

A person is walking through a large, circular stone labyrinth on a sandy beach. The labyrinth is constructed from many small, light-colored stones arranged in concentric, winding paths. The person, wearing a dark jacket and pants, is positioned near the center of the labyrinth. In the background, the ocean stretches to the horizon, displaying a vibrant turquoise color. The sky is filled with large, white, fluffy clouds. The overall scene is serene and evokes a sense of spiritual journey or meditation.

COURSE GUIDE

WAKING THE DREAMER: AM I A SHAMAN?

Free 5-Week Online Course

Welcome to the Waking the Dreamer Training!

Welcome!

I'm so excited you've chosen to join me for the online free training "Waking the Dreamer: Am I a Shaman?".

If you're anything like me, you may have been drawn to Shamanism for some time without even knowing it.

I created this course to give you a glimpse into the world of the Shaman and discover what may be waiting there for you. And to discern whether you are ready to go deeper into the work with me.

This Course Guide has been created as a companion to the online course to help you reflect on your learnings in class and how the Shamanic path may be calling you. Throughout this free training, you are guided to connect with the energies, behaviours and practices of a shaman to feel if they are alive in you.

It is my truest desire that by the end of this course one of two things happens for you; the seed of your remembering takes root and you remember yourself as a Shamanic healer; or, your curiosity has been quelled and you recognize the way of the Shaman is not for you, either not now or maybe, not ever.

Either way is perfect.

My invitation to you: Step fully into this course, play with the energies of the Shamans past, present and future and use this Course Guide as a place to keep track of what comes to and through you during our time together in this course.

I urge you now to pay attention to the signs and messages you are receiving as you journey through this course. The sensations you feel in your body; the images and stories of your nighttime dreams; the synchronicities that show up in front of you daily. May you come to recognize that there are truly no accidents, only life conspiring to bring you exactly where you need to be.

If I have planted a seed within you, caused you to question your views of reality, inspired you to reach higher, to go deeper, to expand and become more of who you are, I have succeeded in my mission.

Thank you for joining me.

A handwritten signature in black ink that reads "Alison". The script is fluid and cursive, with a large, stylized 'A' and a long, sweeping tail on the 'n'.



Here's the flow of the course

Session 1: What Shamanism is & How to Know if You've Been Called to a Shamanic Path

The role of the Shaman, and the medicine they use; plus signs you have been called to a Shamanic path.

Session 2: Animism and Unifying Power of the Heart

Understanding animism, duality consciousness, power loss and how to bring duality into harmony.

Session 3: Multidimensionality & Journeying

Understanding the multidimensionality of the spirit worlds and the importance of navigating them safely.

Session 4: Ritual

Understanding why and how to use ritual to build relationship with the wisdom greater than us.

Session 5: Discover your Inner Shaman

Receive the Healers initiation rite and learn about the upcoming 9-week immersion in the "Introduction to Shamanism: Unlock Your Power to Dream a New World into Being: online course.

Is a Shamanic path for me?



The Shamanic healing path involves assuming total responsibility for all aspects of our own life and choices. Every experience, and especially the challenging ones, presents an opportunity for tremendous learning and spiritual growth. As we come to understand the bigger picture of our soul's journey, we can let go of the past, the stories that limit us, and intentionally create a new story, of who we really are, and who we are becoming. Wisdom and compassion are the true treasures of the Shamanic path.

Here are some of the qualities and signs that you may be called to the path of a modern-day Shaman.

1. You have vivid or prophetic dreams.
2. You daydream easily.
3. You have an active imagination and/or natural storytelling ability.
4. You have had out of body experiences.
5. You have had a near-death experience.
6. You were born with distinctive body marks or have experienced a severe or life-threatening illness.
7. You have experienced a life-changing event that changed your perspective about reality.
8. You have a natural psychic gift or desire to be a healer.
9. You know things without knowing how you know.
10. You have family members with psychic or healing gifts.



