

# Cader Idris Centre for Shamanic Studies

## Newsletter 2 - Spring 2014



Dear Friends of Amynedd,

Last time I wrote was just before the Winter Solstice. Now it's nearly the Spring Equinox.

One piece of news is that Chris Ticehurst has left Amynedd and returned to Yorkshire, so The Cader Idris Centre for Shamanic Studies is Christine and me.

I hope the storms and floods left you without too much damage. We were lucky – we had had four trees, which were leaning strongly towards the house, taken down the week before. Our only damage (apart from some trees down in the wood) was a large ash which came down on our newly refurbished shamanic room! This damaged slates and guttering but the felt is still intact and it will be completely repaired in time for the first workshop here – ***Ancestors and Past Lives***, in April.



### ***Introductory Shamanic Course***

**May 6th, 7th and 8th**

**Non-residential course held in Llwyngwrl, Gwynedd, Wales.  
(Plenty of B&Bs nearby - and we are on a direct line from Birmingham)**

**Cost: £150 (non-refundable deposit: £50)**

**The Cader Idris Centre for  
Shamanic Studies**

is now on



**Facebook**

so, if you are on Facebook also, please  
follow us.



We are nearly at the Spring Equinox and the garden is suddenly full of flowers and new leaves. There are (a few) primroses in the wood, a small patch of wild garlic and many patches of wood sorrel. The red campion has been blooming all winter.

The garden is full of daffodils and hazel catkins and, as you can see from the photograph, hellebores.

We have just held a meeting of the **2012 – 2014 *Healing the Fractured Soul*** group. It was a great meeting with a wonderful group who are now in their final year. For those of you who don't know, ***Healing the Fractured Soul*** is our three-year practitioner training course, covering at least:

- Soul retrieval
- Power retrieval
- Extraction
- Shamanic Counselling
- Learning how to work with the spirits of illness.
- Working with plant spirits
- Working with the spirits of crystals
- How to help the dead and dying
- Elemental balancing
- Setting up a sacred space
- Increasing our understanding of the 3 Worlds
- Developing our relationship with our Teachers, power animals and helpers
- Self-development

We are now taking applications for the 2014 – 2017 group and we are hoping that the first meeting will be in Wales, in October. Students should have

- Been following a shamanic path for at least a year.
- Completed an Introductory Course with North Yorkshire Shamanism, or another reputable teacher.
- Completed further shamanic study such as Deepening Our Connection or similar.

If you are interested, please get in touch with us on [info@northyorkshireshamanism.co.uk](mailto:info@northyorkshireshamanism.co.uk)

## Working With the Spirits of Nature

An eight day course, split over two four-day meetings, in working with land spirits, elementals and others.

The course will cover:

- Working with the spirits of plants and animals
- Working with Elementals
- Working safely with Spirits of Nature
- Meeting the Guardians of the Spirit paths

We will be spending some time outside on this workshop, so you will need to come prepared to be outside in nature to learn from the land itself.

Held in Wales; this course is non-residential.

Wednesday, 4th June to Saturday 7th June and

Wednesday, 10th September to Saturday, 13th September

*Cost: £800 (non-refundable deposit: £100)*

Each meeting will start at 9.30 am on Wednesday and will finish at about 3pm on Saturday.

**Alban Eilir Hapus!**  
(Happy Spring Equinox!)