

Shamanism in Daily Life

Shamans have been the wisdom-keepers in every tradition and culture on Mother Earth, pre-religion and pre-writing. Through centuries and generations the message of everything being connected has been passed down in various forms.

In this time of upheaval and division many are searching for this connection.

This course is for you if you feel drawn to the wisdom of shamanism and want to fit this into your daily life. Emphasis will be on connecting with your true self in the visible and invisible world around you.

Online course, given in 3 sessions of 60 minutes

Dates: Saturday October 16, 23 and 30.

Time: to be announced, due to global participation / time zones

Fee: 120 Euro (international payment through PayPal is possible)

Participation will be in small groups

Content

- shamanism: history and symbols
- shamanic journeying *
- connection with power animals, and ancestors
- sound healing / drumming
- opening to oneness
- meditations, exercises, assignments

* Shamanic journey where you can:

- reach the depth of your physical, emotional and spiritual body
- open to receive messages from beneficial entities
- come away with a sense of quietness and connectivity
- get a reminder of who you truly are within the context of your life here on earth

To support parts of the course I will drum and chant.

Many people experience the chanting as coming from an ancient place that touches them.

We will finish the course with drumming together.

Astrid Marx

I am a down-to-earth contemporary shaman, as was my grandfather. Mostly I work from a practical and empathic approach, as well as using traditional shamanic tools.

For over thirty years I have had an international practice, helping many people to overcome problems and live their lives freely as their true self.

More information about my work on <https://astridmarx.com/>