Learn Shamanic Healing

“Peruvian Shamanism: Shamanic Arts for Personal and Planetary Renewal in the Pachakuti Mesa Tradition”

Carol and Gary

Follow Along with the interview:

Action Plan for the Call – Fill In During Call

Who are Carol Rydell and Gary Langston and why should you learn from them?

Carol Rydell is a soul coach, teacher, healer, priestess and the founder of Celestial Earth. She brings embodied oneness - anchoring qualities of courage, transparency, authenticity, unconditional self-love, trust, practicality, co-creative brilliance and love for all beings. Her teachings and transmissions support natural alignment with the Soul and its inner wisdom. Carol is a culturally diverse ceremonialist who has studied indigenous teachings and practices from around the world.

Rev. Dr. Gary Langston (**Red Bear Who Sees All Worlds**) is a shamanic counselor, ordained minister and holds a Doctorate of Divinity in Metaphysics and Spirituality. His Northern Cherokee tribal membership, apprenticeships within many Native traditions and his natural intuitive abilities guide his work in helping others find sacred space within their own hearts. Called upon by his own tribe as a medicine man, Gary walks the red road in loving service with respect, honor and love.

Item 1 – Why does a listener need to become an apprentice?

Being an apprenticeship is a process or way to become fully engaged with all of life, both seen and unseen. Additionally it provides a substantial opportunity for stepping forward for the greater good of all which translates into the opportunity to be of service in the world.

The apprentice will experience stepping deeply into a relationship with self, their higher self as well as ALL in the hoop of life.

#1 You would definitely WANT to become an apprentice because of the connection to the unseen world, the earth, the elements, develop deeper connections to yourself and others, develop intuition and learn various healing techniques and skills.

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#2 By becoming an apprentice you develop the ability to listen to everyone and as an apprentice you will develop ways to receive information and enormous wisdom from the plants, animals, minerals, stars etc. There is the opportunity to develop a profound relationship with nature.

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#3 The wonder of this entire apprenticeship program is that you are given all of the skills and all of the initiations that you need to be fully empowered to work your mesa. This is the coolest thing about this program. 5 easy weekends!!!

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#4 Part of the magic of the mesa is that it creates sacred community. The people who are drawn to this work are warm, earth honoring people. Really cool people show up. It's so meaningful to be able to create together utilizing personal, group and planetary intentions.

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#5 For one personally – opens your heart, connects you to higher mind, receive personal healing on all levels, connects you to your divine self, service, ability to go into Coming together in community, earth honoring ceremony. Connection to the spiritual realms and the divine in everything and everyone
Because of the wonderful moment and realization that we are all one; manifestation

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#6 There are 5 key words that summarize why you would want to become an apprentice and what you will experience. These are:

- Ceremony
- Healing
- Heart
- Awakening
- Wisdom Teachings
- Sacred Community

7# Service / Self / Family / Community / Earth - realization that so much more is going on than what you receive with your 5 senses;

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8# Skills for ukupacha, kaypacha and Hanaqpacha

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Item 2 – What is Shamanic Arts for Personal and Planetary Renewal?

What you are really asking is "What are shamanic arts?"

The Shamanic Arts are about living the game of life fully. They are about being in the ever now of each moment. Through that process it is about engaging in the evolving soul of a specific wisdom tradition as our lives unfold.

Additionally shamanic arts are specific techniques of healing, understanding, wisdom, ceremony and tradition. It is also about stepping into the apprenticeship of the Pachakuti Mesa Tradition.

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Some examples of shamanic arts are:

1# Ability to journey (travel through non-ordinary reality) into other worlds (dimensions) for purposes of healing and receiving guidance for self, others and the greater community.

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2# We use these arts for healing individuals and the planet; ie….journey to the ukupacha.. soul retrieval; extraction of conditions; shamanic journey to encounter ones one inner wisdom and confront fears and or blockages; ie…of journey for planetary renewal ..visualizations on the web – incas and the ceque system and how we can do it today; planetary peace journeys

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3# Journeys

- Soul retrieval, Extraction
- Ceremony
- Working with the healing energies of kawsay.. sami
- Working with the elements to create a certain effect
- Animal allies and tutelary animals
- Spirits of person, places and things
- Benevolent ancestors
- Working with sacred sites to affect planetary renewal
- Developing a working relations with the unseen world
- Ayni
- Creating beauty in the world – ayni with the earth, spirit world
- TOC in book

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Item 3 - So **What** is the Pachakuti Mesa Tradition?

The Pachkuti Mesa Tradition consists of Peruvian and cross-cultural shamanism from the lineage of don Oscar Miro-Quesada. These wisdom teachings have been kept alive by the Andean and Northern Costal peoples for centuries to heal the spirit and build community. They offer a way to align with the elements, connect with the magic of stones and the unseen realms.