11. You feel a disconnect with mainstream culture and values, like you just don't fit in.
12. You are drawn to spend time in nature, just observing and taking in all you can with your physical senses.
13. You have special affinities with one or more aspects of the natural world, as if you understand them intimately.
14. You have experienced unusual experiences in nature, such as encounters with lightening or wild animals.
15. You have a sense of being in communication with the natural world.
16. You are naturally sensitive, for example, you feel uncomfortable in crowds and/or in extremely stimulating or noisy environments.
17. You are empathic, that is, you are able to feel what others are feeling.
18. You been told you are 'too sensitive'.
19. You are inclined towards introspection and reflection, deep contemplation about life and realty, able to see the connections between things, and need solitude in order to feel balanced and peaceful
20. You have been told you are 'too serious' or are an 'old soul'.

Session 1: What Shamanism is & Have I been Called?

Use the space provided below to journal about the thoughts, feelings and sensations that come to and through you as you learn about what Shamanism is.

1. A Shaman is ...

Past:

Today:

Future:

2. The Medicine of a Shaman

3. The role of a Shaman

4. Signs I've been called to a shamanic path

5. Reflections from Guided Journey during class

6. Reflections from Contemplation questions

- a. What are the challenges and difficult things I have experienced in my life that could have been initiations?

- b. What gifts may lie beneath these initiations? i.e. what skills and abilities did you have to develop because of these experiences?

7. Deepening practice

Complete the Am I a Shaman checklist on page 4 of this Guide and note your reflections here:

Session 2: Animism & the Unifying Power of the Heart

Use the space provided below to journal about the thoughts, feelings and sensations that come to and through you as you learn about animism and the unifying power of your heart.

1. What is animism?

2. Duality & Unity

3. Power Loss

4. Unifying Power of the Heart

5. Reflections from the practice you learned during class

6. Reflections from Contemplation questions

- a. What is your awareness of the invisible/spiritual realms?

- b. What things have you known without knowing how you know

7. Deepening practice

Cultivating heart connections with the natural world. You are invited to have a **two-way dialogue** with a tree, a plant, a stone, a river, or anything in the natural world that is accessible to you that you appreciate and feel grateful for. Just begin speaking to it, sharing your gratitude. Notice how that being responds to you (hint, use your ordinary senses (touch, smell, hearing, sight, taste), as well as your extra-ordinary senses, intuition, body knowing, imagination, etc.)

Record your reflections here:

Session 3: Multidimensionality & Journeying

Use the space provided below to journal about the thoughts, feelings and sensations that come to and through you as you learn about multidimensionality and journeying.

1. The three worlds

2. Why Shamans are referred to as the original “map-makers”

3. What Journeying is and is not

4. Reflections from the guided Lower World Journey during class

5. Reflections from the Contemplation question

- a. With your notes from the guided journey you took in class, continue to work with the information you received in that journey. For example, how does the landscape of your Underworld Garden relate to your life now? Where there elements of Nature that you would like more connection with? How might you do that? If you connected with a Power Animal, journal a conversation with the Animal. Ask, why have you come to me at this time in my life? What can you help me with? What do you need from me? (Remember you are building relationship through your ongoing conversation.)

Record your reflections here:

8. Deepening practices

- a. Listen to the guided journey recording again and go on another journey! Remember you can ask the Guide questions. See what additional information comes through.

Record your reflections here:

Session 4: An Introduction to using Ritual

Use the space provided below to journal about the thoughts, feelings and sensations that come to and through you as you learn about ritual and how to use it.

1. What is ritual?

2. Elements that make up a ritual practice

3. Purpose of ritual/how shamans use ritual

4. Differences between indigenous and modern-day rituals

5. Examples of rituals

6. Reflections from the Upper World Journey during class

7. Reflections from the Contemplation question

- a. If you met with an ancestor during your journey, what do you know about this Ancestor's life? How can you find out more from living family members, or historical documents? You might journey again to the realm of the ancestors and learn more. What did you learn this time?

8. Deepening practices

- a. Follow up on the direction you received from your ancestor in the Upper World journey you took in class.
- b. Create a ritual to honour and reconnect with your ancestor(s).

Record your reflections here:

Session 5: Discover your Inner Shaman

Use the space provided below to journal about the thoughts, feelings and sensations that come to and through you as you learn about the upcoming Introduction to Shamanism course and receive the Healer's Rite.

1. Reflections on how others use Shamanism in their lives

2. Reflections on the Introduction to Shamanism course.

What excites me? What terrifies me? What questions need to be answered?

3. Reflections from receiving the Healer's Rite

What did you notice? What did you feel? What did you get?

