

Uses of Shamanic Counselling

Shamanic Counselling is a method for gaining information that lies beyond consciousness. You may have a specific question that you need answering, or you may have more general questions concerning:

1. Practical work-related issues, (particularly useful for discovering new, creative ideas to progress a specific project)
2. Creative inspiration
3. Depression
4. Fears & phobias
5. Relationships
6. Health (physical, mental, emotional)

It is not founded on any religious doctrine, nor does it claim to be a substitute for any traditional form of therapy or medical treatment. However, it is a powerful technique that can be a useful compliment to other counselling or psychotherapeutic procedures. The rich inner material can help overcome resistance or blocks that may arise.

About the Practitioner

Joan Harthan BSc(Hons), PhD has been trained in the Harner Shamanic Counselling Method under the tutelage of The Foundation for Shamanic Studies and has been practicing shamanism since 2005. She is the author of books on dream analysis and self development through dream work.

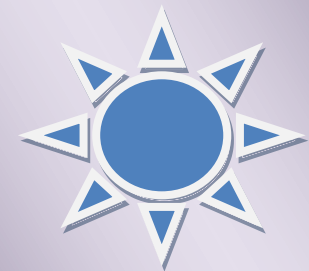
For more information on Shamanic Counselling, Shamanic Dreamwork, Dream Therapy, Groups and Workshops, please visit her website:

www.docdreamuk.com



Shamanic Counselling

Harner Method A Cross-Cultural Alternative

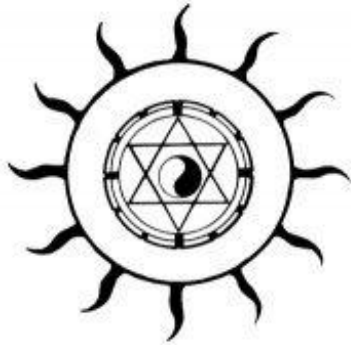


**Access information beyond the
level of normal awareness**

Shamanic Counselling

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What is Shamanism?

It is a spiritually oriented practice, rooted in ancient traditions which, anthropologists agree, is the oldest human spiritual tradition. Its focus is on personal and planetary health, empowerment, relatedness and spiritual growth. It recognizes that we live in a Universe of both ordinary and non-ordinary realities, and that these worlds are vitally connected to the well-being of all. Shamanism is not a religion. It is more a way of being in the world.

What is Shamanic Counselling?

Rather than being “counselled” in the usual sense of the word, you will be taught how to perform the classic shamanic journey in order to contact your own spiritual teachers and guides in order to obtain guidance and get answers to your questions. In other words, your spiritual teachers are your counsellors and you will contact them under the guidance and tutelage of your Shamanic practitioner. This is an experiential approach to wisdom and well-being, and the information received can be surprisingly practical as well as deeply profound. It is reliably insightful and, when combined with a committed determination to create a better life, dramatic results are possible. Once the techniques are mastered, you will have acquired skills that will last you a lifetime. The method aims to empower you and enable you to journey on your own to obtain help and guidance on problems or questions in the future. The

technique, developed by Michael Harner PhD., anthropologist, author and teacher, will enable you to utilize the basic tools of ancient shamanism. The aim is to restore or enhance spiritual power and authority for use in everyday life.

What will happen during the sessions?

The first session will be in the form of a discussion to give both client and practitioner the chance to assess whether the method is suitable. During this session, for which there is no charge, you will be given the opportunity to ask any questions you may have. With the help of the Practitioner, you will also decide what will be the focus of the sessions. Five weekly sessions will follow in which you will be taught many aspects of core shamanism. You will make five shamanic journeys under the guidance and supervision of the practitioner. There will be an audio and written record made of all your journeys, which you can take away with you at the end of each session. Several sessions are used to thoroughly explore an issue and to allow the necessary time between sessions to integrate the results from each journey. You’ll be encouraged to utilize the guidance in practical, everyday life situations. Sudden breakthroughs can, and do, happen. You will be encouraged and guided by the Practitioner to become completely autonomous in the method and to reinstate and strengthen your spiritual authority.

What is meant by non-ordinary reality?

What one person may understand as the non-ordinary world of spirit, another may understand simply in terms of the inner realm, or the higher self. It doesn’t matter how it is understood intellectually, the results are the same. The role of the Practitioner is to teach the method and to assist and support you in your own interpretation of the information received.

What is a shamanic journey?

A shamanic journey occurs when we move our awareness into a different reality. This will be facilitated by a technique known as sonic driving. The sonic driver for these sessions will be

drumming, although it may be possible to use other methods initially if you find the drumming distracting. Those new to journeying often report that their first journey almost feels like a daydream. However, the encounters we experience during journeying often have a totally different quality to them. In the sessions, you will move your awareness with focused and disciplined intention to naturally enter into an altered state of consciousness. Your Practitioner will be constantly monitoring your progress to ensure that the journey is safe and helpful for you.

How much will it cost?

There are six sessions in total, including an initial free consultation. The other five sessions comprise of two 60 minute sessions and three 90 minute sessions. The cost is £25 for an hour and £35 for 90 minutes, making the total cost £155. A 10% discount is given if all sessions are booked and paid for up front. You will need an A4 size journal and a memory stick (minimum 1GB).

To complete the process, and have complete autonomy, you may also wish to bring along to the last session, a CD player with headphones and an audio recording device.

Sessions can be conducted in your own home but there will be a mileage charge of 20p per mile to cover travel costs.

