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SHAMANIC REIKI MASTER TEACHER AND LIFE EMPOWERMENT APPRENTICESHIP PROGRAM – “SRMT HANDGUIDE”

*Shamanic Reiki Worldwide* (SRW) Team Llyn Roberts, MA, Stacey Gibbons, Rob Murphy, Jonathan Hammond, Terri Lundquist and Jeff Eissfeldt

(Program outlays and materials developed by Llyn Roberts, MA)

*The Sixth Dawn Arises (we are living at this time)*

*God Awakens (the God in us)*

*Intuition Arises (and guides us)*

*Heaven is Known to Earth*

*—Toltec Prophecies of Don Miguel Ruiz* by Mary Carroll Nelson

Greetings Shamanic Reiki Master Teacher Apprentice! We welcome you with full and open hearts to a life changing adventure!

# OUR APPROACH

Our year together will yield tangible results and outcomes, as it will empower you and your work to a new level. Toward this end, it is your willingness to engage the journey that is most important. Given that, **each of your approaches will be highly unique**—and just right for you!

Here, you will find our own three-pronged approach to guide you through the yearlong course of experiential study toward attaining the Shamanic Reiki Master Teacher and Life Empowerment Certificate.

# THE GOLDEN TRIAD

The number three equates with power, mystery and divinity in just about every spiritual and shamanic culture in the world. In this instance, and for our focus and development, the three prongs of “Form”, “Intent”, and “Sacredness” form a synergy. The three combined invite life’s deep mystery to come alive. This is a powerful umbrella for enacting healing work, and once you start applying and integrating the approach of “the three”, it becomes a means to live a wakeful life—for the good of the Earth, you, and all sentient life. That said, here’s a simple synopsis of our goals:

### Form

To provide a clear and accessible program including Practicum, practice outlines, teaching materials, attunement instructions and exchanges, and more—the nuts and bolts of “what to do” through the yearlong course of study and experience.

### Intent

1. To create the opportunity, through practice, to deepen your relationship and expertise with the Shamanic Reiki approaches to healing; to support your confidence to teach Shamanic Reiki (Healing Weekend and Levels 1 and 2) in alignment with this material, for those who desire to teach,
2. To facilitate your ability to understand and empower your unique talents to live an inspired life in alignment with your higher purpose, in consonance with the deep wisdom—as well as the needs—of the Earth during these great times of change, and
3. To offer a clear container of community relationship, support, helpful reflection and guidance to move through obstacles, gain personal balance, and more clearly grasp and express your gifts and purpose. As your confidence grows, and your healing abilities deepen, you also increase your knowledge base and adeptness at sharing SR approaches through hands-on practice.

### Sacredness

1. To support your ability to work with nature and spirit helpers,
2. To support your ability to move intuitively and with growing trust with “the spirit of all things, the spirit of the Earth and of life”, in an embodied and heart-ful way, in your practice and life, and
3. To help you make the mystery come alive and to view everything as sacred—in your Shamanic Reiki practice and in daily life.

These three combined—Form, Intent and Sacredness—pierce the veils of illusion that shroud life’s Great Mystery. As the ecstatic path is about authentic power, the journey is often not an easy one. Yet, rest assured that it encourages authentic goodness for you and your loved ones, for those you work with, and for the Earth.

# SPIRALS, SEASONS AND ELEMENTS

The other synergy we honor and engage is that of the elements, and the number four. Earth, Air, Water and Fire beget and infuse all of life. Combined, they form the synergy of the Fifth Element, the force of life itself: Oushai (Andean Quechua), Lungta (Tibetan), Windhorse (Tibetan and Mongolian), Arutum (Shuar Amazonian), Universal Life Force Energy. Below you will find the basic overview of the four spirals of focus that comprise our year together, in consonance with the elements and four seasons. The particulars of each three-month spiral of exploration are *experiential* - detailed in separate documents you’ll receive at the commencement of each of the Spirals.

### EARTH Spiral

(December) January, February, March:

*Nurturing the Foundation*

### AIR Spiral

April, May, June:

*Deepening into Breath and Spirit*

### WATER Spiral

July, August, September:

*Flowing and Unfolding*

### FIRE Spiral

October, November, December:

*Attuning and Empowering*

In Shamanic Reiki, we apply the elements as concrete tools to heal, and to shift energy to encourage greater harmony, balance, and expanded consciousness. Yet, nature and the elements are not only tools, they are living beings. Each element, as with each weather pattern, and nature being, is alive, sentient, and waiting to be communicated with. Humans are comprised of the elements and nature is speaking loudly to us during these profound times! We and the elements and, nature, are one—inseparable—this means we reverberate with every nature being, seasonal change, weather pattern, etc., all of which we can consciously engage.

As we cultivate our awareness and relationship with the elements and the Earth, intuition naturally unfolds. This increases our ability to be a conduit for the power, wisdom and healing forces of nature and spirit, to benefit others: nature beings as well as people.

Through the journey of this program we invite you to intimately explore Earth, Air, Water and Fire. In opening to nature in personal and folksy ways, we become more available to be guided by the spirit of nature through unpredictable and challenging times. Furthermore, it is nature and the spirits that do the healing; in Reiki, shamanism and in Shamanic Reiki - we open ourselves as conduits for those naturally compassionate energies.

