



WELCOME TO THE BRIDGE!

You are welcomed with a warm embrace as you embark on The Bridge, your Introduction to Shamanism Course!

Within this sacred retreat, you shall learn to navigate the Medicine Wheel, weaving Shamanic practices into the very fabric of your daily life. You will forge relationships with the archetypes and elementals of each direction, exploring alternate states of consciousness via shamanic journeying.

The retreat will allow you to discover how to heal yourself and your relationships through new ways of being. This vibrant two-day journey promises insight, self-development, and profound growth. It is a sacred sanctuary for you to revel in exploration, healing, and self-transformation.

DAY ONE

You will delve into the South and West directions, shedding the traumas, suffering, burdens, and patterns that no longer serve you as you confront the shadowy aspects of your being. Together, we shall traverse through fears and old wounds, healing the suffering within.

Embarking on a journey to the enchanting realms of the upper worlds, guided by the energies of the Hummingbird in the North and the Eagle of the East, you will journey to regain your power and craft your destiny.

By creating this space in your heart and soul, you make room to focus on your deepest desires. Without the pain and suffering, what would that create space for? This is where the magic and co-creating with the Creator begin!

DAY TWO

Here you will step into the infinite possibilities that await, savouring the exquisite nectars of life and embracing your becoming. It is here that you shall connect with spirit and your higher self, daring to dream your highest reality into existence.

It is my honour and privilege to be sharing these Peruvian and Guatemalan shamanic teachings with you. My heart will forever be grateful to my Peruvian, Guatemalan, and UK teachers for their unwavering guidance, profound wisdom, and the sacred transmissions they so generously shared. I carry their voices in my prayers, their songs in my ceremonies, and their blessings in every offering I make. May this work continue to honour their lineage and inspire healing for all who are called to this path.

Much Love,
Charmaine, Dancing Sun Woman

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Registered Address: 7 Rylands Road, Southend On Sea, Essex, SS2 4LW Phone: 07377 936 886

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SOUTH & WEST Direction (Day One)

- Open sacred space, invoking the directions and spirit. Learn the art of smudging yourself, others, your belongings, and buildings.
- You will engage in a chakra blockage diagnostic using sage, copal, a traditional rattle, and your hands; this can assist with tapping into your visionary sight.
- Introduction with each participant using the talking stick.
- Explore various altar setups and receive a brief introduction to the mystical realm of Shamanism.
- Learn the art of opening your personal, protected sacred space—this is called your “Wirococha”.
- South Wheel Teachings: Discover how to clear, balance, and illuminate a person’s Luminous Energy Field (LEF) through various methods and tools such as rattles, drums, singing, feathers, and sage with intention. Using the guidance of your intuition and spirit, you will learn to give and receive a shamanic Illumination healing.
- Master the technique of Black and White Stone Healing.
- Engage in discussions about entities, extractions, what they are, and how they affect us and why we need to protect our energy and continue the cleansing process. You will not be taught how to clear entities as this is second-year student work. However, you need to know what they are and what shamanic practitioners have to clear so you can make an informed decision if the full four-year Medicine Wheel Practitioner programme is for you.
- Explore protection tools and techniques you can easily implement at home and at your leisure. From making black salt, medicine pouches, crystals, intent, and calling in your guides, there is a lot you can do to prevent others from affecting you. You will receive a bonus meditation of “protection with the angels” upon completion of the course for you to listen to at your leisure. It is a gift for you.
- You will shamanic journey to the Lower World to gain a power animal for yourself and your clients. It is here you will meet Huascar Inca.
- You will learn how to ground yourself and others, giving you the tools to keep coming back to your centre, your power, and your place of calm and balance.
- There will be a Cacao Ceremony. Guatemalan Ceremonial grade Cacao is rich for the heart and soul and is considered ‘Food of the Gods’ by the Mayan community. The ceremony will be pure with no additives—exactly as construed by Tata Pedro and the Mayan elders when Charmaine did her training and received her Cacao Ceremonialist rites. Let’s keep these sacred ancient traditions alive when embracing plant medicines—because they also have their own spirit!
- West Wheel Teachings: You will embrace the wisdom of the Jaguar by shining light on your shadow and ego for transformation. Becoming braver, stronger, and lighter while beginning the process of feeling safer and more authentic in your own skin. Let’s release the shackles that bind you.
- Contemplate the Death Stone—“What’s doing death to us?” A 28-day homework release to support the work you did on the retreat and to continue the cleansing process.
- Shamanic Bath, Chakra Shower, and the Shamanic Limpia Ceremony—These can easily be incorporated into your daily routine. The shamanic Limpia is fabulous to share with groups and children and is also LOTS of fun.
- Demonstrate the blessing of holy water and the art of charging water with crystals, aligning intentions with those of the Cacao, despacho, etc.
- Singing Icaros—you will be taught Niche Tai Tai, which is a Peruvian icaro we sing at fire ceremonies.
- Students will set up altars and sacred spaces, culminating in full healing exchanges and much more.


