

— Shamanic Vision —

1st day

(Optional) Morning Session: Exercising Presence – facilitated by Algis, apprentice of Andro

Breakfast

Introduction to Shamanism

- The basic principles of Shamanism and multidimensional navigation will be explained, as a foundation for the entire workshop

Matrioshka – The “Russian Doll” model of Reality

- The multi-layered Architecture of our Being. How to harmonize between our wants, needs, feelings, thoughts, actions and interpersonal relationships

Lunch break

Learning by Unlearning

- The Art of Infinite Data Compression and Mindful Forgetfulness
- Centers of knowing independently of chakras

Shamanic Perception and Relationships

- Relationships on the Shamanic Path and distilling their Quintessence
- The Art of leaving behind the “Dead Weight” while keeping the Spirit alive

Dinner break

The Mystery of Power

- Recognizing Power for what it is and Knowing it, not by its effects, but by its true origin
- Doing Power vs. BEING Power
- Understanding and dealing with power vampires: horizontal and vertical feeding

Q&R Session around the fire

2nd Day

(Optional) Morning Session: Playing with Invisible Objects – facilitated by Algis, apprentice of Andro

Breakfast

Janus Healing: The Two-Faced Aspect of Crisis

- The upside down principle – the solution is built-in in the problem
- The Wounded Healer: if you learned how to be ill, you have also learned how to heal
- Importance and weight as obstacles in perception and healing

Everything you need is already in your “back yard”

- Why do we have to travel far, only to find out that what we needed was already back where we started?...
- Digging out the treasures of your outer and inner backyard

Lunch break

Encounters with Initiation

- Recognizing, embracing and dealing with initiatory experiences in dreams scenarios as well as in day-to-day situations
- Where are the nightmares coming from?
- How do we lose our Grace and how to get it back
- Belief vs. Faith

Dinner break

Introduction to Shamanic Journeys

- The fundamental principles and ethics of the Shamanic Path
- Accessing and navigating Altered States
- Using of chanting and movement to open portals in the fabric of reality

Soul Piece Retrieval

- The mechanics of trauma
- How we lose pieces of ourselves and how to get them back

Q&R Session around the fire

3rd Day – Group Work

(Optional) Morning Session: Setting your Intention, facilitated by Algis, apprentice of Andro

Breakfast

Partnered Practice – Experiencing Shamanic Vision in Pairs

- Practice self-induced Shamanic Vision, take action in altered states and share your experiences with a partner

Lunch break

Collective Shamanic Journey

- Cultivating inner silence
- Experience a Shamanic Journey with the entire group
- Share what you have remembered and accept what you have forgotten

Dinner break

Q&R Session around the fire