The Earth is deeply wise and she loves us. As we ARE the Earth, we can awaken secret inner wisdom channels, mostly long forgotten and suppressed (although readily available) within us that assist our ability to listen to and be guided by her. This is often more about “being” and “allowing”, than “doing”. Each spiral we move through helps awaken our inner wisdom pathways. All culminates by the time we enter the FIRE Spiral and work with the inner fire that is ignited by the attunement, also forged by the fire of our experience through the year together, which comes together in a beautiful way as we bring our time together to a close. By that time we know that we ARE the Earth and we ARE ALSO the Life Force.

In addition to shamanic approaches and honoring the Earth’s cycles and phases, we invite you to open to the elements in a fundamental and visceral way— including, to experience the weather and the Earth, Wind, Water and Fire.

Use common sense and caution, but do develop a personal relationship with nature. Recognize that we in modern societies have been conditioned to fear as well as to dominate the natural world. As just one example, weather we don’t normally consider “comfortable,” and feel we should shelter from—can be powerful, and even *healing* for us to immerse in and experience. Notice what you have an aversion to, or habitually repel from and question that. Be sensible yet go against conditioned responses.

For instance, it can be good to get wet in the rain and to experience the cold. Ancient peoples of diverse cultures understood the importance of acclimating with the weather and healing power of acclimating to extremes of heat and coldness ([icemanwimhof.com](http://www.icemanwimhof.com/)). Shamans the world over believe our bodies need direct contact with the elements and nature to stay healthy. In fact, most indigenous shamanic cultures apply the elements – plants, stones, water, and fire, directly to the body, believing that reconnecting people with nature and the elements is what heals them. Modern science now supports the power of nature and the Earth to heal us ([earthing.com](http://www.earthing.com/)).

We all feel how invigorating it is to spend time outdoors, in nature.

We *need* to listen to the birds sing and talk to the trees and have direct contact with nature to remember who we are, to live harmoniously with our natural environment—and help others do the same. Nature also needs and wants us to relate with her. The birds want us to hear their song. It is common in shamanic cultures to listen to the songs and attune to the sounds of nature, and to also sing back.

Each season corresponds with one of the four study Spirals of our program, as does each of the four elements.

There are separate descriptions for each segment of focus and we’ll share about these on tele-gatherings.

Sometime in the EARTH Spiral, we’ll give you a document describing the Client Practicum, with suggestions for incorporating it. The Practicum is the backbone of this program, and your experience in implementing the session work will be your greatest teacher. You must be comfortable with working independently, yet you will have abundant support available to you, as well as reference and practice materials found nowhere else.

The specific plan of how you’ll proceed with, and orchestrate the Practicum will be up to you. There is built-in flexibility. This means that you can begin Practicum earlier or later, however you choose, as long as all aspects of the program are completed by the close of the program. (If you aren’t finished, you can arrange for a two-month extension at $100 per month for January and February. Or, you may also choose to repeat the year to take your time and go deeper into the practicum or other aspect of the program.) Shamanic Reiki approaches must be integrated into your work.

We are very open to tailored circumstances for the Practicum; hence, the term *Spiral*, which refers to a dynamic and creative process as opposed to a linear track.

**We are here to support you! Yet again - you also need to be comfortable working independently in your Practicum. You must take personal responsibility for your experience and learning as we move through the Spirals of this program.**

Spirals are found throughout nature (including within us), everything grows and expresses in spirals—plants, water, air, fire, animal, insect, and human bodies as with our inner ears and fingerprints, etc. The Spiral intelligence is dynamic and ever-changing – in this instance, this means that you may follow your intuition about integrating other styles and modalities into your work provided you can still clearly demonstrate that these are ‘Shamanic Reiki’ sessions.

When you receive your SRMT certificate at the culmination of our program—you will commence upon a new beginning!

# THE WISDOM IS IN THE CIRCLE

Another fundamental orientation to all SRW programs is that we do not didactically ‘teach’. Instead, we follow the wisdom pathways of our shamanic mentors whose apprentices learn through example, experience, and who encourage their students to develop her or his own intimate relationships with compassionate spirits and the nature beings and healing forces of the Earth. This is receptive and organic approach is often known as ‘experiential learning’ in contemporary educational settings.

SRW supports each person’s BODY, HEART and EARTH relationship to the Universal Life Force Energy and acknowledges that in coming together with like-hearted intent, we form a natural vortex – a powerful collective field of energy that is charged with intention beyond personal egoic focus and is at the same time, larger than all of the individuals in our circle put together. Grace can be felt abundantly (and can show up in diverse and unexpected ways) in this field, as we *Step into to the Deep Mystery.*

SRW Faculty holds each of you consciously in this collective field throughout the year, which is also comprised of, and supported by, the helping spirits and the spirit of the Earth and the shamanic and Reiki lineage ancestors - an in-pouring of life force, love and wisdom. This is reinforced by the circle of stones (mentioned later) that Llyn Roberts and Stacey Gibbons hold throughout the program as well as by rooting together in circle with the Grandmother Tree (tele-gathering meditation) - a chamber in expanded reality that becomes vivid as it weaves with us through the year, and the entire SRW program journey.

**The Grandmother Tree is alive and real, the Axis Mundi, the Tree of Life, the Cosmic Axis, the conduit of shamanic worlds that connects Heaven and Earth. You may experience her as the pure feminine principle of life as in ‘Mother Earth, Mother Time and Mother Universe’ - *Pachamama*. As we sit in circle with the Grandmother Tree, as we entrain to her loving intent, the experience becomes very textured and available at anytime. Following this program your ability to root into Sacred Space with the Grandmother Tree will be with you for lifetimes.**

**The Grandmother Tree and our circle remind you that – *All of You Is Welcomed.***

The result of this weaving and intention is a multidimensional web-work – an amplified learning and growth matrix, which can coincide accelerated life journey. This is similar to being at a vortex center on the Earth, or being the recipient of an energy healing session – in both instances the energies are heightened whatever you come in with is amplified, invoking a cleansing and restructuring to a higher order to entrain to the accelerated frequencies.

