

# Cader Idris Centre for Shamanic Studies

## Newsletter 3 - Summer 2014



Dear Friends of Amynedd,

This week is the Summer Solstice – and here is Newsletter 3.



In April we suddenly discovered that we were the proud owners of a bluebell wood! Not edible and so no good for foraging, but so beautiful. Not everything has to have a use to us other than being a delight to the eye.

In the garden we have constructed more paths in an attempt to make moving around easier and we got the vegetable beds and one of the greenhouses up and running.

May and June brought surprises and treats. We have yellow flag iris, lilies and candelabra primulas. Oh, and a great deal of Water Dropwort – described as “possibly the most poisonous British wild plant”! (Although, with ‘wort’ in its name, it must

have been used as a healing herb at some time.)

We have had two wonderful courses, here at Amynedd. In April we ran **Ancestors and Past Lives**, described by some as “life-changing”. This is a four-day course, in which we look at the problems and the gifts that we have brought with us from other lives and which we have inherited from our ancestors.

A couple of weeks ago we ran **Working with the Spirits of Nature**, which we used to run in Scarborough, using the park, the costal cliffs, the moors and nearby woods. In Wales, the course has taken on a whole deeper dimension. We were, for the first

time since Rosedale, able to offer sitting out as something people could do if they and their spirits found it appropriate. We looked at ways of working together with the spirits of our 'own' land, for mutual benefit. On the second part of this two-part workshop, in September, we will meet some of the different types of nature spirit that you might come across.

We still have places on the 2014 – 2017 *Healing the Fractured Soul* Practitioners' Group. We are hoping that the first meeting will be in Wales, in October. There is a possibility that we will also be running this course in East Yorkshire – with the first meeting probably in early 2015. If you 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 (with us or with another reputable teacher)

and you are interested, please get in touch with us on

[info@northyorkshireshamanism.co.uk](mailto:info@northyorkshireshamanism.co.uk)

The course will cover, 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

There will be an Introductory Course running, October 17<sup>th</sup> to 19<sup>th</sup> 2014. It will start on Friday evening and continue until Sunday afternoon and will cover the basics that are needed to continue further with shamanism, including an introduction to the idea of the three worlds, how to do a Shamanic Trance Journey, a first contact with a spirit of nature and a first meeting with your power animal helper. The course is non-residential, costs £150 and is held in Scarborough, North Yorkshire. If you are interested, please get in touch.

## Being the Change

We are very excited by this course, which is run for the first time in 2014. Mahatma Gandhi said, "Be the change that you wish to see in the world." It's an inspiring thought but not always easy to see how to put into practice. Come and spend four days exploring how we can use shamanism to make a difference in the World.

The course is non-residential. It is held in Wales, at Amynedd,

Cost: £400 (inc. lunches)

We will start at 9.30am on Tuesday, 22<sup>nd</sup> July and finish at lunchtime on Friday, 25<sup>th</sup> July 2014.



Just after sunset, taken from the lower paddock, Solstice evening.

**Have a Wonderful Summer!**