

Shamanism in Daily Life

Course - Where learning and experiencing meet

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 in a western culture.

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/Times to be announced, due to global participation / time zones

Limited participation of 3 – 10 people

Fee: 150 euro (through PayPal)

Content

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

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

Many people experience the chanting 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/>