

SHAMANISM IRELAND



Course Programme 2019

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





MARTIN DUFFY

MIAHIP, MIACP, EAP

Transpersonal Psychotherapist and Shamanic Teacher

Martin Duffy is the director of the Oaktree Charitable Trust, a non-profit organisation that runs the Irish Centre for Shamanic Studies 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, Trance Dancing, and Firewalking. His grandfather and mother are traditional folk healers and he is following in their footsteps.

Martin's work is influenced by the Druidic 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 (USA) 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.

Transpersonal Therapist Training

The term Transpersonal means beyond the personal. It is a form of spiritual psychology which studies human experiences beyond the realms of ordinary reality. This includes methods such as dreamwork, meditation, journeying, yoga, reiki, trance states, shamanism, mystical and peak experiences, ecology, non-ordinary states of awareness and consciousness studies.

This training will be modular in nature, participants can begin the course at any point as credits will be awarded for each module completed leading to a final certificate of accreditation as a Transpersonal Therapist when the required amount of credits have been obtained.

These credits will also be given for past courses completed through The Transpersonal Institute and Irish Centre for Shamanic Studies when students have registered for the Transpersonal Therapist Training Course. These include Soul Seminars, Holotropic Breathwork, All Shamanic Courses, and One day workshops.

New mandatory modules will also be taught at the centre as one day workshops and evening classes through Soul Seminar meetups. Topics will include; Spiritual Emergence/Emergency, Addiction, Jungian and Transpersonal Psychology, Astrology, Dreamwork, Imagery and Visualization, Consciousness Research, Spirituality, Philosophy, and Shamanic Breathwork Modules with more topics introduced later in the year. The teaching format will be through video interviews, lectures, group discussion and dialogue, and experiential methods such as journeying, dreamwork, meditation, imagery and visualization.



Info on Registration

To enquire on how to register for this Certificated Transpersonal Therapist Training email us with your details to info@shamanismireland.com

THE SHAMAN'S JOURNEY

INTRODUCTORY WORKSHOP

Weekend Workshop

Dunderry Park
Co. Meath

€295 Tuition,
Accommodation & meals
included

Feb 22 - 24
Aug 9 - 11
Nov 29th - Dec 1st



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.

The Shaman's Breath

HOLOTROPIC BREATHWORK™

Weekend Workshop

Dunderry Park
Co. Meath

€295 Tuition,
Accommodation & meals
included

Feb 1-3
Apr 26-28
Jul 5-7
Sept 13-15
Nov 15th-16th (Shamanic
Breathwork)



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.

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

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 & REBIRTH

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.



A series of four Weekend Workshops

€1150 Tuition, Accommodation & Meals included

Dunderry Park Co. Meath

Weekend I: March 22-24
Weekend II: May 10-12
Weekend III: July 26-28
Weekend IV: Aug 23-25

III - SHAMANIC HEALING

From a shamanic perspective illness and disease come from three main causes: 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

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.

Solstice Workshops

Shamanic states & sacred sites in the Boyne Valley



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 Spirit Boat and journey into the womb of mother earth inside the megalithic dome (cairn).

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

Summer Solstice
One Day Workshop
June 23rd

€95 Tuition &
meals included

Winter Solstice
One Day Workshop
December 15th

€95 Tuition &
meals included

Advanced Practitioners Shamanic Counselling Training



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.

In depth experience of Shamanic Journeying 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
Five Day Workshop
Oct 2-6
€750 Tuition, Accommodation
& meals included

Workshops & Courses

facilitated by Annette Peard

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.

Annette holds a drumming circle at Dunderry once a month, and she is available for one-to-one sessions for shamanic counselling and healing (soul retrieval, extraction and journeying), Reiki, rituals and druidic ceremonies.



The Silent Path

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.

Weekend Workshop
Jan 18-20/ Nov 1-3

€195 Tuition, Accommodation
& meals included



Earth, Sea, & Sky Woman

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.

Weekend Workshop
May 17-19

€295 Tuition, Accommodation
& meals included

Course Programme 2019

January

18-20 The Silent Path

February

1-3 Holotropic Breathwork

22 - 24 The Shaman's Journey

March

22 - 24 Shamanic Practitioners I

April

26-28 Holotropic Breathwork

May

10-12 Shamanic Practitioners II

17-19 Earth, Sea, & Sky Woman

June

23 Summer Solstice

July

5-7 Holotropic Breathwork

26-28 Shamanic Practitioners III

August

9-11 The Shaman's Journey

23-25 Shamanic Practitioners IV

September

13-15 Holotropic Breathwork

October

2-6 Advanced Practitioners:
Shamanic Counselling Training

November

1-3 The Silence of Samhain

15-16 Shamanic Breathwork

29-1st The Shaman's Journey

December

15 Winter Solstice Workshop

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 journey to the inner Transpersonal worlds 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 everyday 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, behaviours, 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
Dunderry Park, Navan, Co. Meath
info@shamanismireland.com / 046 90 74455
www.shamanismireland.com