**It’s not uncommon for people to go through major life shifts, as the force of our yearlong commitment together can initiate deep and lasting positive life change.**

**This program is designed to support you to integrate such positive changes in a grounded manner.**

**At the same time, SRW is not a ‘process oriented’ but a ‘shamanic’ entity and we ask that you take personal responsibility for your needs and experience. Please seek the help of a professional coach or therapist if you need more help to integrate how you are evolving and opening.**

Because we each are conduits to the healing forces of nature, and due to the power of our collective field – we encourage each person in circle to claim access to, and share, the wisdom that’s available in the ‘field’ through our Circle as well as through your Peer sharing, and to understand that the ‘teachers’ are merely facilitators of experiences, ‘holders of the container’. The SRW Team holds a space that will enable you to open and listen to, and ultimately be guided by innate wisdom.

No one person (or few) could possibly convey all you need to know about becoming a SRMT. No one person (or few) could possibly know the intricacies and needs of your personal unfolding.

**The Wisdom is in You and The Wisdom is in the Circle.**

You will learn from each other, through your practices and time with the Earth and through the experience of receiving Shamanic Reiki, and by offering it via your Practicum. As indigenous shamanic peoples have done since time immemorial, you will also learn by viscerally absorbing through dreams, body sensations, work with your spirit guides and beings nature, by life’s auspicious circumstances and ‘challenges’ (initiations) and more. These are the great supports that infuse the work – taking you beyond ‘technique’ to authentic power.

**The path of the Shamanic Reiki Master Teacher is to establish a direct connection with the life force energy.**

***May the force be with you! The force is YOU!***

# MAYAN COSMOLOGY

Another threading that contributes to our weaving together derives from the Maya tradition.

The ancestors of the modern Mayan peoples of Mexico and Central America (descendant from Atlantean peoples, and connected to Hopi, Tibetan, etc.) left a remarkable legacy of visible, as well as submerged architecture, detailed records of historical events and dynasties, and the enduring mystery of their disappearance.

To this day, the Maya are master observers of subtle energies. The ancient Mayalands are active and alive—volcanoes, landslides and earthquakes have submerged many of the countless pyramids and sacred sites. The energy of these sites persists; the Maya elders feel and work with them.

The Maya were oriented to the cycles of the heavens. The original structure at Tikal (Lost World), a humble, more “feminine” site—built hundreds of years before the other pyramids that appear to be devoted to royalty, and before the entire forest was slain resulting in drought, which eventually drove everyone out—was Earth-honoring and dedicated to astronomical pursuits.

The Maya have contributed an unsurpassed model for translating linear into spiraling, or “sacred time”, where rhythm and experience and nature are the reality markers, not an imposed (Gregorian Calendar) or linear structure.

In these times of change, we are invited to reclaim this expansive way of knowing us, and the world. We honor the spirit guides of each day’s energy when we conduct our tele-gatherings. If you are interested in learning more about how you can attune to the vibration of each day, please check out the website resources listed below. You can read what these sites have to say about the qualities associated with each day. Yet please note how some information differs. Follow what *feels right* for you.

If you’d like to honor and attune to the “Energy of the Day” – do so first-hand, just as the Maya did. They discovered the energies of each day by observing, engaging and experiencing the phenomenon that occurred—observing how the day played out including what its subtle and manifest qualities were as displayed by nature, and how all of that impacted them intuitively. This task is about harmonizing with nature, acknowledging the nature outside of you and also the nature that is you. We, and nature are one.

This is a living engagement, very powerful and will shift you out of a Gregorian orientation to linear time into “sacred calendar time”— the natural spiraling, multi-dimensional reality of who we are, in harmony with nature.

The Maya Fire Ceremonies, performed the same way (though with subtle variations) for the last 13,000 years, honor and harmonize with these energies and spirits, moving us into “No Time”.

You should also know that the Maya elders we work with emphasize that we have entered a time of “Light” that will last for thousands of years; it may take us, humans, decades or even centuries to catch up with this, but it is here and we can all see this happening. The Maya are very excited about this era, not oriented to apocalypse. Likewise, the Toltec tell us that we are in a new cycle, though it will take time, approximately two hundred years, for humanity to fully manifest the new Light Era. We might consider that what we see play out around us in the world are the death throes of old paradigms. The old dream is an entity that doesn’t understand that the death of ways of being based in separation and fear will open us to new and vibrant life.

Now is the time to put our good energy into the world and open our hearts to the inherent magic of Earthly life. Tibetan teachers also say we have passed through a Dark Age, that will open to a period of enlightenment.

Inviting *Sacred Time* can be as simple as knowing the energy of the day and including it in a simple meditation, or honoring it by simply making an offering to the Earth. You will gradually begin to witness the synchronicity and magic that occurs with the energy of each day. This process becomes more rich and textured the more you engage it. It’s best to allow the relationship to develop naturally and at its own pace.

