COURSES, WORKSHOPS AND EVENTS
CELEBRATING IRELAND’S SHAMANIC TRADITIONS IN A UNIQUE SETTING.

COURSE PROGRAMME 2014

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Martin Duffy is the director of the Oaktree Charitable Trust, a nonprofit organisation that runs the Irish Centre for Shamanic Studies (ICSS) at Dunderry Park.

The Centre is dedicated to promoting and preserving shamanic traditions from around the world, particularly those of the pre-Celtic and Celtic era. Contemporary Shamanic approaches are also taught at the centre. Martin has worked as a mental health care professional since 1977. He is an accredited transpersonal /Jungian psychotherapist. He has trained in various forms of consciousness shifting methods including Holotropic Breathwork™, Dreamwork, Trancedancing and Firewalking. His grandfather and mother are traditional folk healers and he is following in their footsteps.

His work is influenced by the Druid traditions of ancient Ireland. He has done fieldwork with indigenous Shamans from Mongolia, the Amazon, Andes, and Africa and also has trained in core Shamanism with the Foundation of Shamanic Studies (U.S.A.) and the Scandinavian Centre for Shamanic Studies.

Martin brings warmth and compassion to his shamanic practice. He has strong values with regards integrity, honesty and openness, in particular he believes in empowering the individual to find healing, knowledge and wisdom within themselves.

Martin is available for one to one sessions for Transpersonal Psychotherapy, Soul retrieval and Shamanic Counselling and healing.
SOUL SEMINARS

SOUL SEMINARS is a new lecture and event series set up to help create community and explore interesting ideas together, replacing Spirit in the City that has been running for almost 3 years now. The ongoing groups will be held once monthly at Dunderry Park and once monthly at a Dublin City Centre location exploring issues surrounding the ‘soul’. Prominent psychotherapists, artists and holistic practitioners will facilitate the seminars. There will also be one off events such as The Spirit of Folk Festival, larger weekend and one day lecture series and group outings.

The goal of the seminars will be to inspire people to make positive choices that will lead to a fuller life, a more compassionate mind and a larger heart! Among others, topics will include ‘creating a spiritual life’, ‘the importance of creativity’, ‘minding your mind’, ‘cultivating compassion for yourself and others’ as well as practical nights exploring shamanism, meditation, hemi sync guided imagery and active imagination. As well as talks and lectures we will also host music, film and poetry nights aimed to bring people together in the appreciation of life and experienced art.

For More Details
VISIT
www.meetup.com/soulseminars
EMAIL
info@shamanismireland.com
CALL
046 90 74455
On this introductory workshop participants will learn the core methods and techniques used by shamanic people from around the world for thousands of years.

We will be using chanting, drumming, rattling, trance dancing, ritual and ceremony to enter the shamanic state of consciousness, connecting with our power animals and spirit guides.

Participants will also learn to access power, knowledge and healing by journeying outside the matrix of ordinary reality to the lower world, middle world and upper world of non-ordinary reality.

We will create a safe and sacred space to share our stories and explore the deeper meaning of our journeys. The course will also include journeying with the drum, celtic fire ceremony, healing circle, creating a circle of protection, stalking awareness, trance dancing and spirit boat.
Holotropic Breathwork™ was created by Dr. Stanislav Grof as a method to journey deeper into the non ordinary realms of consciousness, using deep and fast breathing, powerful evocative trance music and healing bodywork. Shamans and mystics have used the breath to access the healing potential of non ordinary reality for thousands of years.

Holotropic Breathwork™ leads one into an adventure of self discovery, self exploration and self healing. Participants have access to deep shamanic journeys, past life memories, merging with the cosmic mind, ecstatic and joyful experiences and mystical awareness states. Other experiences may include re-experiencing birth, release of energetic blockages caused by past traumas, and the healing of emotional and physical conditions.

This workshop takes place within a safe and sacred setting. Participants work in pairs, while one breathes the other sits and supports their journey. The Breathwork experience is also supported by group work and art therapy. The sessions typically last around three hours, giving adequate time to journey as deeply as you need to go.

Other activities will include Shamanic journey, time in nature, trance dancing and group sharing.

The Shaman’s Breath
Holotropic Breathwork™

January 24-26
April 25-27
July 4-6
November 7-9
Dunderry Park
Robinstown
Co. Meath

€295 Tuition,
Accommodation and meals included
This workshop builds on what was learned on the basic workshop with the emphasis being on creating community and deepening / intensifying the shamanic experience.

The course includes finding a morning and evening ritual, shape shifting with nature, stalking awareness, shamanic healing techniques, journeying methods, use of drum and rattle, journey to ancestors, spirit boat, ecstatic journey, (dance, breathwork and journeying), fetish fire ceremony, healing circle and trance dancing.

€1150.00 Payable in installments Tuition, meals & accommodation included.

April 4-6
May 9-11
July 25-27
August 22-24

SHAMANIC PRACTITIONERS COURSE
For developing core Shamanic Practitioner Skills

On this course we will be using traditional shamanic techniques from around the world to explore the exciting and ecstatic realms beyond ordinary reality, such as drumming and rattling, trance dancing, shamanic breathwork, ritual and ceremony. The course consists of four weekend residential workshops over the period of one year. We will be working together in the circle, creating a safe and sacred space to enable us to form a healing community.

