Course Programme 2018
Courses, Workshops, and Events Celebrating Ireland’s Shamanic Traditions in a Unique Setting
Martin Duffy is the director of the Oaktree Charitable Trust, a non-profit organisation that runs the Irish Centre for Shamanic Studies at Dunderry Park.

The Centre is dedicated to promoting and preserving shamanic traditions from around the world, particularly those of the pre-Celtic and Celtic era. Contemporary Shamanic approaches are also taught at the centre.

Martin has worked as a mental health care professional since 1977. He is an accredited Transpersonal /Jungian psychotherapist. He has trained in various forms of consciousness shifting methods including Holotropic Breathwork™, Dreamwork, Trance Dancing, and Firewalking. His grandfather and mother are traditional folk healers and he is following in their footsteps.

Martin's work is influenced by the Druidic traditions of ancient Ireland. He has done fieldwork with indigenous Shamans from Mongolia, the Amazon, Andes, and Africa and also has trained in core Shamanism with the Foundation of Shamanic Studies (USA) and the Scandinavian Centre for Shamanic Studies.

Martin brings warmth and compassion to his shamanic practice. He has strong values with regards integrity, honesty and openness, in particular he believes in empowering the individual to find healing, knowledge and wisdom within themselves.

Martin is available for one to one sessions for Transpersonal Psychotherapy, Soul retrieval and Shamanic Counselling and healing.

The term Transpersonal means beyond the personal. It is a form of spiritual psychology which studies human experiences beyond the realms of ordinary reality. This includes methods such as dreamwork, meditation, journeying, yoga, reiki, trance states, shamanism, mystical and peak experiences, ecology, non-ordinary states of awareness and consciousness studies.

This training will be modular in nature, participants can begin the course at any point as credits will be awarded for each module completed leading to a final certificate of accreditation as a Transpersonal Therapist when the required amount of credits have been obtained.

These credits will also be given for past courses completed through The Transpersonal Institute and Irish Centre for Shamanic Studies when students have registered for the Transpersonal Therapist Training Course. These include Soul Seminars, All Shamanic Courses, and One day workshops.

New mandatory modules will also be taught at the centre as one day workshops and evening classes through Soul Seminar meetups. Topics will include; Spiritual Emergence/Emergency, Addiction, Jungian and Transpersonal Psychology, Astrology, Dreamwork, Imagery and Visualization, Consciousness Research, Spirituality, Philosophy, and Shamanic Breathwork Modules with more topics introduced later in the year. The teaching format will be through video interviews, lectures, group discussion and dialogue, and experiential methods such as journeying, dreamwork, meditation, imagery and visualization.
Holotropic Breathwork™ was created by Dr. Stanislav Grof as a method to journey deeper into the non-ordinary realms of consciousness, using deep and fast breathing, powerful evocative trance music and healing bodywork. Shamans and mystics have used the breath to access the healing potential of non-ordinary reality for thousands of years.

Holotropic Breathwork™ leads one into an adventure of self-discovery, self-exploration and self-healing. Participants have access to deep shamanic journeys, past-life memories, merging with the cosmic mind, ecstatic and joyful experiences and mystical awareness states. Other experiences may include re-experiencing birth, release of energetic blockages caused by past traumas, and the healing of emotional and physical conditions.

This workshop takes place within a safe and sacred setting. Participants work in pairs, while one breathes the other sits and supports their journey. The Breathwork experience is also supported by group work and art therapy. The sessions typically last around three hours, giving adequate time to journey as deeply as you need to go. Other activities will include Shamanic journey, time in nature, trance dancing, and group sharing.
Soul loss occurs when a person undergoes a traumatic event in their lives, such as loss of loved ones, accident or injury, separation, abuse, or any event that the person is shocked or hurt by. At the time of the trauma part of the person’s soul sometimes leaves their body as a survival strategy in order not to be totally devastated by the shock of the negative experience.

Sometimes the soul part is reluctant to return to the person because it fears that is not safe to do so. Some of the symptoms of soul loss are feeling spaced out, numb, depressed, deadened, addictions and chronic illness. Soul loss blocks us from feeling connected to ourselves, to others and to the earth.

Soul retrieval is an important part of shamanic healing work. Participants will be taught how to work with those who have suffered from soul loss, learning the techniques for tracking and retrieving lost souls and returning them to their rightful place. The course includes journeying to learn soul tracking skills, how to avoid taking other soul parts, retrieving soul parts for others and yourself, healing circle and trance dancing.

On this course we will be using traditional shamanic techniques from around the world to explore the exciting and ecstatic realms beyond ordinary reality, such as drumming and rattling, trance dancing, shamanic breathwork, ritual and ceremony. The course consists of four weekend residential workshops over the period of one year. We will be working together in the circle, creating a safe and sacred space to enable us to form a healing community.

I - SHAMANIC GATHERING

This workshop builds on what was learned on the basic workshop with the emphasis being on creating community and deepening / intensifying the shamanic experience.

The course includes finding a morning and evening ritual, shape shifting with nature, stalking awareness, shamanic healing techniques, journeying methods, use of drum and rattle, journey to ancestors, spirit boat, ecstatic journey, (dance, breathwork and journeying), fetish fire ceremony, healing circle and trance dancing.

