



**Shamanic Reiki Master Teacher and Life Empowerment
EV1 HAND GUIDE**

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- AGREEMENTS -

By enrolling in the current year SRMT or EV1 or EV2 you agree to comply with the tenets outlined in this Hand Guide. These, and all SRMT materials and documents, are copyrighted materials and are not to be copied or shared beyond their explicit use instructions without the express permission of their author, Llyn Cedar Roberts.

Shamanic Reiki Worldwide and its faculty and assistants - and SRW's sister organization, Olympic Mountain EarthWisdom Circle (OMEC), and its board and committee members - do not enact or convey practices, ceremonies, or rituals deriving from indigenous groups for which they do not have explicit or understood permission to share. We request all SRW apprentices and/or teachers to also honor the above statement.

SRW apprentices implicitly agree to explicitly follow state safety parameters regarding Covid-19 measures.



Shamanic Reiki Master Teacher and Life Empowerment SRMT HAND GUIDE

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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 (Mary Carroll Nelson)

Greetings Shamanic Reiki Master Teacher and Life Empowerment 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 in 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 three-pronged approach to guide you through the yearlong course of experiential study toward attaining the Shamanic Reiki Master Teacher and Life Empowerment Program 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 3”, 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

- to create the opportunity, through practice, to deepen your relationship and expertise with the Shamanic Reiki (SR) approaches to healing; to support your confidence to teach SR (Healing Weekend and Levels 1 and 2) in alignment with this material, for those who desire to teach;
- 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
- 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

- to support your ability to work with nature and spirit helpers;
- to support your ability to move intuitively with growing trust in “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
- to help you make the mystery come alive and to view everything as sacred – in your SR practice and in daily life.

These three combined – Form, Intent, and Sacredness – pierce veils of illusion that shroud life’s Great Mystery. As the ecstatic path is about authentic power, the journey may not always be easy. Yet, it has its own intelligence and will encourage authentic goodness for you, your loved ones, for those you work with, and for the Earth.

SPIRALS, SEASONS, AND ELEMENTS

The other synergy we honor and engage is of the elements, and the number 4. Earth, Air, Water, and Fire beget and infuse all of life. Combined, they form the synergy of the 5th Element, the force of life itself: *Oushai* (Andean Quechua), *Lungta* (Tibetan), *Windhorse* (Tibetan and Mongolian), *Arutum* (Shuar Amazonian), or Universal Life Force Energy. Below you will find the basic overview of the 4 spirals of focus that comprise our year together, in consonance with the elements and seasons. The particulars of each 3-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 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, 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. 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), is increased.

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 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 experience the elements in a fundamental and visceral way — the weather and the Earth, Wind, Water, and Fire.

Always use your common sense and caution, yet, *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 patterns that 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 beyond 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 the healing power of extreme heat and cold (Tibetan and Nordic traditions). Shamans the world over believe our bodies need direct contact with the elements and nature to stay healthy; that the Earth is from where we derive all healing and vigor. 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).

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 to relate with *us*. The birds want us to hear their song. It is common in shamanic cultures to listen to the songs and sounds of nature and also to sing back.

Each season corresponds with one of the 4 study Spirals of our program, as does each of the 4 elements. There are separate descriptions for each segment of focus, and we'll share about these on tele-gatherings. Sometime within 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 and orchestrate the Practicum will be up to you. There is built-in flexibility. This means that you can begin the 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 at a substantially reduced fee to take your time and go deeper into the Practicum or other aspects 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 and LE certificate at the culmination of our program – you will firmly step upon a new and evolving path!

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 and 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 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. 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 shows up abundantly (and in diverse and unexpected ways) in this field, as we *Step into 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 conscious circle that Llyn Roberts and Stacey Gibbons and SRW Faculty members 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. She may be known as 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 vivid, textured, and available at any time. 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 with an 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, so 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 year-long commitment together can initiate deep and lasting life changes that more closely reflect your ‘essential self’.

This program is dedicated to supporting you to integrate such positive changes in a grounded manner. At the same time, SRW is not a

‘process-oriented’ entity, but a ‘shamanic’ one. 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.

SHAMANS DON'T ‘PROCESS’!

We each are conduits to the healing forces of nature and we encourage each person in circle to claim access to, and to share, the wisdom that’s available in the ‘field’ – through our Circle as well as through your Peer sharing. Our collective field is powerful; SRW ‘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, 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 nature beings, 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 nature, spirits, and life force energy.