The term Pachakuti literally means the turning over of time.

A mesa is a sacred ground or altar used for working with and anchoring energies, intentions, healing and prayer.

The Pachakuti mesa is the vessel that helps us create a sacred container to support us in our transformation and ascension.

This process supports each individual's journey of exploration and deepening of their personal spiritual belief systems regardless of what they may be. It is an earth honoring tradition that provides the opportunity for an individual to explore their spirituality without being mired in dogma, religion or cultism.

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Item 4 – **How** does an apprentice typically get started on a step by step basis?

This is a great apprenticeship program which consists of 5 workshops over a two year period that takes the apprentice through an entire process of meticulously developed wisdom teachings and initiations. We work with a sacred altar called the mesa.

First of course to get started an apprentice will register and attend the initial weekend workshop "A Call To Heal".

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(Highlights of a call to heal) – designed to deepen the experience so that by the time they finish the series they are a ceremonial adept.

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Item 5 – What if any of our listeners got started today. What will an apprentice life look like in say, 6 months, 1 year, How about 3 years?

What an apprentice will be learning in the series are techniques and methodologies that life long skills**.**

In **six months** what no longer serves an apprentice will have begun to heal and things in their life that do not serve them any longer will begin to fall away. Anytime we set a high intention or frequency for ourselves the things in our lives that do not match or resonate with that new frequency must change. In establishing these new frequencies or vibrations in your life you may begin to find a new and aligned path of service beginning to come in.

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In **1 year** apprentices can experience a much more profound way of living life. The more change we allow within ourselves the higher our vibration becomes. Time assists in the development of relationships. You will be able to develop deep and meaningful relationships with your mesa and with the highest sources of wisdom.

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In **3 years** you will deepen your relationship with nature – animals may treat you as you are nothing to fear but a natural part of their world. Synchronicities will occur in your life frequently being like guideposts; live life much more guided by the divine in each moment. You live open hearted, accepting; things will bother you less; you will feel that life is perfect just as it is in any moment; you will feel more connected to everything or all of life.

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Timing is self determined because some change quickly and others move more slowly. Divine guidance and the individual determine what speed of change is best for them as they walk their path in this world. There is no specific timeline that an individual must follow, as each petal on a beautiful flower unfolds in its own time in its own way. So does each apprentice's path unfold.

They will be ceremonial adepts and what does that mean.

At the completion of the process apprentices will be ceremonial adepts or experts. They will be fully able to create ceremonies for themselves and for their communities. They will have been taught the skills to navigate the various realms for guidance and healing.

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Item 6 – What are some specific Road Blocks that would prevent your apprentice from getting started?

- Fear of change
- Clinging to old familiar patterns
- Choosing to ignore the signs (guidance) they are receiving
- Fear of unknown, transformation and expansion
- Lack of willingness to commit to themselves and/or a process
- Belief that this is a cult or a religion
- Being judged by others
- Apathy
- Belief that they are not worthy
- Fear of not having enough money, time …….

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Item 7 – What are specific **Strategies** that are like keys to unlock "roadblock doors" to achieve wild success?

- Keeping your mind and your heart open
- Holding space and allowing the divine plan to unfold in your life
- Following synchronicities and inner guidance
- Committing to you first!
- Bringing spirit into form. (Whenever you have a spiritual experience it's important to make something physical to reflect or symbolize the meaningful experience that you had in your life.)
- Meditate daily
- Express gratitude
- Spend time in nature and listen with all of your being and all of your senses
- Unplug from the electronic world: cell phones, computers, TV etc
- Spend time alone
- Do ceremony
- Work your mesa alone and with others
- Go to sacred sites and listen
- Constant purification: take cleansing baths, forgiving others
- Drink good water, eat good food, get plenty of rest, live a clean life

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What is the first Physical Action Step you'd want a listener to take to get started with their apprenticeship?

First
Step#_____

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Call Nancy Beck to Register 573-356-3237

Important Websites:

- *www.myGuidingSpirit.com*
- *Facebook:* PMT Apprenticeship - Central Missouri
- *www.mesaworks.com*
- *www.heartofthehealer.org*

Thank You!

If you are interested in the healing arts of self, others, and the Earth using ancestral wisdom of historic shamans in the modern world then come join us in experiencing the Pachakuti Mesa Tradition (PMT) to...