**This is not an intellectual pursuit!**

We don’t need to force relationships. Or any-thing. Our essence is timeless – the expanded “us” already abides in *Sacred Time*, so it’s more so a matter of reconnecting and encouraging a more essential relationship to everyday reality. Here are the links to look up the energy of each day:

[www.mayanmajix.com](http://www.mayanmajix.com)

www.mayancross.com

If you’re interested in knowing more about your own Maya glyphs and energies, we recommend that you request a reading from Maya scholar and author, Kenneth Johnson. Ken can do a personal chart for you and he’s a wealth of wisdom. Here’s Ken’s contact address:

ken@jaguarwisdom.org

There are also other ways (many ways from diverse cultures, systems and orientations) to get a snapshot of, and thus tune into, natural cycles, which increases our ability to harmonize with what is at play—engage it consciously and invite its magic to unfold.

Here are a few sources we find particularly helpful and accurate, that offer an astrology synopsis. Consider these not “predictive,” but tools that help you look into the mirror of daily life to see what is playing out; what resonates for you and if it reflects your experience or intuition. If it does, readings can help your ability to make conscious choices about how to relate with what’s showing up.

Sheila Belanger offers in-depth *seasonal* archetypal astrological downloads (4x per year). She also drafts individual archetypal astrological charts and ‘progressions’ or updates:

[www.sheilabelanger.net](http://www.sheilabelanger.net)

Gregory Scott offers intuitive tarot and astrology—daily and weekly readings:

[www.gregoryscott.com](http://www.gregoryscott.com)

Moon cycle wisdom and astrology can also be found at:

[www.elephantjournal.com](http://www.elephantjournal.com)

You may have your own favorites that you can share with us, and everyone. Preferences, and ‘what works’ for you will be individual.

*“The prophecy (of Shambhala)…predicts the coming of a golden age in which everyone will make greater progress toward enlightenment. This makes it clear that the purpose of the inner journey is not to withdraw from the world, but to make it a place more conducive to the attainment of liberation for all. In seeking to awaken the deeper mind, we seek a new awareness that will enable us to help others to free themselves from the bonds of illusions…As we become aware of the sacred nature of all that surrounds us, we cease to see people and things as objects to be abused and exploited. We come, instead, to cherish them for what they are – and to treat them with the utmost care and respect. If we can awaken this sense of the sacred in the world around us, then we may have a chance of bringing the golden age of so many myths and dreams.” – Edwin Bernbaum*

# SOLAR CYCLES

In SRW, we honor and align with the luminary beings and their cycles.

Solar cycles coincide with the four major spirals we share. Humanity has for eons understood time by our relationship to the Sun, our first source for light and warmth. The season’s procession is created as our Earth, tilted on her axis, orbits the sun. As our hemisphere leans toward, or away from the Sun, we experience the extremes of long, warmer summer days dwindling to short, colder winter days.

A Solstice is the point when the daylight is the longest or the shortest. Midway between are the Spring Equinox and the Fall Equinox when the length of the day equals the length of the night in all parts of the world.

Indigenous cultures of diverse traditions celebrated these four events of the Earth’s relationship with the Sun, just as they honored the moon’s cycles, the four directions, North, South, East and West, as well as the four elements: Earth, Air, Water and Fire. Here are some of the qualities associated with each solar procession. Aside from what is written here, see what your own experience is.

### Winter Solstice

December 21st in Northern Hemisphere and June 21st in Southern Hemisphere: Shortest day of the year, light promises to return; first day of winter, incubating time to honor the inner life.

### Spring Equinox

March 21st in Northern Hemisphere and September 21st in Southern Hemisphere: First day of spring and rebirth, return of growth within us and in the Earth and her plant and animal life.

### Summer Solstice

June 21st in Northern Hemisphere and December 21st in Southern Hemisphere: First day of summer and increase of masculine solar power, which infuses us to be visible and “do.”

### Autumnal Equinox

September 22nd in Northern Hemisphere and March 21st in Southern Hemisphere: First day of fall harvest and fruition of activities and a time to gather and prepare for the long inner journey of winter.

As you experience how each solar cycle impacts you, we invite you to honor each Solstice and Equinox. Some people like to create community celebrations, rituals, fire and other ceremonies and special meditations, while others prefer to honor solar cycles in quiet, solitary and/or simple ways such as simply lighting a candle and/or making offerings to or being in simple communion with the Earth.

You can also notice how special solar events like *solar flares and solar eclipses* impact you, as the increasing activities of the sun are affecting our consciousness.

We are inseparable from nature, hence as she now transforms—we transform. Aligning with our Mother helps us harmonize with Earth changes and extreme weather patterns, which shift how we live on our planet, as they also shift our consciousness.

# LUNAR PHASES

Throughout this program, as indigenous people have done since the beginning of humankind, we also attune to the moon, the intuitive feminine principle. The moon’s phases can help us understand our own cycles and inner worlds, as well as collective and physical and natural cycles. They guide our inner personal, as well as inner societal development. In this program, we focus on four prominent lunar phases.

Here are very brief descriptions of some of the qualities you *may* personally experience with each lunar cycle. Regardless of what is noted about them here, we encourage you to pay careful attention to how these phases uniquely affect YOU.

The moon phases have become very powerful as we flush personal as well as collective paradigms and karma, bring to light what has lain hidden or shrouded within us and throughout the collective human story, and reclaim the whole of who we are.

We are in a profound change cycle and the moon represents the feminine ways we are being “invited” (nice way to say it!) to reclaim.

### Dark Moon

Three days before the New Moon. A time to work with Dark Moon Water rituals; Reflecting, incubating, confronting dark places and finding the light in the dark.

### New Moon

New beginnings, opening to a free-flowing creative surge.

### Gibbous Moon

Three days before Full Moon. Outdated ways and what is hidden or in denial, comes up for review. A time of flushing through and bubbling up old karma and demons, it’s a time to put your moon water out and stay close to the Earth!