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

MAYAN COSMOLOGY

Ancient Mayan traditions are a fundamental ‘thread’ in the ‘weaving’ of our program together. The ancestors of the modern Mayan peoples of Mexico and Central America were descendants of Atlantean peoples, and connected to the Hopi and Tibetan lineages. These peoples 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 and the cycles of the heavens. 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 original structure at Tikal, Guatemala, (also known as “The Lost World”) was a humble, more feminine site – built hundreds of years before the other pyramids (which appear to be devoted to royalty) and before the entire forest was slain (which resulted in drought and drove everyone out). This original site was dedicated to Earth-honoring and 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 ourselves 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 and into "sacred calendar time" – the natural spiraling, multi-dimensional reality of who we are, in harmony with nature.

The Maya Fire Ceremonies – which have been performed the same way (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, orienting towards it as a *new beginning*, not an 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 perceive as chaotic events in the world are the death throes of old paradigms. The 'dream' of the old paradigm doesn't understand that the dissolution of old ways – ways of being that are rooted in separation and fear – is actually opening 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 which 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 meditation, or honoring it by 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 rich and textured the more you engage it. It's best to allow the relationship to develop naturally 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 a matter of reconnecting and encouraging a more essential relationship to everyday reality.

This is our best resource to learn more about Mayan cosmology and to look up your Maya birthday and the daily energies. You can subscribe to receive a reminder on the first day of each Maya 13-day week, with informative articles on the energies:

www.mayanmajix.com

Here's another good resource for Mayan wisdom:

www.mayancross.com

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 and archetypal astrological downloads, available by subscription:

<https://itunes.apple.com/us/podcast/astrology-alchemy-podcast/id1436508162?mt=2>

Pam Younghans offers a weekly guide to planetary influences:

www.northpointastrology.com

You may have your own favorites that you can share with each other. Preferences and what ‘works’ for you will be individual. Keep in mind that our very best resource is our own relationship with BODY, HEART, EARTH, which opens us to the deep mystery and makes the cosmic in us – and in everything – come alive.

“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, celestial beings and their cycles. Solar cycles coincide with the 4 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 the Solstices are the Spring Equinox and the Fall Equinox when the length of the day nearly 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), and 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 or 22nd) in the Northern Hemisphere and June (20th or 21st) in the Southern Hemisphere: Shortest day of the year, light promises to return; the first day of winter, incubating time to honor the inner life.

SPRING EQUINOX

March (19th, 20th, or 21st) in the Northern Hemisphere and September (22nd or 23rd) in the Southern Hemisphere: First day of spring and rebirth, return of growth within us, in the Earth, and in her plant and animal life.

SUMMER SOLSTICE

June (20th or 21st) in the Northern Hemisphere and December (21st or 22nd) in the Southern Hemisphere: First day of summer and increase of masculine solar power, which infuses us to be visible and “do.”

AUTUMNAL EQUINOX

September (22nd or 23rd) in the Northern Hemisphere and March (19th, 20th, or 21st) in the 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 ceremonies, and/or other ceremonies and special meditations. Others prefer to honor solar cycles in quiet, solitary, and/or simple ways, such as lighting a candle or making offerings to, or being in simple communion with, the Earth.

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

We are inseparable from nature, hence, as she 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, 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” to reclaim.

DARK MOON

The Dark Moon occurs three days before the New Moon. It is a time to work with Dark Moon Water rituals, a time for reflecting, incubating, confronting dark places, and finding the light in the dark.

NEW MOON

We consider the commencement of the New Moon as *when the crescent appears in the night sky*. The New Moon is about new beginnings and opening to a free-flowing creative surge.

GIBBOUS MOON

The Gibbous Moon occurs three days before the Full Moon. This is a time of flushing through and bubbling up old karma and demons. Whatever has been hidden, or in denial, may now be illuminated and brought up for review. It's a time to put your moon water out and stay close to the Earth!

FULL MOON

The Full Moon beckons release and renewal, expansive energy, and 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. 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 cosmic forces – energetically, as well as physiologically.

SPECIAL PORTALS

SAMHAIN & ALL SOULS DAY

October 31 - Nov 2: Samhain is a Gaelic festival celebrating the harvest and the entry into the dark times of winter. This is the time of the Celtic New Year. 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 leads to a time when the energy of plant growth recedes back into the roots, when light morphs to dark, and also a time of threshold between worlds. In the Southern Hemisphere, this is equally a threshold time: the life energy stirs in the spring, the sun is growing warmer as the days grow longer, and 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 and the Tibetan New Year.

As we know, January 1st closes the Gregorian twelve-month calendar year.