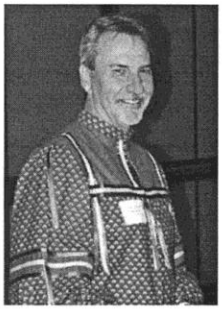
LEARN SHAMANIC HEALING

Special Introductory Weekend
September 28-30, 2012

We invite you on this heartfelt journey:

- Receive powerful wisdom teachings in Peruvian shamanism, healing, and Earth-honoring ceremony of 4,000+ years blended into modern times
- Begin a path to shamanic healing or expand your current talents
- Discover a pathway of inner calling and personal transformation
- Experience your inner beauty, honor yourself and your surroundings
- Be guided on shamanic journeys to experience your power animal and the profound usefulness of this connection in your everyday life
- Learn useful strategies of coping with current and previously challenging personal situations
- Begin to explore the power of intention and manifestation in your life
- Experience compassion and non judgmental love
- Trust your intuition
- It's your birth right to have inner peace, balance, intuition, and self-healing
- Further develop synchronicity in your life
- Understand elements of ceremonial mastery
- Feel a deeper connection to the flow of the world around you

This apprenticeship program provides all participants with a *re-membering* of their common destiny as luminous strands within the great web of life. These are profound teachings that become part of who you are.



This is a unique opportunity to learn from **Rev. Dr. Gary Langston** (Red Bear Who Sees All Worlds) in the Central, MO (Columbia area) apprenticeship series. He is a master teacher, gifted ceremonialist, speaker, shamanic counselor, and ordained minister. He holds a Doctorate of Divinity in Metaphysics and Spirituality. He is called upon by his own tribe of the Northern Cherokee as medicine man, endorsed by the Heart of the Healer Foundation and personally trained by don Oscar Miro-Quesada.
Gary humbly serves with respect, honor and love.

"I have participated in many healing ceremonies but what transpires in circle with you borders on truly... PHENOMINAL... Remarkable and way beyond my wildest dreams... Thank you SO much!" *~TGC - Lawrence, KS*

For more information go to **Facebook: PMT Apprenticeship - Central Missouri**
or The Web at :www.MyGuidingSpirit.com

Contact Sponsors:

Nancy Beck
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OR

Linda Sypkens
LindaSypkens@yahoo.com
573-397-1529

Five part weekend intensive apprenticeship program beginning Sept 28-30, 2012 Central, MO

Weekend 1
A Call to Heal
(Releasing the Past)
September 28-30, 2012

Weekend 2
A Balance of Power
(Transforming the Present)
February 8-10, 2013

Weekend 3
The Condor's Quest
(Creating the Future)
June 28-30, 2013

Weekend 4
The Hummingbird's Ascent
(Living the Mystery)
October 18-20, 2013

Weekend 5
The Shamanic Self
(Serving the Earth)
February 21-23, 2014

All Classes are held
Fri 7:00pm - 10:00pm
Sat 9:00am - 9:00pm
Sun 9:00am - 3:00pm

Tuition is $325 per weekend
Class size is limited

The Heart of the Healer Foundation (THOTH) is approved by the National Certification Board for Therapeutic Massage & Bodywork (NCBTMB) as a continuing education Approved Provider) and each weekend offers 18.0 CE Hours

The Heart of the Healer
FOUNDATION

Registration Form

Peruvian Shamanism: Shamanic Arts For Personal and Planetary Renewal

In the Pachakuti Mesa Tradition (PMT)

Introductory Weekend: The Call to Heal - Releasing the Past

Part 1 of a 5 Part Series
September 28-30, 2012, Central MO

Name: _____ Date: _____

Address: _____

City, State, Zip code: _____

Phone: _____ Cell: _____

Email: _____

This weekend is designed to allow you to experience the PMT before commitment to the entire 5 part series.

Tuition for one weekend of teaching and ceremony (mark appropriate box):

- □ $325 per person for *Early Bird Registration* received by September 8, 2012
- □ $375 per person if received after September 8, 2012

Method of payment: □ Cash □ Check □ Credit Card via PayPal

I have enclosed one check for my full amount of $_____

Special needs / comments _____

Do you have experience working with a mesa? □ Yes □ No
If yes, □ Pachakuti Mesa □ Other

I would like to apply for the NCBGMB continuing education hours. YES

Payment by Credit Card: To pay using a credit card, please go to www.Paypal.com. Your payment must be designated for "***Nancy@BeckGlobalPublishing.com***". In the section where PayPal allows you to write a note to the recipient of your payment, please write "PMT Program, September 2012". All credit card payments incur an additional fee of $10.00 per person to cover the PayPal fees. Credit card payments will be $335.00 on and before Sept. 8 and $385 thereafter.