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NORTH & EAST Direction (Day Two)

- Gather the circle to invoke Sacred Space, cleanse with sacred smudge, altar set up.
- Kintu Blessings
- Hummingbird in the North direction will flutter her little wings taking you up to the realms of possibilities. On day 2 we begin our exploration of the Upper World via shamanic journeying. It is here you start to fill yourself up, realigning and informing your system of new ways of being. Becoming more empowered and fulfilled, as you dare to be who you truly are.
- Shamanic Power Retrieval Journey. This is a 30-minute journey and a whole healing within itself that you will receive.
- Destiny Retrieval Journey. This is another shamanic journey full of healing that you will receive.
- Destiny Despacho Ceremony. It is here you will co-create with the Creator to manifest the life, feelings, experiences, things, opportunities, etc. that you wish to bring into being. Dream big and get big. Within 6 months of completing the Bridge, you will absolutely notice some of what you ask for starting to come into your life. Honestly, this is the power of despacho ceremonies. The hard work you do on day 1 creates the space for the prayers in the despacho to come true.
- Mighty Eagle/Condor, the visionary perspective, seeking higher insights, co-creating with the Great Spirit. You will fly high on eagle's wings seeing the bigger picture of your lives, free from what no longer serves you. Feeling the liberation, freedom, and infinite world of possibilities.
- Guidance on crafting your own sacred shamanic tools with intent and sacred ceremony. If time allows, you are welcome to create your very own Prayer Stick that you may take home.
- You will host a group Fire Ceremony, honouring the presence of our guests. It is usual that other Luminous Medicine Wheel students and sometimes my teachers join the Bridge fires. You are also welcome to invite your own guests for this ceremony which will take place at 3.30 pm on day 2 of the retreat.
- It brings me joy to weave the essence of Ayni (reciprocity) into all experiences, with previous students and guests gracing your fire ceremony, accompanied by drumming, singing, rattling, and the ceremony of making your Releasing and Manifesting sticks to feed the fire.

Ah, dear souls, this is where the magic unfolds! 

We close with Certification, final reflections, and share circle, and closing of Sacred Space.

- Certification, final reflections, and closing of Sacred Space
(You keep a 20-page manual to treasure from this transformative training course.)



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Please bring with you:

- Journal (Notepad) & Pen
- Palm-sized black stone & palm-sized white stone (soap bar size), preferably with a smooth surface if you can find any; these will become part of your tools. (Don't worry if you don't have them; I have some here for you to use.)
- Rattle, drum, feathers, any crystals you like using or want blessing— I do have all of these for you to use, but again, feel free to bring whatever you feel is right with you.
- Breakfasts/Lunches/Snacks— It's a very intense two days, with a lot of processing. (You will be amazed at how hungry you get.)
- Comfy clothes— and maybe some slippers, as I have cold floors.

I look forward to meeting you and welcoming you to shamanic practice, healing, and walking the path of the Peaceful Warrior.

I have much to be grateful to my teachers and these ancient practices for. They literally saved my life and taught me new ways of being, living, and thriving. To this day, shamanism is a way of life. It weaves its magic into my relationships, my perspectives, my presence, and continues to fill me with peace and calm amidst the chaos and responsibilities of everyday life. My hope is that you will embrace the mystical, magical, and shaman within you to create the life and ways of being your soul wants and needs. May peace be with you.

With love, blessings, and munai,
Charmaine, Dancing Sun Woman

Please visit the website at www.luminousliving.co.uk for further information!

Course Total = £400 for both days (Day One & Day Two).
Please ensure you pay a 50% deposit to secure your space (£200).
The remaining balance (£200) is payable upon arrival or prior to the course start date.

Bank Payment Details:

Luminous Living Ltd

Sort Code: 230580

Account: 25082168

Please use "your name" and "BRIDGE" as the reference or book through our website.



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THE BRIDGE

Introduction to Shamanism Course: Healing for Modern Life

Who This Course Is Perfect For?

The Bridge Introduction to Shamanism course serves as a powerful gateway for individuals seeking authentic healing and spiritual connection in our fast-paced, disconnected modern world. This transformative program combines ancient wisdom with contemporary understanding to address the unique challenges facing people today.

Individuals Navigating Trauma and Emotional Healing

- This course offers profound support for those carrying unresolved trauma from childhood experiences, relationship wounds, or life transitions.
- Shamanic practices provide gentle yet effective methods for releasing energetic imprints of past pain through techniques like soul retrieval, which helps reclaim fragmented parts of the self lost due to traumatic experiences.
- Participants learn to process emotions that feel stuck or overwhelming, creating space for genuine healing and renewal while developing resilience and a renewed sense of wholeness.

People Struggling with Family Dynamics and Ancestral Patterns

If you find yourself repeating unhealthy family patterns or feeling disconnected from loved ones, shamanic work offers unique insights into generational healing. The course teaches participants how to identify and transform inherited emotional patterns, heal family wounds across generations, and create healthier dynamics with parents, siblings, and children. You'll learn to honor your ancestry while breaking free from limiting family legacies, ultimately shifting your own energetic contribution to family dynamics and creating space for more authentic, compassionate connections.

