

Cader Idris Centre for Shamanic Studies

Canolfan Cadair Idris Astudiaethau Shamanaid

Newsletter 5 – Winter 2014/5 (Cylchlythyr 5 – Gaeaf 2014/5)



Blwyddyn Newydd Dda – Happy New Year

I hope you all had a wonderful Solstice, Yule, Christmas, Diwali, Alban Arthan etc. We've been quiet. We've had rain and a day and a half of frost – warmer than much of the British Isles – although the mountains have had snow on their tops and look superb from below. It has rained a lot over the last couple of months. The 'Stable Stream' is in spate, as is the River Gwril.



In November, our good friend, Elizabeth, from Sweden, came to visit and greatly enjoyed fish and chips from our local (Fairbourne, 7 miles away) chippie. She had not been to this part of Wales before and greatly praised its beauty. We hope she will come again soon!



BLUE PEARL

Some of you will have seen "Christine's new toy" on our Facebook page – a small mobility scooter that we got from Freecycle. It was good, but had limited range – about a

mile and a half – and was unstable (three wheels). So we splashed out and bought something better, recycling the other through Freecycle again.

Meet Blue Pearl. She is bigger and more stable, having four wheels and Christine feels safer riding her. She goes up to four miles an hour (keeping up gives me some decent exercise, as well) and has a sixteen mile range.

We had a long walk/ride along part of the Mawddach Trail, the disused railway line that runs beside the Mawddach Estuary, near Dolgellau. Great fun....when the warmer weather comes, Christine will be out on Blue Pearl exploring places she could not get to before.....wonderful!

MONEY and OUR COURSES

Christine and I have had a (long and serious) talk about how we make a living from teaching shamanism. As you know, money is always tight – it is for most people. But, that which we focus on we give power to. The more we think about “making money”, the more power money has over us. Naturally this is not what we are aiming for. Moreover, we dislike the idea that some of you might forgo a course because you can't afford it. So.

As an experiment, for *Deepening Our Connection*, *Spirits of Nature* and for private tuition we are, rather than set a price for tuition and food, going to ask you and your spirits to decide on a payment that is fair, taking into account what the workshop is worth to you and what you can afford. Of course, we have to cover our costs – lunches, heating, lighting and so on. We cannot afford to make a loss. We have previously charged £100 per day. What we'd like you to do, when you've decided that you want to attend a workshop and after you've contacted us to check that we have places on it, is to do a Journey to whichever of your spirits you trust and love the most and ask him/her how much would be a fair price to pay. We will accept whatever you pay. You do not have to discuss the amount with us or ask if we are okay with whatever it is – we *will* be okay with it.

(This applies – at least to begin with – to private tuition, *Deepening Our Connection* and any *Spirits of Nature* course only.)

So now you need to know what the workshops are. The list of workshops this year is very different from our previous lists; many more are for individual teaching one to one. One *Introductory Workshop* is already full; we have two other *Introductory Workshops* planned through the remainder of 2015; one in England and one in Wales. We have a few places available on *Deepening our Connection* (May 8th – 11th) this is a perfect workshop to do as soon as possible following an Intro as in it we teach you quite literally how to deepen your own connection to your own spirits through understanding more deeply your own journeys.

All our workshops begin at 9.30 am on the first day of the course, EXCEPT the *Introductory Workshops*, which always begin at 7 pm on FRIDAY evening. All our workshops finish after lunch on the final day; on that day we work until we have completed what needs to be done, so lunch is very often quite late, around 2pm We provide lunches (simple and vegetarian) and cakes, biscuits, coffee, tea and many herb and fruit teas.

All workshops are non-residential. Llwyngwril has several very good B&Bs. By arrangement we will also provide evening meals for all workshops in Wales, since the local pub (nice, but not for eating in every evening of a week-long workshop!) is the only place to eat nearby.

Here is our list of Workshops and Courses for 2015.....we are looking forward to hearing from you.....!

MARCH

- FRIDAY 13TH TO SUNDAY 15TH INTRODUCTORY WORKSHOP ENGLAND (FULL)

APRIL

- FRIDAY 10TH TO SUNDAY 12TH - PRIVATE TUITION
- TUES 14TH TO SAT 18TH - HEALING THE FRACTURED SOUL GROUP E (FULL)
- WED 22ND TO WED 29TH - PRIVATE TUITION

MAY

- FRIDAY 1ST TO SUNDAY 4TH - SPIRITS OF NATURE (ADVANCED COURSE)
- FRIDAY 8TH TO MONDAY 11TH - DEEPENING OUR CONNECTION
- FRIDAY 15TH TO SUNDAY 17TH - INTRODUCTORY WORKSHOP (ENGLAND)
- WEDNESDAY 20TH TO SUNDAY 24TH - HEALING THE FRACTURED SOUL GROUP D (FULL)

AUGUST

- FRIDAY 21ST TO SUNDAY 30TH - PRIVATE TUITION

SEPTEMBER

- FRIDAY 4TH TO MONDAY 7TH - SPIRITS OF NATURE (ADVANCED)
- THURSDAY 10TH TO MONDAY 14TH - PRIVATE TUITION

OCTOBER

- FRIDAY 2ND TO SUNDAY 4TH - INTRODUCTORY WORKSHOP (WALES)
- TUESDAY 13TH SATURDAY 17TH - HEALING THE FRACTURED SOUL GROUP E

PRIVATE TUITION

What is “**Private Tuition**”? I hear you asking.

If you or a couple of you, or a small group (of 3 or 4) want to come to Amynedd to study with us, please get in touch. We have four times during this year when we already booked with

individuals. This means should you wish to book a session with us, suggest some dates to us and we will see if we can help.

There might be a workshop that you cannot attend, or one you want to do that we are not running this year. Get in touch and see if we can work something out.

You might have an issue you want to work through with shamanic counselling. There might be an area of shamanism that you want to look at more closely. Or you might simply want to deepen your shamanic practice.

We have no plans for these times. Plans will be made, with you, when we can discuss your wants and needs. Get in touch (email via the website is good) and we can begin to sort things out.

Advanced Land Spirit Workshops

You will have noticed that we are running **two** *Advanced Spirits of Nature* Workshops this year, one in May and one in September. If you have already done an *Introduction to Working with the Spirits of Nature* I will be contacting you soon with further details. If you haven't, but would still like to do the advanced course there is still time to cover the Introductory work as Private Tuition.

An afternoon out...

Christine and I drove up the coast to Borth Y Gest on Saturday, 3rd January, on a cold, clear and sunny day. We had a drink at the café there and then drove back. Beautiful mountains, capped with snow and then, on the way back, an equally beautiful (almost) full moon.



Don't forget to follow us on Facebook - <https://www.facebook.com/pages/Cader-Idris-Centre-for-Shamanic-Studies/682629738442975?ref=bookmarks>

...and check out our website.....

<http://www.caderidrisshamanism.co.uk/>

...which is being updated and which has many TESTIMONIALS included, from some of you wonderful people!

Have a Wonderful 2015!