The timing of the Tibetan New Year, “Lösar” (as well as the Tibetan “Dön Season”) changes every year as it is aligned with the phases of the moon. It usually falls between mid-February and early March. Although the Lösar holiday can last 15 days, most traditional celebratory activities happen on the first three days.

Below are suggestions and reflections for how to relate with these annual thresholds. See what *you* notice.

GREGORIAN NEW YEAR

January 1 - A time for new beginnings, fire or other ceremonies, for cleansing and purging old ways and holdings from the previous year, and to 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 and sometimes into the beginning of March. The exact timing of the Dön season changes each year and depends on the date of the Tibetan New Year (Lösar) – the Dön season ends on the first day of the Tibetan New Year.

During the Dön Season, old karma of the previous year intensifies and 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, to not give attention to low energies, and not get dragged down or imbalanced – but to keep our energies high. Doing our practices and offering to the Earth balances us, 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 consciously and when the confused energies cleanse and pass through, you will have renewed vigor to richly celebrate Lösar, 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. You can include practicum assignments for your journal entries.

In addition to on-going journaling, please reflect as you bring each Spiral to a close.

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.

Beyond writing your dreams down in words to describe them, also note the feelings you had in your dreams. Also – drawing and crafting items that represent your dreams, or finding figurines that represent potent dream figures or animals in ‘big’ dreams are a great way to honor and engage their archetypal and spiritual energy. Nature and the spirits speak to us through our dreams.

The intention is most important. 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 can be cleansing, prophetic, and at all times can guide us through the ins and outs of mundane life. Dreams are not just for the individual – they can also guide the community in the collective dream of life.

MONTHLY SRMT TELE-GATHERINGS AND MORE

- 1) Generally, there are one or more topic-oriented and/or guided experiential tele-gatherings (with Llyn Roberts and/or Stacey Gibbons joined by an SRW faculty member) per month at pre-arranged times.**
- 2) There will be Q & A sessions with SRW Faculty.**
- 3) There may be ceremonial tele-gatherings.**
- 4) There may be additional, arranged call sessions.**

All Tele-Gatherings are recorded. You will be provided with the recording in your SRMT online Library. You will receive an invite to enter the Library. Should you miss one of the Tele-Gatherings, or want to listen to it again later, it will be available to you through your apprenticeship year. We ask that

you listen to any Tele-Gathering that you've missed within a week of its occurrence.

Per above, sessions may include meditations and shamanic journeys, circle sharing, a special focus of study and exploration, a question and answer period, and ceremonies.

Additional Tele-Gatherings, as well as audio teachings and experiences by SRW Core Teaching Faculty, may be made available. These will also be recorded and available for you to listen to and download throughout the apprenticeship program.

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 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 'speakerphone', 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.

MONTHLY MENTOR CALLS

Each student will schedule a monthly 15-minute check-in Skype or phone call with an SRW Core Faculty member. These will be scheduled between you and the Faculty Member conducting the call.

Monthly assignments — with Stacey or another Faculty member on alternating months, except for the first calls of the year (which will be with

Stacey) – will be provided to you, so you know exactly whom to contact. These mentor calls are to support you in your practice, studies, in your personal journey, and to answer any questions that may arise.

Mentors consult with each other and with Llyn and Stacey (and may also consult with other SRW core faculty).

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* (SSHC book) during the EARTH Spiral and ask the lands where you live to offer two stone *huacas* (SSHC & SR books), which we encourage you to bring to your Tele-Gatherings, sessions, and ceremonies 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. These stones will continue with you into the EV1 journey, should you choose to pursue that.

EMAIL LIST

SRMT faculty will send messages and instructions via email, so it is important that we have your email address. Email and the SRMT FB group are great ways to share with one another as you go through the year and program.

With this in mind, the email list is intended for SRMT purposes only. **Please never use the collective email list to send unsolicited emails, film, etc. – and do not add participants' emails to your own mass email list.**

FB GROUP

A private FB page has been set up for you to post notes and photos for the members of your circle. You will be invited to the page in January.

Please note that our FB page is private. It is intended for sharing only 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, 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, although it is set up for you to connect as a circle.

Don't worry if you choose to not be on FB, as Faculty will not post important messages or instructions here, that will always arrive 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 be in nature than on electronics!

BODY, HEART EARTH! Get out into nature!!!

PERSONAL REFLECTION

We ask that you occasionally write short summaries of what you're experiencing in general, or in relationship to a specific practice or study topic. Take time at the close of each Spiral to reflect on your experiences

over a few months or longer and write in your journal what changes you feel and notice since you began the program – what’s different? Your writing doesn’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: Whoever is your assigned October Mentor will be the person to whom you will send your completed Practicum materials, which must be postmarked by November 1 of the current year for prompt consideration. If you delay sending your materials to your October Mentor, your Practicum materials may not be reviewed until January, in which case your certificate mailing may also be delayed.

