners,

www.shamansociety.org

Sandra Hobson

Sandra combines her interests in art, healing and shamanism through her counselling/consulting practice focused on individuals and organizations interested in personal and community development and growth. She has been a student of shamanism and indigenous wisdom for more than 15 years, studying with shamans in the United States as well as in Peru, Ecuador, Brazil and Nepal. She has also been involved in a broad range of non-profit board activities including serving as the President of the Board of the San Francisco Museum of Modern Art and as the Chair of the founding board of the Institute for Health and Healing at California Pacific Medical Center and is currently a member of the board of the Institute for Noetic Sciences.

Sandra Ingerman, MA

Sandra is the author of 'Soul Retrieval: Mending the Fragmented Self' (Harper San Francisco 1991,), 'Welcome Home: Following Your Soul's Journey Home' (Harper San Francisco 1994), 'A Fall to Grace' (Moon Tree Rising Products 1997) and 'Medicine for the Earth' (Three Rivers Press 2001). She is also the author of 'The Beginners Guide to Shamanic Journeying' and the 'Soul Retrieval Journey' lecture programs and the book and CD program 'Shamanic Journeying: A Beginners Guide' produced by Sounds True. Sandra has an MA in Counseling Psychology from the California Institute of Integral Studies. She teaches workshops on shamanism around the world and was formerly Educational Director of the Foundation for Shamanic Studies, directed by Michael Harner. Sandra is recognised for bridging ancient cross-cultural healing methods into our modern day culture, addressing the needs of our times. She is a licensed marriage and family therapist and professional mental health counselor in the state of New Mexico.

Carol Proudfoot-Edgar

Carol has been teaching workshops on shamanism in North America and Europe for thirteen years. Prior to this, she was a counseling psychologist and lecturer in multicultural issues at the University of Santa Cruz, California. Twelve years ago she helped found the non-profit organization, 'Shamanic Circles'. She is currently co-ordinating SSP's project called 'Shamanism without Borders'. She has worked with a group of women physicians to integrate shamanism and contemporary medical practice. Carol continues her work with a clan of Bear Women that came into formal existence sixteen years ago, and she has been teaching in the University of San Francisco Medical School's Integrative Medical Program. In the early 90's, she joined with Paul Rebillot to develop a paradigm regarding the evolution of the self, that would integrate shamanism and gestalt psychology. Out of this collaboration, Carol developed a medicine wheel handbook that guides one through the interrelationship between the personal and the interpersonal. Carol and her shamanic work are featured in Beverly Engels book, 'Women Encircling the Earth', while her poetry and stories appear in a number of books and magazines. There are two CDs containing healing songs that came to her from the spirits. Her writings and videos of her work with National Geographic, and two PhD's that were done in mixed media by graduate students interested in her teachings, are available at her website.

www.shamanicvisions.com www.shamaniccircles.org

Barbara Tedlock, PhD

Barbara is the granddaughter of an Ojibwe midwife and herbalist. Barbara was trained in shamanism by the K'iche 'Maya of Highland Guatemala. She is currently Distinguished Professor of Anthropology at SUNY Buffalo and Research Associate at the School of American Research in Santa Fe. Most recently, she is the author of 'The Woman in the Shaman's Body'.

Jose Luis Stevens, PhD

Jose is the president and co-founder (with wife Lena) of Power Path Seminars, an international school and consulting firm dedicated to the study and application of shamanism and indigenous wisdom to business and everyday life. Jose completed a ten-year apprenticeship with a Huichol maracame (shaman) in the Sierras of Central Mexico. In addition he is studying intensively with Shipibo shamans in the Peruvian

Amazon and with Pacos shamans in the Andes in Peru. In 1983 he completed his doctorate dissertation at the California Institute of Integral Studies focusing on the interface between shamanism and western psychological counselling. Since then he has studied cross-cultural shamanism around the world to distil the core elements of shamanic healing and practice. He is the author of ten books and numerous articles including 'The Power Path; Secrets of Shamanism': 'How to Tap the Spirit Power Within'; 'Transforming Your Dragons'; and 'Praying with Power'.

Lena Stevens

Lena is an internationally-known teacher and shamanic practitioner. She apprenticed for 10 years with a Huichol shaman from Mexico and has studied cross-cultural shamanic healing from numerous traditions including those from the Amazon basin, native North America, Northern Europe and Siberia. One of her specialities is the woven song tradition of the Shipibo tribe in the Peruvian Amazon, the singing of Icaros or healing songs. Lena is the co-author of the 'Secrets of Shamanism: How to tap the Spiritual Power Within' and a contributor to 'The Power Path'.

www.thepowerpath.com

Bonnie J Horrigan, RMT (SOCIETY EXECUTIVE DIRECTOR)

Bonnie is an artist, author, publisher and executive who has been involved in shamanism, mysticism and consciousness studies since the early 1980's. A trained Reiki Master, she is the author of two books: 'Red Moon Passage' (Harmony, 1996) and 'Voices of Integrative Medicine: Conversations and Encounters' (Elsevier Science, 2003). She is currently working on a new book with her husband.

Bonnie was the founding publisher of 'Alternative Therapies in Health and Medicine', a breakthrough medical journal examining alternative and cross-cultural healing practices and the relationship of the human spirit to health and healing, and guided that journal to international acclaim for ten years. While she was the president of InnoVision Communications (1995 to 2001), she helped launch the Shamanism and Medicine conference series with Alan Davis, MD, PhD. Bonnie helped found the Society for Shamanic Practitioners with Alan Davis and Sandra Ingerman in the summer of 2003. She also serves as the executive director of the Foundation for Integrative Healthcare.

Rachel Chapman, BA (SOCIETY MEMBERSHIP & MARKETING DIRECTOR)

Rachel received her BA degree in business with an emphasis on marketing. Prior to joining SSP, she worked in the homebuilding industry handling marketing, merchandising, advertising, interior design, and party planning. She also has several years experience as activity coordinator for an assisted living facility. Rachel, who is a Reiki 1 practitioner, is the mother of two boys ages 12 and 15 and has been married to her husband Bob for 18 years. She joined as the Membership and Marketing Director in June 2005