4. Deepening practices

- a. Practice invoking the Lineage of Healers and asking for help with specific issues before falling asleep at night or during your meditations.
- b. **Check out Munay-ki.org for more information about the shamanic rites of initiation.**
- c. Review your invitation to join the 9-week Introduction to Shamanism: Unlock Your Power to Dream a New World into Being online course

Thank you for joining me!

I hope you enjoyed this free online training! I have really enjoyed spending these past five weeks with you, getting to know you, supporting you, and sharing powerful insights and tools with you.

I hope you enjoyed the materials, content and conversations we had together. It always amazes me to see the power that emerges as seekers gather for the purpose of healing and transformation!

So what's next?

You are a powerful creator. You have abilities beyond your imagining. All That Is waits for you to remember, to claim your birthright.

Shamanism gave me permission to show up in my life as Me, fully. It led me to reclaim my spiritual connection with the sacred in nature, to deepen trust in my intuition and imagination. All the things I'd learned to hide and dismiss in my childhood and throughout my academic life. The Shamanic path awakened my soul's desire to help shift our collective consciousness at this profound time of change and potential on the Earth. So that we can choose a different path this time around.

Some of you may be wondering how to go deeper with this work and may be feeling the call to the Shamanic path.

You may feel ready to step into your full potential as a dreamer with the power to dream a new world into being and want more guidance and support.

Is this you? If so, I invite you to join my "Introduction to Shamanism: Unlock Your Power to Dream a New World into Being", which is available for the first time online via Zoom.

I'd be honored to support you on this profound, life-changing journey!

Here's what others are saying about the Online Course...



I thought I wanted the knowledge, that's why I registered for her Introduction to Shamanism program. What I got was experience after experience that changed the way I see myself as a part of nature; which has changed how I interact with, and in, the world.

- Catherine Mitchell



The teachings have awakened my inner self and if I ask for help this amazing energy comes forth. It's hard to put into words but with each class there were old blocks that I finally let go. I feel a sense of peace within myself. I didn't want it to end. The work has changed my whole outlook, not just about myself, but the world.

- Lisa Loder



What I will remember most about this workshop was the connection I felt with others, the personal life-altering experiences... I got personal confirmations of my healing path and personal journey. My work and clients have already benefited from the teachings. I feel it has accelerated my journey to enlightenment – Thank you!

- Debra Jones

About Alison Normore



A lifelong quest for answers to life's greatest mysteries led me down many paths including academic studies, ancient cultures, natural healing, and feminine wisdom traditions. I earned a doctorate in human development, worked as a researcher, teacher, and then a play therapist for ten years. I suffered from chronic burnout but still didn't know why or how to fix it.

During this time, I was introduced to a teacher of Peruvian shamanic traditions. It felt like coming home. The teachings reconciled my confusion and longings and filled in the blanks of my own healing crisis. The shamanic path awakened the dreamer within and gave me the tools to create a life that was spiritually nourishing and sustainable. I was certified as an Energy Medicine Practitioner and Dying Consciously Trainer, answering a call to help others awaken their inner dreamer and live happier, more fulfilling lives.

Following the Ancestor's messages in the dreamtime, I returned to my native and ancestral home in Bonne Bay, in the heart of Gros Morne National Park. It was a huge leap of faith that defied all logic, and so my adventure continues!

This story of my spiritual awakening and journey home is told in my memoir *Return to Pangaea: A Shamanic Journey Back to Newfoundland Roots*. (Available in paperback and digital format from Amazon). From my home in Woody Point I provide Moon Circles, 1:1 Transformative Coaching, Shamanic Immersion Retreats, Sacred Earth Journeys and Healing Practitioner Training.

**Visit my website to get access to free articles,
interviews, resources, and more!**

DISCLAIMER:

The content of this guide is informational in nature and intended to inspire others to fulfill their potential. The information is based on my own education, life experiences, memories, perspectives and opinions. While I do have degrees in Education, and Family Studies and Human Development and trainings in Shamanic Energy Medicine, Trauma Treatment and Dying Consciously, and am a member of the Association of Naturopaths and Naturotherapists, I am not a licensed psychotherapist. If you are seeking medical, professional or legal advice, please contact those professionals who are licensed to provide that information.