SPIRAL FOCUS – EARTH, AIR, WATER, FIRE

There is a separate detailed outline for the 4 study spirals.

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

If you have questions about the Library, please contact your Mentor for that month.

READING ASSIGNMENTS

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.

PRIVACY POLICY

Privacy – All materials in this program are copyrighted and created for the benefit of the SRW apprentice and specified use only, for SRW programs. They are not intended for, and not to be shared with, those outside 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.

YOUR PARTICIPATION IN THIS PROGRAM CARRIES THE EXPLICIT AGREEMENT THAT YOU WILL NOT SHARE SRW MATERIALS THAT YOU ARE NOT AUTHORIZED TO SHARE.

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 – acceptance into an SRW program requires an agreement that you will not share these copyrighted materials beyond our Circle, or beyond the explicit permission for use, and for the purposes deemed. By participating in the SRMT program you agree to its parameters.

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.

APPROPRIATION POLICY

Shamanic Reiki Worldwide and its sister organization, the *Olympic Mountain EarthWisdom Circle*, do not enact or convey practices, ceremonies or rituals

that derive from indigenous groups – for which *Shamanic Reiki Worldwide* faculty and assistants and/or OMEC board and committee members do not have explicit or understood permission to share. The practices outlined in the book on the book list in this document and those facilitated in our programs reflect this commitment. SRW apprentices and Shamanic Reiki practitioners are expected to adhere to this policy – please do not enact ceremonies, rituals, and /or practices for which you do not have explicit or understood permission to share.

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 client's healing and support your ability to devote your time to healing work.

Your SRMT payment is an exchange of energy. You agree to submit your payment according to schedule. If you are a month (30 days) or more late on your payment schedule and you have not made other arrangements, your Library and Tele-Gathering access may be suspended until payments are made. You can regain access and participation by restoring your balance. You will also not receive your certificate if your balance is not paid in full.

If you have questions concerning your exchange (payments) please contact ebenherrick@gmail.com

Just as we all will ask of our clients, we expect that you will take personal responsibility to honor the exchange. Be prompt with your payment. Thank you!

OLYMPIC MOUNTAIN EARTHWISE CIRCLE (OMEC)

Continuing the concept of 'exchange', *Shamanic Reiki Worldwide* offers back to the lands, wisdom ways, and the original peoples who inspire our healing and ceremonial work.

SRW encourages you to attend OMEC HEARTHS, which offer guided shamanic experiences. 100% of proceeds benefit OMEC Indigenous Project Funds.

To find out more about the 501C3 not-for-profit organization, the *Olympic Mountain EarthWisdom Circle*, "OMEC", and its projects, please visit: www.eomec.org

OMEC offers tangible ways that we as healers can give back to nature and to the indigenous people from which our practices and approaches derive. Thank you for exploring more about OMEC's work and its projects!!

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; 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 skillfully apply teachings and practices – is experiential and individual.

We offer suggestions for personal and energetic practices that increase energetic resilience and the 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, and 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 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 ways of being, habits, and approaches, you may need to UN-learn! Just 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 what you're feeling and needing. 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!

BOOKLIST

Here (again) are the required books for the SRMT and LE program:

Shamanic Reiki

Shapeshifting into Higher Consciousness

Speaking with Nature

The Good Remembering

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

EVOLVING MATERIALS

Although this program has been taught for 13 years now, having been operated in various formats including yearlong as well as 18-month long 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 SRMT graduates, and EV2, and beyond. You will hear and learn about all of that...

LATER 😊

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 honor this as the precious opportunity and 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 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; they develop their 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. Shamanic people all over the world work beyond these constraints – one such person being Mikao Usui, who in an expanded state of consciousness was spontaneously

initiated by the ‘Spiritual Forces of Nature’ or ‘Nature’s Spiritual Energies’ – aka, the ‘Universal Life Force Energy’.

Mikao Usui practiced the Golden Triad of FORM, INTENT, and SACREDNESS – and 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!

We heartily WELCOME you!
Let’s commence our adventure!

From our hearts to yours,

Llyn Roberts, MA
Stacey Gibbons
and the *Shamanic Reiki Worldwide Team*

A reminder - By enrolling in the current year SRMT, EV1, or EV2 Programs you agree to comply with SRW tenets and all items outlined in this SRMT Hand Guide. Review it often and you will stay inspired and connected!