### Full Moon

Release and renewal, expansive energy, the opportunity to see all in its full light and embrace as power.

Consciously relate to the moon’s phases and remember to put your Moon Water out three days before each full moon, and to also consider Dark Moon water rituals. Suggestions are detailed in the *Shamanic Reiki* book and Moon Water ceremonies are outlined for you in your SRMT Library.

In SRW, we do not simply focus on the New and Full Moon events themselves; we also remember that the three days leading up to the new and full moons are extremely potent. As with the sun’s solar flares, also notice eclipses and other lunar events as we profoundly reverberate with these—energetically, as well as physiologically.

# SPECIAL PORTALS

### Samhain and All Souls Day

October 31 - Nov 2: Samhain is a Gaelic festival celebrating the harvest and the entry into the dark times of winter.

Samhain coincides with what we know of as “Halloween” and the Christian honoring of those who have passed on in “All Souls Day,” or “All Saints Day” on November 2nd.

Regardless of what tradition we come from or relate to, this is a threshold time—in the Northern Hemisphere the fruits of summer and fall bounty leading to a time when the energy of plant growth recedes back into the roots, a time where light morphs to dark, and also a time of threshold between worlds. Equally a threshold time, the life energy is stirring and the sun is growing warmer as the days grow longer in the Southern Hemisphere. Plant growth surges up from the Earth.

As the veils are very thin during Samhain, pronounced Sow-in, it is a good time to contemplate nature’s transitions—and to connect with and honor our ancestors and those who have passed on.

### New Year

We add to our time cycle honoring, the Gregorian New Year of January 1 which closes the Gregorian twelve-month calendar year, the Tibetan “Dön Season”, as well as the Tibetan New Year, “Losar” which changes every year as it is aligned with the phases of the moon—it usually falls between mid February and early March. Although the Losar holiday can last 15 days, the first three days are most related to. Suggestions and Reflections for how to relate with these annual thresholds are below. See what you notice.

### Gregorian New Year

January 1 - A time for new beginnings, fire or other ceremony to cleanse and purge old ways and holdings from the previous year and empower new aspirations, directions, goals and ways of being; setting a new template or tack for what we really want in our lives.

### Dön Season

Starts in January and goes into February, sometimes beginning of March, as the Dön season ends at the Tibetan New Year. The old karma of the previous year really flushes through for cleansing.

“Karmic debris” can be floating around (some see it energetically), so Dön is a time when people may experience depression, accidents, etc. It is a time to be mindful and not give attention to low energies, not get dragged down or imbalanced—keep our energies high, even, and do our practices and offer to the Earth, which always balances us and especially when energies and circumstances are hard to navigate.

We also find that after committing to new ways at the Gregorian New Year, the challenges to manifest these new dreams may become apparent during the Dön season. That means the cleansing is working! It may help you see that revisions need to be made; you gain greater clarity about your goals. Dön is a profound time to see old habits and traps or hazards as they surface and not see them as solid.

Stay grounded and regard challenges as teachers. Engage the Dön season (start paying attention around January 16, 2018) consciously and when the confused energies cleanse and pass through, you will have renewed energy to richly celebrate Losar, the Tibetan New Year.

Here’s an informative article about the Dön season:

<http://shambhalatimes.org/2012/02/18/working-with-obstacles-don-season/>

### Lösar, Tibetan New Year

Dön season passes—old karma is purged, flushed through so our energy is renewed and fresh. The Tibetan Prayer Flags that were hung on the previous Lösar are taken down and burned, and new prayer flags are put up in their place. This is a good time for family and community or simple celebration and/or ceremony and prayer flag honoring, and always a good time to make offerings to the Earth.

We find that all the energies do shift at this time and we are supported on a deeper journey to clarify and manifest the goals we initially set on the Gregorian New Year Day, January 1, or as they have been revised and/or fine-tuned.

These 3—again, a Golden Triad—provide an almost two-month opportunity to cultivate intention and clarity as we clarify, empower, and strengthen what we really want to bring into reality. We can enact this every year to carry us through the year, and to strengthen our ability to consciously work with, and to transmute, the energy of “obstacles”—so they don’t constrict and bind us, but fuel our deep creativity and authenticity.

In addition to, or other than, what’s noted above you may already engage Earth-honoring traditions that hold meaning for you. Please be creative and honor what resonates for you.

# JOURNALING

Please keep a daily journal. If you have time to do lengthy entries, that is great. If you don’t, you don’t have to write a book; sometimes just a few sentences, or even a few words suffice.

There will also be specific suggestions made for reflection, including practicum assignments for your journal entries.

# DREAMS

It’s highly encouraged that you nurture your nocturnal dream life throughout our program. Please write what you remember of a night’s dreaming in your journal, even if this is just a few short notes, or a quick sketch or symbol that captures the energy of the dream for you. If you cannot remember dreams, no worries—keep a dream journal by your bed with the intention to remember them. The spirits often speak to us through our dreams.

Make a dream catcher!

Intention is most important, and remembering your dreams may begin with taking more time as you rise before getting out of bed in the morning, so that you can ‘catch’ the feeling tone of your dreams, and so allow the images to bubble up as they may. Or, they may pop up later in the day. Traditional shamanic peoples of diverse cultures pay great attention to dreams. Dreams are sometimes cleansing, other times prophetic and at all times can guide us through the ins and outs of mundane life. Dreams are not just for the individual, but can guide the community in the collective dream of life.

