

# Shamanic Practitioner Training



by Debi Garrett

Advanced Shamanic Practitioner

Rocks n Rituals

## The Medicine Wheel

The medicine wheel is the basis for the healing journey of many indigenous cultures around the world. The healing journey starts in the South and ends in the East and is held by the Heavens and Earth, above and below. Great Spirit (all that is), is found everywhere - in the Earth, in the animals and creatures, in the stones, in the plants and in us. Shamanic Practice is about developing a deep reverence and respect for all things.



We traverse the medicine wheel in a spiral with no beginning and end - the concept of line time is lost and we realise increasing levels of awareness and joy as we go through the cycles of life in line with the Medicine Wheel.

When we engage the Medicine Wheel as healing journey we are engaging more than a set of practical tools that we bring to our Western perception. What we are really engaging is a whole world view that is rooted in a different mythology than that of the West, and that is of critical importance at this time.

It is through the Medicine Wheel that we heal not only our own wounds, traumas, limiting beliefs, fears, and personal mythology, but that we heal the fundamental underlying myths of our culture and the nature of our relationship with the Earth and all of our relations.

This course will take you on a journey through the Medicine Wheel and runs over a 9 month period to provide adequate time to integrate each month's lessons into your daily life. It requires discipline and commitment and should not be undertaken lightly, as these insights and tools will change your life and your perception of your place in the universe.



## Munay Ki Rites

The course also includes transmission of the Munay Ki rites. The prophecies of the ancient Americas speak about a period of great transformation, and foretell of a new human appearing on the planet – persons of wisdom and power who live free of fear and abide in their eternal nature, Homo luminous.

The Rites of the Munay-Ki transform and upgrade your luminous energy field. They are energetic transmissions that heal the wounds of the past—the karmic & genetic programs and beliefs you inherited. They reinform your DNA, enabling you to grow a new body that ages, heals, and dies differently.

The rites of the Munay-Ki were brought to the West by Dr. Alberto Villoldo, distilled from his work as a medical anthropologist with the high shamans of the Amazon and Andes.



### **A message from Dr. Villoldo:**

*“Rites of passage and initiation have been practiced for millennia by all peoples in the Earth. The rites of the Munay-Ki are based on initiatory practices of the shamans of the Andes and the Amazon. They are stripped of all trace of the indigenous cultures they come from. I did this to respect the native traditions, and to avoid the idea that persons from the West can become traditional shamans or Indians. I offer these rites with full permission from my teacher, don Manuel Quispe, who was the last great medicine man of the Q’ero Inka nation. Any fault or flaw in their presentation is exclusively my own.”*

*“We have been the keepers of rites that usher in who we are becoming as a people, as a planet. These processes are not only for the Indians, but for the entire world.”*

– Don Manuel Quispe to Alberto Villoldo, Ph.D.

## **Format of the Training**

Each month we will meet from 10am to 4pm. We will open sacred space together and during each workshop we shall be on Shamanic Time. The workshop will have a plan and structure but the content may vary depending on guidance from Spirit. I have outlined below the basic structure for your reference. Detailed notes will be provided for you at each class.

Workshops will involve discussion, journeying and practical elements. There will be a short lunch break - please bring your own food and snacks. Tea, Coffee & Water will be provided free of charge along with biscuits.

Places are strictly limited to a maximum of 8 students so booking is essential. You must attend all sessions in order to gain your certification as a Shamanic Practitioner.

As the course progresses you will gather the tools needed to form your own “mesa” (healing bundle). You will then use these tools in your own healing practice and during house clearances and property blessings.

### **January & February 2019 - South**

In the work of the South (that which we heal), we change our perception of the past and work on the subtle energetic level so that our present reality is not organized by that which no longer serves us; we don't forget our past wounds and traumas, but we hold them differently in our soul and our psyche.

At these workshops you will learn to journey for your own healing, to meet your principal guide and power animal. You will allow old wounds to resurface so they can be healed and transformed. You will also take an initiation into the way of the shaman which requires you to confirm that you will work with the guides and walk the path of shamanism.

You will receive 3 of Munay Ki rites during these initial workshops: -

#### Rite One: Healer's Rite

Connects you to a lineage of luminous healers from the past to assist you in your personal transformation, awakening the healing power so that everyone you touch is blessed. We access tremendous spiritual assistance; ancient healers who help heal the wounds of the past and of our ancestors.

#### Rite Two: Bands of Power

Five energy belts are woven into your luminous energy field (LEF) for protection. They act as filters, breaking down any negative energies that come toward you into one of the five elements, earth, air, fire, water and light, feeding your LEF instead of allowing those energies to make you sick.

#### Rite Three: Harmony Rite

A transmission of the 7 Archetypes into the Chakras. First you receive the archetypes of serpent, jaguar, hummingbird and eagle; next you receive three archangels: the Keeper of the Lower World (our unconscious), the Keeper of the Middle World (our waking world), and the Protector of the Upper World (our super-conscious).

