

Langzeitprogramm mit Ahamkara

Each weekend has its own program and its own rituals. Every weekend you will learn the wisdom of the ancient Siberian shamanism and experience you have at least five rituals. We work with dance, drums, massage. You will learn how you can incorporate into your life. These wisdoms Afterwards you will receive a certificate of participation. This training is for therapists enriches practice. You will learn many forms of healing.

Weekend 1: Shamanic Trance and Healing with Dream Body

This weekend you will experience what trance is and what it can do to you. Trance has a healing effect on the body and the mind.

- + The following rituals go experience: Using three rituals you will be helped by the Tin Bura Spirit Trance.
- + You will learn drumming techniques: how can you hold the rhythm of the drums.
- + You will experience how you can transform into an animal through dance your dream body
- + The organs are healed by your dream body
- + You will learn different massages: - contact with the four High Spirits - changing energy refreshment / rejuvenation!

Weekend 2: The 4 High Spirits

- + Learn the differences and connections between the four High Spirits of the Siberian Shamanism. You will learn the four High Spirits, Umai, Tengri, Erlik and Ulgen to work and learn the details.
- + Experience Shamanic Tree. Connect with heaven and earth, the upper and nether through the shamanic tree, the line that is stationary in the center and where the earth revolves around it.
- + Learn to do that you need or that can serve you. Their own rituals
- + You come into contact with the spirit helpers and see how they can educate you and help you.
- + Ritual for the blessing of spiritual power objects.
- + Meet the five souls that every human being has.

+ Experience the 4th High Spirits and feel the connection between their worlds.

Weekend 3: Protection, balance and harmony, the Spirit Umai of Central World, between Upper and Lower.

- + You are going to make to protect your house an amulet
- + You get in the yurt of the High Spirit Umai blessing
- + You learn your personal power to increase
- + Experience the massage of balance and harmony
- + You experience the healing with the energy of Umai
- + Undergo the transformation ritual by swimming in the lake rejuvenation.

Weekend 4: Get in touch with the four helpers High Spirits

- + Meet the Spirits of Ajami in different places. Among others at the place where you were born.
- + Contact the Spirit of happiness for more luck
- + Travel in contact with the Siberian Spirits and experience their support and blessing
- + You learn to make contact with Nature Spirits and feel their healing
- + You will learn how to ask the Spirits by shamanic Pray help
- + You will receive healing from the Ajami Spirit

Weekend 5: Transformation and Cleansing the High Spirit Erlik

- + Experience the healing of Erlik Spirit and the trip to the past.
- + Experience the blessing of the Spirit Erlik. Feel the power of transformation for yourself or for someone else to help.
- + Learn the Fish symbol, which stands for memory and learn to deal with it.
- + Soul Retrieval, shamanic soul work.

+ Cleansing of negative habits and attachments.

Weekend 6: Creation of the future, the High Spirit Ulgen

+ Learn the 9 levels of the Sky. Journey to the Upper World and meet the Spirits of Heaven.

+ Experience the oracle ritual, contact the Sky and bring your positive message to the people.

+ Meet the wishing tree. Learn how you can put your wishes. Shape

+ Massage of the upper world, and bring positive light energy to yourself and others.

+ Learn a new way to come. Wishes By planting seeds and grow the flowers new opportunities arise.

Weekend 7: The world of the Night Sky, the Universe, the High Spirit Tengri

+ In a dream ritual you make contact with the center of the Universe.

+ You will learn how to develop your consciousness.

+ You will experience the healing world of the Night Sky.

+ In a dream ritual you get through a trance with the Universe.

+ Using the shamanic astrology you make contact with the Spirits of the planets.

+ You will receive the blessing of the High Spirit Tengri.