# MONTHLY TELE-GATHERINGS AND MORE

**1) There will be one (1) 1.5+ hour-long tele-gathering with Llyn Roberts and Stacey Gibbons per month at a pre-arranged time.**

**2) There will be four (4) 1+ hour-long Question and Answer sessions facilitated by Terri Lundquist, Rob Murphy and Jonathan Hammond per Spiral at a pre-arranged time**.

**3) There will be two (2) 1+ hour-long Special Focus Sessions facilitated by Jonathan Hammond at a pre-arranged time.**

**4) There may be additional, spontaneously arranged Tele-gatherings and/or Q & A and/or Special Focus Sessions.**

These sessions are recorded. The number to access the recording is below, and is also noted at your Student Access Library. Should you miss one of the tele-gatherings, or want to listen to it again later, it will be indefinitely available. Per above, sessions may include meditations and shamanic journeys, circle sharing, a special focus of study and exploration, question and answer period and ceremony.

Additional tele-gatherings as well as audio teachings and experiences by SRW Core Teaching Faculty, will be made available. These will also be recorded and available for you to listen to indefinitely later.

For tele-gatherings, it’s helpful if you email any burning questions you may have several days ahead of the call so that your requests can be reviewed.

For Q & A and Special Focus Sessions, please be prepared to arrive at the session with your questions or a related story/experience to share.

For our tele-gatherings and sessions it is preferred that you use a landline instead of a cell phone if at all possible. Either way, please do not use ‘speaker phone’, as it’s very hard for us to hear you. After we’re on together, you’ll need to “mute” your line to keep interference at a minimum. You’ll then just “un-mute” to speak.

If you are more than 5 minutes late in entering the call, please do not announce yourself, as we will be in midst of a sharing or a meditation.

# CALL IN NUMBERS

Here is the dial-in and access code information, please be prompt and dial in a few minutes ahead of when we’re scheduled to begin.

**Dial this number: (605) 472 - 5713**

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**When prompted, enter the Meeting ID: 633528**

***You will use the above number for all of our tele-gatherings.***

**If you were unable to join the tele-gathering or session live, or if for any reason you would like to listen to it afterwards, dial this number for the recording:**

**Dial this number: (605) 475-4981**

**Access Code: 633528**

**ALL Tele-gatherings and sessions commence at 7 pm EST. You will receive a list of tele-gathering and session times for the year.**

**The program commences with a ceremonial tele-gathering.**

Tele-gatherings and Q & A and Special Focus Sessions support all Spirals: Earth, Air, Water, and Fire.

# MONTHLY SUPPORT CALLS

Each student will schedule a monthly 15-minute check-in Skype or phone call with Stacey Gibbons or with Rob Murphy. These will be scheduled between you and the Core Teaching Faculty Member conducting the call. Monthly assignments (which faculty member, Stacey or Rob, will be supporting you each month) will be provided to you, so you know whom to contact. These calls are to be used for general support in your practice, studies, in your personal journey, and to answer any questions that may arise. Stacey and Rob consult with each other and with Llyn (and sometimes with SRW core faculty members Terri and Jonathan) following these calls.

# MONTHLY PEER SUPPORT SKYPE OR CALLS

Each student will schedule a monthly 20-30-minute check-in Skype or phone call (or in-person) with another apprentice, longer or more frequently if you’d like. You are paired with someone for each seasonal Spiral, so you will have four different “Peer Buddies” during the program.

You’ll have a new Peer Buddy at the commencement of each new Spiral. In addition to this new connection, you can build on your relationships with the Peers you’ve gotten to know during previous Spirals.

# SRMT SHAMAN STONES

We invite you to enact an hour or more of Aimless Wandering during the EARTH Spiral and ask the lands where you live to offer two stone *huacas*, which you will bring to your tele-gatherings and other sessions throughout the year. At the close of the program, these transformational stones will be imbued with the power and energy of the program and all that you have journeyed through—these stones will be more than ready to work and play with you by the end of our time together! If you have special healing or other needs during the year, please ask the stones to support you.

# SRW TEAM CONTACT INFORMATION

Please email Stacey Gibbons with any and all Practicum related questions.

(Important Note: Whomever is your assigned *October* Mentor – Stacey or Rob - will be the person to whom you will send your completed Practicum materials, which must be postmarked by November 15, 2018. If you delay sending your materials to Stacey or Rob, the practicum may not be reviewed until January, in which case your certificate mailing may also be delayed.)

[Stacey\_gibbons@yahoo.com](mailto:stacey_gibbons@yahoo.com)

For other questions you may email Stacey and/or SRW’s Director of Programs, Terri Lundquist.

[Terri.lundquist@icloud.com](mailto:Terri.lundquist@icloud.com)

You may also email Core Teaching Faculty Jonathan Hammond and Rob Murphy at anytime.

[Jonathanhammond3@gmail.com](mailto:Jonathanhammond3@gmail.com)

[Rob.d.murphy@gmail.com](mailto:Rob.d.murphy@gmail.com)

For finance and payment related questions, please email SRW Adminstrative Director Jeff Eissfeldt.

[Jeffeiss@yahoo.com](mailto:Jeffeiss@yahoo.com)

When you send emails to us, please note “SRMT” in the subject line. The faculty will always respond, and are here for you—though please understand that responses will be short, to the point.

We likewise, **ask that you keep your emails succinct, to the point.**

As you can see, the program is designed so that you do have ample avenues to receive support and to feel connected.

Please note that we may choose to send our response to your email to the group as a whole, if we deem it will benefit everyone to read it. In such a case, we will keep your identity as the questioner confidential.