After the 3rd rite you are required to embark upon a 16 week meditation practice before you can pass them on to others upon completion of your training.



March & April 2019 - West

In the work of the West (that which we step beyond) we shed the old form and embrace the new; we move beyond relationships based on fear. We become peaceful warriors who aren't afraid to speak our truth and walk our talk. We change our mythology and embrace life from

a point of power and knowledge. From the Western mythological point of view, we go back to the Garden and eat of the tree of everlasting life. We shed the myth that we were kicked out of the Garden and we walk in beauty instead of shame.

At these workshops you will learn how to work with Spirit to release your fears. You will also begin to learn how to release earthbound spirits and how to work on cleansing property and land. We will also be looking at soul loss and retrieval. You will receive the 4th, 5th and 6th Munay Ki rites during these workshops.

#### Rite Four: Seer's Rite

Pathways of light connect the visual cortex with the third eye and heart chakra. This awakens the inner seer and your ability to perceive the invisible world of energy and Spirit.

#### Rite Five: Daykeeper's Rite

You connect to a lineage of master healers from ancient times. Daykeepers can call on ancient altars to heal and bring balance to the earth, and on the sun to rise each day, bringing us into harmony with mother Earth. This rite helps you begin to heal your inner feminine, step beyond fear, and practice peace.

#### Rite Six: Wisdomkeeper's Rite

You connect to a lineage of luminous beings from the past and the future. This rite helps you to begin to heal your inner masculine, step outside of time, and taste infinity.

### May & June 2019 - North

In the work of the North (that which we learn) we engage the ancient wisdom, we remember the ancient memories and connection to nature. We step outside of the confines of linear time as we are no longer informed by the past but are ready to become co-creators with an act of power and love. We learn to nudge destiny and influence past events; we remember who we are becoming. We return to innocence by stepping beyond our last impediment – all that we know, and all the roles we've identified with; so that there is nothing left to defend. With our new knowledge, we learn to be invisible and to keep a secret even from ourselves.



During these workshops you will learn how to heal ancestral energy, visit the contracts manager to wipe your karmic slate clean and you will journey to your Ancestors to discover more about your own life path.

You will receive the 7th Munay Ki rite during these workshops.

#### Rite Seven: Earthkeeper's Rite

This rite connects you to the archangels that are guardians of our solar system, stewards of all life on Earth. It lifts you from your earth-bound existence and sets your spirit free to begin your journey to the stars -beginning with the sun, our local star- so you may dream your world into being.

#### July & August 2019 - East

In the work of the East (that which we summon) we dream the world into being; it is the way of the visionary who looks at possibilities before probabilities. It is the Hopi and Inka elders that sit in prayer for the entire world. It is who we are quantum leaping into becoming. It is stepping fully into the role and responsibility of co-creator. We take all that we have learned and bring it back into the practical world.



At these workshops you will learn how to work with the feather for healing as well as embracing the traditions of the pipe and how to bring your learning into this reality to help others. You will also receive the remaining Munay Ki rites during these workshops.

#### Rite Eight: Starkeeper's Rite

This rite helps your physical body to evolve into Homo Luminous; the aging process is slowed down, your DNA is re-informed, and you become more resistant to disease. You accept the seat around a holy fire at the center of the Sun, a place that has been held for you since the beginning of time.

### Rite Nine: Creator Rite

As it awakens the Creator-light within, this rite brings stewardship for all creation -from the smallest grain of sand to the largest cluster of galaxies. Once you discover that Spirit not only works through you but AS YOU, and all of creation is happening inside you, the stewardship then becomes natural.

### September 2019 - Vision Quest & Certification Ceremony

We round off 9 months of training with a Vision Quest and certification ceremony. This will be an outdoor quest in a natural setting where you will fast and meditate to receive guidance. More details about the Vision Quest will follow nearer the time.



## Booking a Place

Embarking on a Shamanic path is not for everyone, which is why it is important that you join the Introductory session before committing to this course.

To book a place on this course please contact me on 077 2960 0085 or email me - [debibarr@rocksnrituals.co.uk](mailto:debibarr@rocksnrituals.co.uk).

The total course fee is £450, payable in 9 x £50 instalments, £50 at each workshop. All workshops will run on Saturdays in the Bangor area, from 10am to 4pm. Confirmation of the venue will be provided once numbers are confirmed.

It is a prerequisite that you attend the Introduction to Shamanism 2 hour workshop before embarking on this 9 month course.



Debi is an advanced shamanic practitioner, having qualified with Arlene Wallace in Banbridge. You may notice that Debi is referred to on Rocks n Rituals as Debi Barr yet in her shamanic certification it is Debi Garrett - this is because Debi has chosen to use her maiden name for shamanic purposes.

For more information about Debi and Rocks n Rituals, please visit the website.

[www.rocksnrituals.co.uk](http://www.rocksnrituals.co.uk)