

Shapeshifting

The Dance of Transformation and Renewal

Shapeshifting is an ancient shamanic practice shared by shamanic cultures worldwide. The Inca, Aborigines, Tibetans, Sammi, and Q'ueiro all practiced shapeshifting for the deep healing of the soul. Shapeshifting has been a long-hidden tradition as it involves the profound transformation into another being or into another form, such as human to animal. This ecstatic practice enables us to renew our connectedness with the powers of the universe, to deepen our partnerships with our shamanic spirits and to bring desired changes into our lives.

Shapeshifting allows us to reshape our lives. The shapeshifting shamans travel into the hidden terrains, making adjustments in the spirit world. We will learn Paleolithic, indigenous stories of the wolf shifter, the bear shifter and bird shifters.

We will ready ourselves for shapeshifting by laying a solid groundwork with ceremonies of preparation.

You will:

- take a vision walk
- participate in primal alignments and shamanic merging with your spirits
- learn to consecrate sacred ground
- create and activate your own personal *Mesa Bundle* (portable altar from Peruvian tradition)
- create a *despacho* (embodied prayer from Peruvian tradition)
- manifest through dream weaving