II - DEATH & REBIRTH

On this course participants will learn to work with death and dying from a positive shamanic perspective. Death and dying are often taboo subjects in our society whereas shamanic people embrace the positive healing benefits of making death your ally and teacher. Facing death as a part of life leads to a rebirth of a new whole self.

Participants will also learn to work with death and dying from a personal and professional viewpoint using traditional means to become familiar with where we go after death, completing unfinished business, helping souls cross over the threshold between life and death, and acting as a guide for the soul of the dying to the other world.

III - SHAMANIC HEALING

From a shamanic perspective illness and disease come from three main causes: loss of power, intrusions, and soul loss. On this course participants will be taught how to restore power to their clients who are suffering from the symptoms of power loss.

They will also learn how to see and sense shamanically, and remove intrusions using shamanic extraction techniques. The course also includes journey to source latent healing power, working with plant medicine, creating a healing ritual, diagnostic and tunnel healing journey, contacting a healing teacher, Celtic fire ritual and trance dancing.

IV - SOUL RETRIEVAL

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Our ancient ancestors celebrated the solstice on the sacred sites at this special time of year. They knew the importance of performing rituals when the portals to the otherworld were open and the veil between the worlds was thin.

We will gather together in the circle to create a supportive healing community where we can journey deeper into ourselves and beyond.

This workshop is open to those who wish to explore the shamanic realms at a deeper level. We will be performing ritual and ceremony on the sacred sites of the Boyne Valley. Participants will also take part in a Spirit Boat and journey into the womb of mother earth inside the megalithic dome (cairn).

- Ecstatic Journey - dance, breathwork and journeying
- Healing Circle
- Spirit Boat
- Fire ceremony
- Trance dancing
- Time in Nature
- Shamanic Healing Work

**Summer Solstice**
One Day Workshop
June 24th
€95 Tuition & meals included

**Winter Solstice**
One Day Workshop
December 16th
€95 Tuition & meals included

This intensive course will be of interest to those who wish to use this method professionally to work with clients and for personal growth and individuation.

This method involves the client journeying to the drumming CD, the client speaks out their journey which is recorded to be reviewed by the counsellor and client later. The counsellor helps the client formulate the intention for the journey and later works with the client to help them understand and connect deeper to the teachings that have come from spirit on the journey.

The training consists of an initial four day intensive module which will focus on experiential practice of the method by the trainees. We will also work with intention framing, journeying techniques and deeper exploration of the shamanic realms. Students will also have the opportunity to practice this method at home under supervision. There will be a follow up day long workshop for further training and supervision.

Completion of a Shamanic Practitioners Course is a pre-requisite for entry to this course. A certificate will be awarded to those who have completed all modules, homework assignments and at least one Holotropic Breathwork workshop.

**Shamanic Counselling**
Five Day Workshop
Oct 3 - 7
€750 Tuition, Accommodation & meals included
Annette started her spiritual path in earnest 30 years ago, learning body and Indian head massage, metamorphic technique and becoming a Reiki Master. She discovered Shamanism twenty years ago which changed her life.

She is a trained Shamanic Counsellor and Practitioner and has attended many shamanic workshops and rituals both here in Ireland and abroad with indigenous shamans. She was made a Peace Elder by Lakota Chief Mary Thunder in 1999 at the Four Directions Conference in Texas. She has trained with Grof Transpersonal Training to be a Holotropic Breathwork facilitator. She is also a practicing Druid and member of a Grove.

Annette holds a drumming circle at Dunderry once a month, and she is available for one-to-one sessions for shamanic counselling and healing (soul retrieval, extraction and journeying), Reiki, rituals and druidic ceremonies.

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Ancient mystical and shamanic prophecies have predicted that the times we are living in will be an era of tremendous change. The earth and humanity are experiencing a death-re-birth struggle, the contractions have started, it is painful but the baby will get born.

Human survival now depends on our consciousness evolving away from our predatory nature towards a state of loving kindness and compassion for all life on earth. Every person has the opportunity to raise his or her awareness through various visionary practices.

In indigenous communities the Shamans journey to the inner Transpersonal worlds to confront their shadow side, contact teachers and guides and mediate healing and teaching for the community. In fact we all have this ability and in order to raise consciousness we all must do our inner work, confront our shadow side, withdraw our negative projections and make contact with our true glorious divine nature.

The way of the shaman is the way of the ‘wounded healer’. To be human is to be wounded. Shamanic experiences are part of everyday life; the circles of birth, death and re-birth are an intrinsic part of our reality. This pattern is repeated throughout our lives, as we are continually being born into new experiences and dying to old habits, behaviours, patterns, and belief systems.

The shaman uses ecstatic techniques to enter the shamanic state of consciousness, travel out of the body, make contact with spirit guides and power animals and therefore affect changes in ordinary reality, working closely with nature and the elemental forces. Shamanic practice and techniques help us to reconnect to ourselves, each other, the earth and to the great mystery we are all a part of.

For more info please contact
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