I Shamanic Gathering - April 4th-6th

This workshop builds on what was learned on the basic workshop with the emphasis being on creating community and deepening / intensifying the shamanic experience.

The course includes finding a morning and evening ritual, shape shifting with nature, stalking awareness, shamanic healing techniques, journeying methods, use of drum and rattle, journey to ancestors, spirit boat, ecstatic journey, (dance, breathwork and journeying), fetish fire ceremony, healing circle and trance dancing.
II Death and Rebirth - May 9th-11th

On this course participants will learn to work with death and dying from a positive shamanic perspective. Death and dying are often taboo subjects in our society whereas shamanic people embrace the positive healing benefits of making death your ally and teacher. Facing death as a part of life leads to a rebirth of a new whole self. Participants will also learn to work with death and dying from a personal and professional viewpoint using traditional means to become familiar with where we go after death, completing unfinished business, helping souls cross over the threshold between life and death, and acting as a guide for the soul of the dying to the other world.

III Shamanic Healing - July 25th-27th

From a shamanic perspective illness and disease come from three main causes i.e. loss of power, intrusions, and soul loss. On this course participants will be taught how to restore power to their clients who are suffering from the symptoms of power loss.

They will also learn how to see and sense shamanically, and remove intrusions using shamanic extraction techniques. The course also includes journey to source latent healing power, working with plant medicine, creating a healing ritual, diagnostic and tunnel healing journey, contacting a healing teacher, celtic fire ritual and trance dancing.

IV Soul Retrieval - August 22nd-24th

Soul loss occurs when a person undergoes a traumatic event in their lives, such as loss of loved ones, accident or injury, separation, abuse, or any event that the person is shocked or hurt by. At the time of the trauma part of the person’s soul sometimes leaves their body as a survival strategy in order not to be totally devastated by the shock of the negative experience.

Sometimes the soul part is reluctant to return to the person because it fears that is not safe to do so. Some of the symptoms of soul loss are feeling spaced out, numb, depressed, deadened, addictions and chronic illness. Soul loss blocks us from feeling connected to ourselves, to others and to the earth.

Soul retrieval is an important part of shamanic healing work. Participants will be taught how to work with those who have suffered from soul loss, learning the techniques for tracking and retrieving lost souls and returning them to their rightful place. The course includes journeying to learn soul tracking skills, how to avoid taking other soul parts, retrieving soul parts for others and yourself, healing circle and trance dancing.
Our ancient ancestors celebrated the solstice on the sacred sites at this special time of year. They knew the importance of performing rituals when the portals to the otherworld were open and the veil between the worlds was thin.

We will gather together in the circle to create a supportive healing community where we can journey deeper into ourselves and beyond.

This workshop is open to those who wish to explore the shamanic realms at a deeper level. We will be performing ritual and ceremony on the sacred sites of the Boyne Valley. Participants will also take part in a Celtic Sweatlodge and journey into the womb of mother earth inside the megalithic dome (cairn).

- Celtic Sweatlodge
- Ecstatic Journey - dance, breathwork and journeying.
- Healing Circle
- Fire ceremony
- Spirit Boat
- Trance dancing
- Time in Nature
- Shamanic Healing Work

SUMMER SOLSTICE
20TH-22ND JUNE

WINTER SOLSTICE
21ST DECEMBER

Summer solstice €325
Winter Solstice €95
This intensive course will be of interest to those who wish to use this method professionally to work with clients and for personal growth and individuation.

This method involves the client journeying to the drumming CD, the client speaks out their journey which is recorded to be reviewed by the counsellor and client later. The counsellor helps the client formulate the intention for the journey and later works with the client to help them understand and connect deeper to the teachings that have come from spirit on the journey.

The training consists of an initial four day intensive module which will focus on experiential practice of the method by the trainees. We will also work with intention framing, journeying techniques and deeper exploration of the shamanic realms. Students will also have the opportunity to practice this method at home under supervision. There will be a follow up day long workshop for further training and supervision.

OCTOBER 1ST-5TH
€750 payable in installments

Completion of the Shamanic Practitioners Course is a pre-requisite for entry to this course. A certificate will be awarded to those who have completed all modules, homework assignments and at least one Holotropic Breathwork™ workshop.

SHAMANIC COUNSELLING TRAINING
Annette started her spiritual path in earnest 30 years ago, learning body and Indian head massage, metamorphic technique and becoming a Reiki Master. She discovered Shamanism twenty years ago which changed her life.

She is a trained Shamanic Counsellor and Practitioner and has attended many shamanic workshops and rituals both here in Ireland and abroad with indigenous shamans. She was made a Peace Elder by Lakota Chief Mary Thunder in 1999 at the Four Directions Conference in Texas. She has trained with Grof Transpersonal Training to be a Holotropic Breathwork™ facilitator. She is also a practicing Druid and member of a Grove.