[llynroberts@gmail.com](mailto:llynroberts@gmail.com)

Llyn is available to you for an individual ‘touch in’ call of 20 minutes beginning March 1 and closing September 15. Scheduling your call will be dependent on her travel/work schedule. Email Llyn anytime after February 15 to set up your personal call, or as late as August 15. Please make your emails brief, as she suffers eyestrain and will not read long messages. (Thank you) Calls can focus on any aspect of the program and/or work, or can simply be a time to get to know each other.

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# FB GROUP

A private facebook page has been set up for you to post notes and photos for the members of your circle. Here’s the address:

https://www.facebook.com/groups/144393696203569/

**Please note that our FB page is only for sharing amongst those of us in this circle. This page is not to be shared beyond our circle, and it is not to be used for selling any items or for promoting classes or programs or events**!

Please feel free to use the FB page to offer and gain inspiration—anything related to your experience in our program, including personal photos and writings and those that may derive from other sources. This is a lovely way to connect with your Circle and Peers! Remember to post photographs!

SRW Faculty members may appear intermittently on this FB page.

Don’t worry if you choose to not be on FB, as faculty does not post important messages or instructions here, that will always arrive to you via your email address. On that note, we highly encourage – and we aspire to model - a conscious relationship with social media and computer/cell phone.

**It is more important for you to immerse in nature than to be on electronics! BODY, HEART EARTH!**

# PERSONAL UPDATES

We will occasionally ask for short summaries of what you’re experiencing in general, or in relationship to a specific practice or study topic or Spiral. We may ask you to reflect back on your experiences over a few months or longer to share with us what changes you feel and notice since you began the program—what’s different? Your responses don’t need to be laborious, just short informal notes.

# CLIENT PRACTICUM

There is a separate detailed outline for the practicum portion of the program. You will receive this outline in the EARTH Spiral so you can begin to plan how to incorporate the practicum into your life and schedule.

**(Reminder: Whomever is your assigned *October* Mentor – Stacey or Rob - will be the person to whom you will send your completed Practicum materials, which must be postmarked by November 15, 2018 for prompt consideration. If you delay sending your materials to Stacey or Rob, your practicum materials may not be reviewed until January, in which case your certificate mailing may also be delayed.)**

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# SPIRAL FOCUS – EARTH, AIR, WATER, FIRE

There is a separate detailed outline for the four study spirals.

Concerning the Library resources and documents that SRW Program Director, Terri Lundquist, manages: please note that we will not duplicate information that’s already presented in the book, *Shamanic Reiki* (SR)*.*

**The book, *Shamanic Reiki,* is your main study and practice reference.**

***Shapeshifting into Higher Consciousness* (SSHC)*, The Good Remembering* (TGR)and *Speaking with Nature* (SWN) are also main references and you will have reading assignments in them, so please have them on hand.**

# POLICIES

Privacy – All materials in this program are created for the benefit of the SRW apprentice and are not intended for those outside of our program. Please keep them in a sacred manner and in their designated place or folder, not strewn about the house or on the floor, for instance.

**Do not share them**.

It is not helpful to pass materials to those who are uninitiated and/or to those who do not have the accompanying experiences and support to understand or apply them properly—and acceptance into an SRW program requires agreement that you will not share these materials beyond our Circle.

Ethics – As this is an important issue, you will be presented with a separate document detailing student, teacher and practitioner ethics. Each student must uphold the outlined ethics during and after the program for your benefit, and for the benefit of those you work with and teach.

# FINANCES

In all shamanic cultures, an exchange of energy is offered for healing services. The exchange is for the spirits and nature, which are the true healers. The shaman, as the conduit of these forces, receives the exchange on their behalf. The offerings also support the shaman’s basic life needs. In the high Andes of Ecuador, the typical offerings for healings are food, trago (sacred sugar cane alcohol) money and other useful items.

The importance of exchange is always emphasized. When we offer out, we enter the natural flow of life energy. When we give, we receive. This is simply how energy works; all life is about movement. Shamans know clients must request a healing and make offerings to take personal responsibility for healing.

In your Practicum there will be an exchange as the clients offer the written reflections following your work with them. In a Shamanic Reiki practice you will receive offerings/exchange, most likely in the form of money. The energy exchange is for the spirits and nature. The tangible aspects of exchange support your clients healing and support your ability to devote your time to healing work.

**Your SRMT payment is an exchange of energy. If you are on a monthly payment plan you agree to send your payment by the 8th of each month. PayPal payments incur an extra 3% of payment amount. Payments arriving on the 15th or later, will incur a $20 late fee.**

If you have questions concerning your exchange (payments) please contact SRW’s Administrative Director, Jeff Eissfeldt.

[Jeffeiss@yahoo.com](mailto:Jeffeiss@yahoo.com)

Just as we ask our clients, please take personal responsibility to honor the exchange. Be prompt with your payment. Thank you!

# OMEC

Continuing the concept of ‘exchange’, *Shamanic Reiki Worldwide* offers back to the lands, wisdom ways and people who inspire our work.

**SRW has donated $25 on your behalf to OMEC Indigenous Project Funds**

To find out more about the non-profit organization the *Olympic Mountain EarthWisdom Circle*  “OMEC” and its projects, please visit:

[www.eomec.org](http://www.eomec.org)

# SELF CARE

Most important! You will receive a separate document outlining self-care suggestions. The first study spiral—Earth—emphasizes this topic, as it is the ground for your practice and experience throughout our time together, and hopefully through your life beyond the program.