Cancellation & Refund Policy *– upon written participant cancellation request, the Sponsor will: Reimburse participant 100% of monies paid (less a $10.00 Sponsor handling fee), up to (2) two weeks prior to workshop start date. Reimburse participant 50% of monies paid (less a $10.00 Sponsor handling fee), within the (2) two weeks prior to the workshop start date. Reimburse participant 0% for "no-shows".*

Save the Dates!!! Below are the dates of the 5 Part Series *

Weekend 1	The Call to Heal (Releasing the Past)	September 28-30, 2012
Weekend 2	A Balance of Power (Transforming the Present)	February 8-10, 2013
Weekend 3	The Condor's Quest (Creating the Future)	June 28-30, 2013
Weekend 4	The Hummingbird's Rise (Living the Mystery)	October 18-20, 2013
Weekend 5	Our Shamanic Self (Serving the Earth)	February 21-23, 2014

To Register:
Complete this registration form and submit along with your payment to the address provided below. If you are paying by **Paypal** you **must** follow the instruction included on this form.

Make checks or money orders payable to sponsor "Beck Global Publishing"
(US Funds only)

Mail to Sponsor:
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PMT Apprenticeship
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Ashland, MO 65010

Contact us with any questions you may have

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573-397-1529
Or
Nancy Beck
573-356-3237
Nancy@NurseNancyBeck.com

For description of the five part weekends go to **Facebook: PMT Apprenticeship - Central Missouri**

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The Heart of the Healer
FOUNDATION

Fundamental Elements of Shamanism

While shamanic practices vary widely, they also contain a unifying set of *basic assumptions*:

Everything that exists is alive.

Everything can be communicated with if approached properly.

There are other realities available to us in which we can journey. These realities are part of "Non-Ordinary Reality." "Ordinary Reality" is life as we typically experience it.

The residents (called spirits, for lack of a better term) of these other realities are sympathetic, for the most part, to humanity and want to be helpful, if asked.

Every human being has helping spirits, even if they are not aware of it.

True power involves a proper relationship to these other realities.

Illness (psychological or otherwise) includes an element of power-loss or soul-loss. Healing on the shamanic level is designed to regain power and the protection it provides.

Illness can also occur because of power-intrusion in which vagrant spirits come to reside uninvited in the body. Healing involves returning the intruding spirits to their rightful place in the universe.

Shamanism deals with the spiritual aspects of health. Other related practices may deal with the mechanical and physiological aspects of health.

The realms that can be journeyed to have their own topography including three worlds; the Lower, Middle, and Upper world.

Some Shamanic Concepts Defined

Core Shamanism: the fundamental defining elements of shamanistic belief and practice as they occur almost universally across cultures. This is a term created by anthropologist Michael Harner.

Ecstasy: The experience of being outside one's self, often joyously. Found in shamanic journeying, skiing, and sex.

Lower World: One of the shamanic realities. To enter it involves an experience of going *down*, often through a tunnel. It has many levels. In it reside Power Animals and other healing and instructive forces. It is not a negative place like Hell.

Middle World: Ordinary reality experienced shamanically and therefore perceived in the spiritual sense. Divination, extraction and other forms of healing are done as Middle World journeys.

Upper World: To enter the upper world one journeys *up* from the Middle World. It can be a positive place but is not synonymous with Heaven.

Non Ordinary Reality: the reality that the shaman journeys into. It does not follow the rules of Aristotelian logic.

Ordinary reality: Reality as we experience it in our usual state of awareness. It adheres to the rules of logic.

Power: Fullness of life and immunity against negative spiritual influences. It is gained by right relationship with the other realms.

Power Animal: A guardian spirit or *familiar* manifesting itself as an animal who has compassion for a person and agrees to act as a guide, advisor, and healer.

Shaman: (the word is derived from the Siberian Tungus tribe): A person who contacts other realities for healing and wisdom in the service of his or her community. "Shaman" is a title conferred by the community, not a self-proclaimed one.

Shamanic Drum: The sound of the shamanic drum is the “horse” on which the shaman rides to the other realms. It is typically a one-headed hand drum, beaten in a monotonous rhythm with a soft mallet. The drum contains much power and symbolism. Any painting on the drums is typically a “map of the universe” or some representation of spiritual power.

Shamanic Rattle: Rattles are used for communicating with spirits and for healing work.

Shamanic State of Consciousness: An altered state of consciousness, not well understood neurologically, which provides the ecstatic experience of journeying to other realities which have a consistency and coherence of their own. It is attained most commonly through the use of a Sonic Driver (q.v.) or in some cultures through the use of mind-altering herbs.

Shamanism: The belief system and practices of those who use an altered state of consciousness (the *Shamanic State of Consciousness*) in contacting other realities. It is a method of gaining knowledge and is not in itself a religion, though the two tend to merge in tribal cultures.

Sonic Driver: Use of repetitive sound to alter consciousness, most typically with drums and rattles, but also through other repetitious sounds.

World Tree: The *axis mundi,* the interconnection between the worlds, used by some as a route in journeying to gain access to the other worlds.