

# A Course in Shamanism for Personal, Communal and Planetary Healing

Taught by Karen Furr, Shamanic and Reiki Teacher and Practitioner

## **About the Series**

Shamanism is the oldest modality for healing known to humankind, dating back at least 80,000 years. Join us as we explore this ancient way of spiritual healing through a focus on personal, communal and planetary wholeness.

## **The Basics of Shamanism**

Participants of this workshop are introduced to shamanism, Our focus is on the classic shamanic journey, a visionary method used by shamans and practitioners for healing and problem solving. 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, including connections with Nature. They are also provided with methods for journeying to meet and study with their own individual spirit helpers in non-ordinary reality, a classic step in shamanic practice. Participants learn how the journey is utilized to restore spiritual power and health, and how shamanism can be applied in contemporary daily life to help heal oneself, others, and the Planet. This gathering is required for participation in any of the following classes.

## **Working with the Helpers - connecting and listening - developing the relationship**

The second gathering is a time to become more acquainted with our helping spirits. We will explore how we listen and receive information from the spiritual realm. Building the relationship is essential to the Work and being of service to the process of planetary healing. Participants will meet their power animals, gate-keepers and guides and learn to work in partnership with these powerful beings.

## **The Heart of the Shaman – Opening the Heart-Door**

Participants will explore the concept of compassion and how this relates to shamanic practice. This class will prepare the participant to further understand how we can be a healing presence in the world.

## **The Journey Within**

In this class, we will explore the realm of interiority. “Doing the inner work” is one of the most important components in shamanic practice. Participants will have the opportunity to “go within” through journey and exploration. This class builds on the experiences and learning gained and brings the practitioner to a deeper awareness of the giftedness and sacredness of his or her True Self.

## **The Inter-Relatedness of Healing – Transfigurative Healing**

Based on the work of Sandra Ingerman, and her book [Medicine for the Earth](#), we will explore the process of transmuting toxins and transfiguration as a healing practice, deepening our awareness of ourselves as healing Light. We will explore further the process of transfiguration. Participants can experience the healing potential of transfiguration as a healing practice.

## **Extraction - Removing intrusions**

From a shamanic perspective, we can harbor energy that is not ours and which causes any number of symptoms of illness and depletion. We will explore intrusive energy and learn how it can be removed safely and compassionately.

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## **Beyond Death - The Art of Helping Those in Spiritual Transition**

Participants will learn about dying and the destiny of souls from a shamanic perspective. We will explore and learn how to become experientially familiar with the after-death realms, as well as how to help a person to cross over. Helping another soul to complete their crossing over journey is one of the most rewarding experiences in the practice of shamanic healing.

## **Soul Retrieval - Facilitating the Bringing Together of the Whole Person**

In this gathering, we will explore the shamanic concept of “loss of essential vitality” and the art of returning one’s vitality for healing and well-being. We will learn what causes soul loss and how to facilitate healing through the art and practice of soul retrieval. This will be a separate training over 4 and a half days.

## **Coming Together**

In this last class of the series, we will explore the past year and deepen the growth and awakening we have experienced. Through ceremony and ritual, we will honor and celebrate ourselves as the shamanic healers we have become.

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Karen D. Furr’s home is in Western Arizona. Her love of Spirit has led her into the way of alternative healing through Shamanism and Reiki. For her there is no separation between the realities of seen and unseen, and her work as a healer is rooted in the belief that it is not what we "do" that heals, but what we allow ourselves to become. The realm of the Divine is within each of us and it is there that we can access the infinite compassion of Mystery. It does not matter what tradition we are immersed in, but that we encounter that Mystery and Spirit within.

Karen holds a Masters degree in Social Work and has devoted much of her life to working with those who have experienced economic poverty, as well as abuse, addictions, homelessness and trauma. As a Shamanic and Reiki teacher and healer, Karen understands illness from the perspective of loss of essential power.

As a former Catholic sister, and now an ordained priest in the Independent Catholic Movement, Karen walks the path of the mystic and healer, seeking to integrate all the worlds for healing of self, community and Earth. She is aware that it is in bringing Light into the world that healing and wholeness can happen. She is excited about the emerging paradigm of Oneness and welcomes the challenge and movement of this evolution of Spirit.

"Karen Furr is an impeccable shamanic teacher and practitioner. She has a depth of knowledge and compassion that leads her students into the true meaning of the path of the shaman. I highly recommend her work to all looking to learn about shamanism and shamanic healing."

- Sandra Ingerman: author of "Soul Retrieval", "Shamanic Journeying",  
"Awakening to the Spirit World" and "The Book of Ceremony"

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