# LEARNING STYLES

We all have different learning styles and approaches. Some of us are avid readers, while some prefer to focus solely on direct experience rather than book learning. Some of us are auditory learners, others kinesthetic or visual. Some of us have a slow learning curve and others come in with a bang. Some of you have jobs, families and other commitments to tend to as you journey through this program. Unexpected issues may also arise. **This is all part of the journey.**

Always follow what is right and true for you. Be aware that we will nudge you to transform self-created obstacles, yet we honor your own pace and rhythm, and we acknowledge unique learning styles. Please connect with Stacey Gibbons if you feel adjustments are needed to support your individual learning differences.

About “Intuition” – in the Shamanic Reiki *Master* Teacher and LE programs, the term “master” refers to the energy and not our egoic selves. We are deepening into master level energy. The energy will work *us.* This is a path of self-discovery and how we each open to our innate intuitive knowing and how we each progress in our ability to hold a healing and learning space, and to skillfully apply teachings and practices - is experiential and individual.

We offer suggestions for personal and energetic practices that increase energetic resilience and ability to channel healing forces (as well as aid the ability to pass attunements). Yet, we don’t offer exercises specific to developing intuition.

As you connect with nature and move through this program - your intuition will naturally unfold. As it does, don’t get attached to the events or gifts; just witness them. They are spirit, grace, the Earth, the elements expressing through you, a natural aspect of being human that our cultures have suppressed and forgotten.

**Allow your gifts to unfold as you relax more and more into who you truly are.**

This is not so much a linear, but a spiraling style of opening and learning. There are some things to learn and you will learn best by doing them. Many seeds will be planted. The “learning” will deepen within you in its own way and in your perfect timing, just like a seed that sprouts and unfurls into a plant or a tree.

There are also some things – habits and approaches - that you may need to UN-learn! Just try to relax and give yourself to the process and know that we are here to support you.

Say as Bilbo Baggins does:

“I’m on an adventure!”

We have a whole year together, so please pace yourself and also be realistic about what you can manage, and within what time frame. Again, if revisions or adjustments are needed, please connect with Stacey about it. This isn’t Shamanic Reiki ‘boot camp.’ Despite how often that term is applied to spiritual and nature-based programs—that’s not us.

**Please take the first month, deepening within the first Spiral, the EARTH Spiral, to get grounded, oriented, and organized.**

Keep all of your materials in one place. Regard them as sacred. This will be a time to get very clear about your own needs and rhythms—a process you will continue to refine throughout our time together.

**The EARTH Spiral is foundational - extremely important!**

# BOOK LIST

We will provide you with a suggested reading list. Again, the required books are:

*Shamanic Reiki,*

*Shapeshifting into Higher Consciousness,*

*Speaking with Nature*, and

*The Good Remembering*

Each of these books has a plethora of practices and teachings that will be applied during the yearlong program. Aside from the materials that will be made available to you by Terri in the Library, the above listed books are the main study and practice references.

# EVOLVING MATERIALS

Although this program has been taught for nine years now, in various formats including as yearlong as well as 18-month courses, it is evolving! There also may be reasonable and mutually agreed upon adjustments that are made as we go along. Your experiences and contributions help us shape future programs. Thank you!

# WHAT’S NEXT

Don’t spend too much time thinking about what’s next. We invite you to fully immerse in our experience together! Yes, there are opportunities for continued training in our EV1 (Evolving) SRMT program for eligible SRMT graduates, and EV2 and EV3 and beyond. You will hear and learn about all of that

LATER

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For now, we consciously gather to form an amazing energy! Let’s appreciate and give our all to this very rich passage. This is truly a once-in-a-lifetime opportunity that is guaranteed to take you more fully than ever INTO life! Let’s regard it as the precious passage that it is.

# THE JOURNEY BEGINS

As a closing note: we take our work and commitment to guide each of you through this program very seriously.

At the same time, we want to have fun!

We are also:

**Very aware, and encourage you to also be aware, that each of you will truly apprentice yourself.**

YOU will awaken the inner wisdom that Shamanic Reiki and Earth-honoring practices initiate, in consonance with your spirit helpers and higher purpose—in harmony with nature.

Tibetan Buddhism talks about the “Buddha Within”. In Eastern traditions this equates to the “Inner Guru”. Reiki is guided by the innate intelligence—and shamanism is a path of direct revelation.

We can’t emphasize this enough—YOU are in the driver’s seat. The main relationship you will be encouraged to cultivate is between you, the Earth and Spirit. Your experience this year will be as rich as the energy and love you give to it.

Just so, the most powerful shamans of diverse cultures insist that we not look to them for the answers, but develop our very personal relationship with spirit and nature—make that, and the wisdom of heart and body, strong. Techniques and standardized approaches can be powerful and can ease the entry of many good healing tools into the mainstream. Yet, this should not dismiss those who work beyond technique or strategy, such as shamanic people all over the world, as well as Mikao Usui, who in an expanded state of consciousness was spontaneously initiated by the ‘Spiritual Forces of Nature—aka, the ‘Universal Life Force Energy’.

Mikao Usui practiced the Golden Triad of FORM, INTENT and SACREDNESS—as a result, the MYSTERY opened to him.

And, here we all are.

This path of Shamanic Reiki will empower your work, and it will change your life!

A whole-hearted welcome to you—let’s commence our adventure!

From Our Hearts to Yours, the *Shamanic Reiki Worldwide Team* -

Llyn Roberts, MA

Stacey Gibbons

Rob Murphy

Jonathan Hammond

Terri Lundquist

Jeff Eissfeldt