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Those Seeking Life Purpose and Spiritual Direction

Modern life often leaves people feeling disconnected from their authentic path and deeper meaning. This course helps participants reconnect with their soul's purpose through direct spiritual experience and guidance from helping spirits.

Through practices like shamanic journeying and connecting with spirit guides, you'll discover tools for receiving clear guidance about career decisions, life transitions, and your unique gifts to offer the world, helping you align with your authentic self and live a more meaningful, fulfilling life.

Individuals Experiencing Modern Stress and Mental Health Challenges

Shamanic healing addresses the spiritual roots of emotional distress, offering complementary support alongside traditional therapy. The course provides practical tools for managing anxiety through connection with nature spirits, finding hope during depression through spiritual empowerment techniques, and developing emotional resilience through grounding and centering practices that help regulate the nervous system in our overstimulated world.

Modern Day Issues This Course Addresses

Trauma Recovery and Integration

Shamanic healing works with trauma by addressing the energetic imprints left by difficult experiences. Soul retrieval practices help bring back fragmented parts of the self, while energy clearing techniques release stuck emotions and restore vital life force. This non-talk therapy approach complements conventional treatment by working directly with the body's natural healing intelligence and the spiritual dimensions of trauma recovery.

Creating New Family Relationships

Many family dynamics are rooted in inherited patterns, unspoken resentments, or ancestral trauma. Shamanic work helps individuals understand and heal their own energetic contribution to these dynamics. By working on personal wounds, clearing ancestral patterns, and shifting one's own energetic field, participants can foster forgiveness, set clearer boundaries, and change their internal response to challenging family situations, leading to healthier, more authentic connections.

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Finding Purpose and Direction

When faced with uncertainty, major decisions, or a general feeling of being lost, shamanic practices provide tools for gaining clarity and direction. Through divination, journeying for guidance, and connecting with spirit allies, individuals access intuitive wisdom and receive spiritual counsel on their next steps. This helps in making informed decisions, navigating transitions with confidence, and finding a clear path forward that resonates with their deepest truth.

This healing course is perfect for you if you're experiencing

- Chronic stress, anxiety, and burnout from modern life's relentless pace
- Unresolved trauma that conventional therapy hasn't fully addressed
- Feeling lost or stuck without clear direction or purpose
- Toxic family patterns you're ready to break and heal
- Disconnection from your authentic self, intuition, and natural world
- Creative blocks and self-doubt holding you back from your potential
- Relationship challenges and difficulty setting healthy boundaries
- Grief, loss, and major life transitions requiring spiritual support
- Spiritual emptiness and yearning for deeper meaning and connection
- Inherited family trauma affecting your current relationships
- Decision paralysis when facing important life choices
- Emotional overwhelm and difficulty processing difficult feelings
- Lack of energy and motivation despite trying various approaches
- Addiction patterns or compulsive behaviours you want to understand spiritually
- Sensitivity to others' energy without knowing how to protect yourself

What You Will Gain

- Practical tools for daily stress management and emotional regulation
- Clear guidance on your life purpose and next steps
- Healthier family relationships and boundary-setting skills
- Connection with helping spirits and spiritual guides
- Energy protection and clearing techniques
- Trauma integration and soul healing practices
- Renewed creativity, confidence, and self-trust
- Meaningful rituals and ceremonies for life transitions
- Deep connection with nature and your authentic self

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Who Shamanic Healing Can Help

Shamanic healing offers support for anyone seeking holistic well-being that addresses mind, body, and spirit. This includes individuals experiencing chronic stress, anxiety, and depression who want to address the energetic roots of these conditions. It's particularly powerful for those feeling stuck, blocked, or lacking motivation, as shamanic practices can identify and clear energetic obstacles that prevent forward movement.

People struggling with grief, loss, or major life transitions find shamanic work provides a supportive framework for processing difficult emotions and finding meaning in challenging experiences. Those seeking deeper self-understanding and spiritual awakening discover pathways to connect with their higher self, spirit guides, and universal wisdom.

The practices are especially beneficial for individuals looking to enhance creativity, intuition, and personal power by clearing energetic debris and strengthening spiritual connection. People wishing to heal ancestral patterns or intergenerational trauma can address inherited burdens that affect current generations, leading to liberation and healthier family dynamics.

Important Considerations

This course provides educational and healing-focused content that complements but does not replace medical or mental health care. If you're experiencing acute crisis, please seek professional support first. Shamanic practices work beautifully alongside conventional treatment to address the spiritual dimensions of healing and personal growth.

The Bridge Introduction to Shamanism course offers practical, time-tested tools that address the spiritual dimensions of modern challenges, providing hope, healing, and transformation for anyone ready to explore these powerful ancient ways of healing and living in our contemporary world.