

Spirit Paths™

Shamanic Passages™ **Initiation Journey** An Odyssey of Shamanic Living

Spirit Paths™ is a 5-month cross-cultural odyssey and experiential exploration of contemporary shamanic teachings for living authentically.

It begins with an overview of fundamental shamanic practices, and then expands into four sections in which you will learn

Serpent The Path of Awareness
Wolf The Path of the Hunter
Buffalo The Path of the Soul
Eagle The Path of Spirit

The program can be taken in its entirety as an apprenticeship in contemporary shamanic practice or in separate sections.



With
Gerry Starnes, M.Ed.
www.ShamanicPassages.com

Program

Spirit Paths™ consists of 5 cycles, each including 1 six-hour workshop and two-hour weekday evening training sessions every two weeks.

Workshops are scheduled on Saturdays from 12:30 to 6:00 pm. Support circles are 7:30 to 9:30 pm on Thursday evenings, every two weeks.

< • >

"It seems I have finally made a decision on the next step on my "career" path (life path too), which I have been stuck on for quite some time."

"My drum was in and out of my dreams last night, all night. Things feel very different. And I've got a much clearer sense of some of the work ahead of me now."

"I am so honored and happy to be on this journey with you all. The sharing of knowledge, experiences, trust and true friendship are wonderful gifts."

"Gerry, as a guide, mentor and powerful energy healer and shamanic practitioner, you have provided much to all you have encountered and we are blessed to have you in this role."

To Apply and Register contact:
Gerry Starnes 512-586-2736
gerry@ShamanicPassages.com

The Facilitator

Gerry Starnes, M.Ed. began his practice working with psychotic individuals and at-risk youth, using both psychological and medical treatment models in the mid-1970s. Finding the results of these modalities limited, he began a 20-year journey through energy healing and other alternative methods of healing. In the 1990s he encountered shamanism, and found it to be the most powerful methodology for healing in all the realms.

Gerry is a Founding Member of the Society of Shamanic Practitioners, and Executive Director of Ravens Grove Foundation for Healing. He offers personal and group consulting, training and workshops.

Fundamentals

The Spirit Paths™ program was designed as an apprenticeship program in contemporary shamanic practice. Those seeking to take the entire program are considered apprentices. As such they are also asked to participate actively in other related practices, and to participate in creating the shamanic community space for the public. They also receive additional attention, including one personal session per month.

Each section can also be taken separately, with the exception that attendance at *The Way of the Warrior* is required. The optional Ritual Burial at the end of *The Path of Awareness* is available only to apprentice program participants. It is not open to the public.

Each Section includes:

- 1 six-hour workshop
- Evening training and support sessions every two weeks
- Email support for guidance and questions
- Dedicated group email list-serv
- 1 personal session for those attending as apprentices

The Way of the Warrior

Choosing Freedom

The Warrior's Way puts your feet solidly on the ground to prepare you for the Initiation Journey. This section represents a form of Vision Quest, during which you focus on your personal power, intention, and preparedness. Begin daily practices to dismantle old habits and establish new ones.

Required to begin program

Four Weeks: \$200 section only / \$180 apprentice

Optional Ritual Burial for apprentice only: \$25



The Four Minds

- Serpent
- Wolf (Jaguar)
- Buffalo (Hummingbird)
- Eagle

The Four Agreements

- Being Impeccable
- Taking Nothing Personally
- Assuming Nothing
- Doing Your Best

Daily Practices

- The Shamanic Journey
- Power Animals and Spirit Guides
- Daily Messengers
- Recapitulating Your Day

Serpent: The Path of Awareness

The Art of Being Fully Present

The Body has direct connection to the whole of the energy field. When you cultivate a relationship of trusting what your Body feels and knows, you come more fully into your own power and your own Being. You can be more real with yourself and others. When you then stand on the base of realness in your own Body, you are more capable of accessing your inner wisdom and power. You learn to stop running from discomfort, and can better distinguish your own truths from external "shoulds". It is from that base, that you are capable of making change.

Four Weeks: \$200 section / \$180 apprentice



Becoming Aware

- Being Here Now
- Energy Antenna
- Personal Space / Sacred Space

Connecting to Body Wisdom

- The Body Pendulum
- Muscle Testing
- Movement Practices
- Stillness

Wolf: The Path of the Hunter

The Art of Stalking

This Section explores intentional living, being present in every moment, infused by the focus of *Intent*. The Hunter uses more than instinct, though instincts are part of the Art. Observation, evaluation, planning are required. This is the proper use of Mind. The *Way of the Hunter* also requires clearing the Past of old patterns and wounds, to recover access to lost energy and power.

Four Weeks: \$200 section / \$180 apprentice



Being Fully Present in the World

- Expanding Perception
(*Seeing Beyond the Apparent*)
- Stopping the World
- Recovering Power through Recapitulation and Soul Retrieval

The Worthy Opponent

- The Hunter and the Hunted
- Using Death as an Advisor
- Stalking and Intention
- The Cubic Centimeter of Chance

Buffalo: The Path of the Soul

The Soul's Timeless Journey

Expanding perception beyond your own life and times offers a clarifying perspective. Who you are in the moment is informed by your past, not only your personal history, but the influences of your ancestors in a line that goes back thousands of years. And spread before us is your future: your children and their children, to the seventh generation and beyond.

Four Weeks: \$200 section / \$180 apprentice



Learning From the Ancestors

- The Ancestor Journey™
- Healing Ancestral Lines

Past Lives and Future Selves

- Reflections From Past Lives
- Fate and Destiny

Eagle: The Path of Spirit

Where Everything Is One Thing

The Eagle soars in the highest places, and sees both the curve of the Earth and a mouse on the ground. From this perspective, everything is as it should be: balanced, perfect, and in need of nothing. This connection to Spirit brings everything into clear focus, and you can see your place in the whole of life. This section encourages you to seek your place in the Web of Life.

Four Weeks: \$200 section / \$180 apprentice



Being Authentic

- Being in equanimity
- Taming Self-Importance

Nurturing Human Evolution

- Being a Teacher/Facilitator
- Spirit-based Community
- Giving Back

Registration Information

If paying for sections individually	\$1,000
Register for the Apprentice program	\$ 900
Optional Ritual Burial (apprentice only)	\$25

The Apprentice Program

Please note that not everyone applying will be accepted into the Spirit Paths apprentice program. Contact Gerry Starnes for an interview prior to registration.

Payment

If paying for each section separately, deposits of 50% of the section fees are due two weeks before the workshop at the beginning of the section. The balance is due at the workshop.

If registering for the whole series, a deposit of \$200 is due at the beginning of the program, with 4 payments of \$175 paid monthly.

More Comments from Past Participants

“Following the path of a shamanic practitioner into the realm of a healer with practical hands on experience is combining all of the knowledge gained in reading, practice, participation in circles, the mentoring of a skilled healer and connection with spirit, to bring about a way of life that not only benefits ones self but benefits the community. Spirit Paths provides the environment to learn, share, experience and grow in a safe, comfortable atmosphere. It is truly life changing!” – Wayne

“Spirit Paths is an engaging, empowering journey for a number of reasons. One is the close-knit, respectful community we are constantly creating (on many levels), another reason the hands-on learning, experiencing, doing, and letting be done in the gathering of tools, ideas, and information... Spirit Paths is an integral piece of my own journey back to wholeness and I look forward to continuing to walk the path and to see what unfolds.” – Casey

To Register or For More Information Contact

Gerry Starnes, M.Ed

gerry@ShamanicPassages.com

512-586-2736