

Cader Idris Centre for Shamanic Studies

Newsletter 1 - Winter 2013



Some of you will already know that **North Yorkshire Shamanism** is undergoing a drastic change. Christine and I have moved from Scarborough to a Welsh hillside. With us is our friend and fellow shamanic practitioner and teacher, Christine Ticehurst. (For the sake of not confusing me, we call Christine Mark 'Christine' and Christine Ticehurst 'Chris'. I am easily confused.) This has necessitated a change of name, of course. Let us introduce you to the **Cader Idris Centre for Shamanic Studies**.

This doesn't mean that **North Yorkshire Shamanism** is no more. We'll still be teaching in Scarborough for at least the next two years, as we have students on ***Healing the Fractured Soul*** still going through. In addition, in 2013 we will be teaching ***Deepening Our Connection*** near Hull and running an ***Introductory Workshop*** in our old haunt of Seamer Village Hall.



However, most of our teaching is now in Wales, in Llwyngwrl to be precise. This is a village on the slopes of Cader Idris, beside the sea. The beach is shingle, and home to seals.

Overhead are buzzards, red kites and ravens. It's a beautiful place.

We hope that many of you will visit us here. And that brings me to news of a new venture – **The Friends of Amynedd**. Amynedd is Welsh for 'patience' and is pronounced "Am-i-neth" (unless you are Welsh, in which case it is pronounced "Amynedd"). It is also the name of our new house. **The Friends of Amynedd** is us and, we hope, you.

The Friends of Amynedd

One of the main reasons we had for moving here was in order to live a more shamanic life and one of the main reasons Chris decided to throw in her lot with us was to move closer to living as a shamanic community. How does this involve you? Well, that depends on whether you want to be a Friend of Amynedd, or not. (If you don't, please let me know and I won't pester you again.)

We've thought long and hard about what membership will mean. If you have ideas of your own, please put them forward. These are our ideas.

First, we are going to host 'working weekends' – or possibly 'working few days in the week' – where members can come and help us garden, sort the woodland, build a woodstore or, if all that seems too energetic and you don't think you'd cope, make us cups of tea. I'm afraid that we have only a spare single bed, so we can't offer accommodation, but we can offer lunch and an evening meal. We can also invite you to join in some shamanic work while you are here.

During the winter and spring (1st November to 30th April), if you'd like to come for a few days, get in touch and we'll see what we can arrange. In summer and autumn (1st May to 31st October) we have more timetabled workshops, so we will timetable 'working weekends' as well.

Projects at the moment are getting the vegetable garden ready to plant, and clearing undergrowth. And we do need to build that woodstore.

Another activity that we invite you to join us for is the celebration of the festivals. Jen Brown came to spend Samhain with us and Macca is hoping to descend for Yule.

Starting with Imbolc 2014, we are issuing an open invitation to you. We don't yet know what we'll be doing for each festival, since asking the spirits what they'd like us to do is part of the celebrating. However, we all like bonfires and building a fire-pit will be one of the year's projects.

Dates for the festivals for 2014 are:

Imbolc	1 st to 2 nd February
Spring Equinox	20 th to 21 st March
Beltain	30 th April to 1 st May
Summer Solstice	20 th to 21 st June
Lammas	1 st to 2 nd August
Samhain	31 st October to 1 st November
Winter Solstice	21 st to 22 nd December

(Please note:

We will be away at a CSPC meeting March 22nd to 23rd so anyone coming for Spring Equinox will need to be going home on the 21st.

We will be away over the Autumnal Equinox.

We will be teaching in Hull until October 29th, so if you are coming for Samhain, please don't arrive until the 30th.

Other than those, we'd be very happy to see you a few days early and for a



few days afterwards.)

If, however, a wet Welsh hillside is not your idea of fun, but you would still like to know what's going on, that's fine. I'll continue to send you newsletters until you ask me to stop!

2014 workshop dates are now published. Please go to:

<http://www.nyshamaniccentre.co.uk/workshop-diary.html>



Solstice!