



Bird Shamanism Workshop with Tim Yearington

In this full day workshop you will learn the nature and ways of ancient Bird Shamanism. You will learn the prehistoric origins of circumpolar, northern bird shamanism and its sacred connection to the Great Bird/Cygnus/Swan constellation in the Milky Way where the "Hole in the Sky" is found. Learn about the massive, megalithic arrangement of boulders that exist atop Bird Mountain in the Madawaska Highlands that mysteriously align to the stars of The Great Bird constellation. You will learn how to make and incorporate a bird shaman's stone nest and sky pole into your own shamanic practices. You will learn how to do Spirit Flights (shamanic drum journeys) to receive guidance from Nature spirits and your ancestors. Tim shares his own story about his journey of learning and practicing ancient bird shamanism. Bring your drum and/or shaker and your willingness to explore new things about old, traditional shamanism. Also bring your own shamanic tools/items that you personally use. Here is more detail about what you will experience and learn in Tim's enlightening bird shamanism workshop:

- Group circle with opening smudge and introductions of everyone
- Spiritual nature of birds in traditional shamanism as spirit helpers
- Learning of Tim's personal life journey practicing bird shamanism
- Prehistoric reverence of The Great Bird/Cygnus/Swan constellation
- Bird shamanism beliefs of The Great Bird and the "Hole in the Sky"
- Learn about the construction and use of a bird shaman's "stone nest"
- Practical purpose/intention of the "spirit flight" or shamanic journey
- Drumming inside the stone nest for a spirit flight/drum journey
- Learning the purpose of the bird shaman's wooden "sky pole"
- Making and using your own personal sky pole
- Use of sky pole within the shaman's nest
- Closing group discussion and remarks

Please Bring:

- Your personal drum and shamanic items/tools
- Notebook for writing down notes if you wish
- Folding camp chair, lawn chair or blanket

- String or ribbon of your choice of colour
- Knife to carve wooden sticks / cut string
- A sun hat, sun screen and water bottle
- Clothes for the weather of the day
- Healthy appetite to eat and learn

For more information contact Tim Yearington: timyearington@gmail.com 613-328-4815