She is available for one-to-one sessions for shamanic counselling and healing (soul retrieval, extraction and journeying), Reiki, rituals and druidic ceremonies.

ASSOCIATED COURSES - FACILITATED BY ANNETTE PEARD

THE SILENT PATH

10th-12th January,
Residential at Dunderry Park. €195 tuition, food and accommodation included.

This is the first workshop held every year at Dunderry Park and is a guided, structured weekend of Silence. A way to help you find the peace within! The weekend will give you the opportunity to retreat from the everyday distractions and we will be learning new skills to help us cultivate mindfulness through meditation.

23rd-25th May
Residential at Dunderry Park. €295 tuition, food and accommodation included.

Gathering together to dance in our ancient goddess wisdom in ritual and ceremonies, talking with nature, trance dancing, celtic sweat lodge, chanting, mandalas, laughter, journey to self and transformation.

A way to truly connect with the divine feminine.

Earth, Sea and Sky Woman

Residential at Dunderry Park. €295 tuition, food and accommodation included.

Gathering together to dance in our ancient goddess wisdom in ritual and ceremonies, talking with nature, trance dancing, celtic sweat lodge, chanting, mandalas, laughter, journey to self and transformation.

A way to truly connect with the divine feminine.
This weekend workshop is open to those who have completed a shamanic practitioners course or who have a good working knowledge of Shamanism. This is a wonderful opportunity to meet with old friends and make new ones at this unique event. The schedule will include the following and more depending on feedback from course participants.

February 7th - 9th
Dunderry Park, Co. Meath
€295

- Revision of all Journeys and Practices on the Shamanic Practitioners Course
- Sharing of case studies from your own practice incl shamanic counselling
- Repeat of most popular journey/practices requested by participants
- Experimenting with new shamanic drum journeys, and also learning new shamanic healing techniques
- Extended deep ecstatic journey using trance dance, breathwork and drum journeying
- Visit Hill of Tara to stalk awareness with the Sidhe/fairy folk
- Spirit Boat to the land of the dead, advanced psychopomp and extraction work
- Fire ceremony, Nature Spirit journeying, Darkness Dreaming
- Fun and games, music and craic!

Course Programme 2014

January
10-12: The Silent Path workshop
24-26: Shaman’s Breath Holotropic Breathwork

February
7-9: Shamanic Reunion Gathering workshop
21-23: Shaman’s Journey (introductory workshop)

April
4-6: Shamanic Practitioners Course I
25-27: Shaman’s Breath Holotropic Breathwork

May
9-11: Shamanic Practitioners Course II
23-25: Earth, Sea, and Sky Woman workshop

June
20-22: Summer Solstice Sacred Sites workshop

July
4-6: Shaman’s Breath Holotropic Breathwork
25-27: Shamanic Practitioners Course III

August
8-10: Shaman’s Journey (introductory workshop)
22-24: Shamanic Practitioners Course IV

September
19-21: Spirit of Folk festival

October
1-5: Shamanic Counselling Course
31: Samhain celebration

November
7-9: Shaman’s Breath Holotropic Breathwork
28-30: Shaman’s Journey (introductory workshop)

December
21: Winter Solstice celebration
31: New Year’s Eve celebration

Booking for courses can be made by contacting us on 0469074455, emailing info@shamanismireland.com, or posting your details to Dunderry Park, Robinstown, Co, Meath
What is Shamanism?

Over tens of thousands of years, our ancient ancestors all over the world discovered how to maximize human abilities of mind and spirit for healing and problem solving. The remarkable system of methods they developed is today known as “shamanism,” a term that comes from a Siberian tribal word for its practitioners: “shaman” (pronounced SHAH-mahn). Shamans are especially distinguished by the use of journeys to hidden worlds otherwise mainly known through myth, dream, and near-death experiences.

The Shamanic Vision

Ancient mystical and shamanic prophecies have predicted that the times we are living in will be an era of tremendous change. The earth and humanity are experiencing a death-re-birth struggle, the contractions have started, it is painful but the baby will get born.

Human survival now depends on our consciousness evolving away from our predatory nature towards a state of loving kindness and compassion for all life on earth. Every person has the opportunity to raise his or her awareness through various visionary practices.

In indigenous communities the Shamans would journey to the inner world to confront their shadow side, contact teachers and guides and mediate healing and teaching for the community. In fact we all have this ability and in order to raise consciousness we all must do our inner work, confront our shadow side, withdraw our negative projections and make contact with our true glorious divine nature.

The way of the shaman is the way of the ‘wounded healer’. To be human is to be wounded. Shamanic experiences are part of every day life; the circles of birth, death and re-birth are an intrinsic part of our reality. This pattern is repeated throughout our lives, as we are continually being born into new experiences and dying to old habits, behaviors patterns and belief systems.

The shaman uses ecstatic techniques to enter the shamanic state of consciousness, travel out of the body, make contact with spirit guides and power animals and therefore affect changes in ordinary reality, working closely with nature and the elemental forces. Shamanic practice and techniques help us to reconnect to ourselves, each other, the earth and to the great mystery we are all a part of.

For more info please contact
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Phone - 046 90 74455