



THE FOUNDATION FOR SHAMANIC STUDIES

a nonprofit public 501(c)(3) charitable and educational organization

Dedicated to the preservation, study, and teaching of shamanic knowledge for the welfare of the Planet and its inhabitants.

SHAMANIC TRAINING – GETTING STARTED

Thank you for your interest in training with the Foundation for Shamanic Studies (FSS) to become a shamanic practitioner.

The FSS curriculum, provided through our [workshops and advanced residential programs](#), is designed to provide step-by-step training in shamanic methods. Workshops are taught by the Foundation's highly qualified international faculty. [FSS faculty members](#) have completed a rigorous training program in core shamanism and have several years of hands-on shamanic healing practice with private clients.

The Foundation's authentic and powerful training in shamanic methods provides the basis for an effective shamanic practice. To practice successfully, in addition to the methodology, one must build strong connections with the helping spirits. These connections develop in strength over time through disciplined training and experience. The Foundation does not grant diplomas or certify that a person is a "shaman" – only the effective practice, deriving from knowledge and power provided by the helping spirits, can make one a shaman. The FSS does, however, provide [certificates of completion](#), confirming a student's participation in Foundation trainings. Traditional [continuing education credits](#) are also available.

Ultimately, we have found that success as a shamanic practitioner is dependent on two things:

1) Developing spiritual power through working with the helping spirits over a period of time, and 2) A disciplined application of the methods taught in the workshops and trainings.

For more information, please visit [shamanism.org](#). There are [articles](#), [video](#) and [audio](#), a [training FAQ](#), and many other resources to support your interest in shamanism.

In general, except where additional prerequisites are noted, the workshops and training programs can be taken in any order. To master the work, serious students often take the workshops multiple times, having discovered that though the material taught in any given workshop is the same, the lessons learned are different each time. One's own helping spirits help guide the process, providing opportunities to deepen and grow in knowledge and spiritual power.

FSS WORKSHOPS AND TRAINING

(Visit [shamanism.org](#) and click on the Workshops tab)

1. [Way of the Shaman: the Basic](#)

This weekend workshop initiates participants into the classic shamanic journey experience and introduces students to divination and healing methods. After taking the Basic, students will know how to journey to their own helping spirits and build relationships with them, typically in order to gain knowledge and, when trained, to bring back help and healing. **The Basic is the prerequisite for all other trainings.** Once the Basic is completed the workshops below may be taken in any order, though as noted, some of the workshops require additional prerequisites.

2. **Advanced Workshops in Shamanic Healing Methods**

The following weekend workshops teach and provide hands-on practice in the primary healing modalities used in core shamanism.

- a. [Shamanic Extraction Healing Training](#)—extraction of localized spiritual intrusions.
 - b. [Shamanism, Dying, & Beyond](#)—psychopomp work, shamanic perspectives on death.
 - c. [Power Soul Retrieval](#)TM—returning lost soul portions.
Prerequisites: the Basic, PLUS both Extraction Healing and Dying & Beyond
 - d. [Advanced Shamanic Healing Practice](#)—a review of the primary healing modalities, plus practice in putting it all together in a client session. *Prerequisites:* Completion of a, b, and c above, or the Two Week Shamanic Healing Intensive.
3. [Shamanism Practicum](#)—a workshop to engage with other shamanic practitioners and the helping spirits in the real-world aspects of setting up a practice, as well as a review of important ethical and legal considerations.
4. **Weekend workshops** for personal shamanic practice, deepening the connection with the spirits, healing, and gaining knowledge.
- a. [Shamanic Divination Training](#)—practice in a variety of shamanic methods for discovering answers to questions and problem solving. Essential if offering divination in one's practice; important for shamanic healing, which requires consulting the helping spirits to determine what healing methods to use for each client.
 - b. [Shamanism & the Spirits of Nature](#)—working with the spirits of nature for restoration of the soul, healing, and knowledge.
 - c. [Shamanic Training in Creativity](#)TM—shamanic methods to enhance and cultivate one's creativity.
 - d. [Shamanic Dreamwork](#)TM—shamanic dream theory and practices, including big dreams, dreams and the soul, spirits, visions, and dream interpretation.
5. [Harner Shamanic Counseling](#)[®]—five-day training course (non-residential) in the Harner simultaneous narration method; intensive development of journey skills for personal use and work with clients.
6. [Two Week Shamanic Healing Intensive](#)TM (advanced, residential)—training in the primary shamanic healing methods, the Dream Dance, as well as profound initiatory experiences.
7. [Three Year Program of Advanced Initiations in Shamanism & Shamanic Healing](#)TM (advanced residential)—ever-deepening shamanic initiatory experiences designed to advance participants' knowledge, practice, and spiritual connections and power as far as possible over the course of three years.