During this experiential workshop participants are introduced to core shamanism, the universal and near-universal, and common methods of the shaman to enter non-ordinary reality for problem solving and healing. Particular emphasis is put on the classic shamanic journey, one of the most remarkable visionary methods used by humanity to explore the hidden universe otherwise known mainly through myth and dream. Participants are initiated into shamanic journeying, aided by drumming and other techniques for experiencing the shamanic state of consciousness and for awakening dormant spiritual abilities. They will learn how the journey is utilized to restore spiritual power and health and how shamanism can be applied in contemporary life to help heal oneself, others, and the planet. Completion of this workshop qualifies participants to take more advanced workshops and training courses from the Foundation for Shamanic Studies, the premier international school of shamanism founded by Michael Harner. To learn more, visit: www.shamanism.org.

TIMOTHY COPE is a Twin Cities writer, storyteller, firewalker and shamanic practitioner who has been exploring the shamanic path for over 29 years, principally under the guidance of Michael Harner and Sandra Ingerman. He has been certified as a shamanic counselor by the Foundation for Shamanic Studies and been extensively trained in a wide range of shamanic techniques. For over 19 years, he has taught classes in shamanism and facilitated journeying circles at Pathways, an alternative healing center in Minneapolis. Timothy is on the faculty of the Foundation for Shamanic Studies. He lives and maintains a healing practice in Minneapolis.

To Register:

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