

Shamanic Healing and Empowerment for Women

With Betsy Bergstrom

*Chicago Area
November 1 - 2, 2008*

Practitioners of shamanism live and work in the Middle World. This program for women is designed to provide a structure and framework for developing personal shamanic integration, self-authority and clear congruent connections with personal helping spirits. The training includes many techniques, skills and practices for successful shamanic practices and personal well-being. This program is dedicated to helping women in the shamanic community to serve others with more power and awareness. The content of this course will enhance shamanic practices with powerful healing, clearing, and protection techniques, as well as enrich the personal spiritual life of the practitioner.

We come to embody the gifts given to us in order to live our own truths and contribute to our community the wisdom and healing that is needed in our own time. We can most fulfill our destinies when we are fully empowered, connected to the Divine Light, and protected from risks that come with living in the Middle World.

This program will serve both as an introduction to Betsy's work, and as a supplement to other work she does, so that her former and current students will also benefit from new material provided in this training.

MATERIAL COVERED:

- **The nature and possibilities of the Middle World (after all, we live here!).**
- **Identifying our own unique ways of interacting in the Middle World (whether we are clairvoyant, clairaudient, clairsentient, empathic, kinesthetic, or some combination of these qualities) and learning how to work with the strengths and challenges our own unique gifts present.**
- **Creating sacred space.**
- **Connecting with protector spirits and power animals prior to doing any shamanic work (Power Stacking).**
- **Merging with our own Divine, True Self – the Divine Light which protects us.**

- **Discovering the gifts, dreams, and contributions we came to this life to manifest.**
- **Calling in our personal Angels and Archangels.**
- **Personal protocol, healthy boundaries, and care for ourselves, both before and after doing shamanic work.**
- **How to recognize curses and sorcery.**
- **Unraveling curses and creating preventatives.**
- **Aftercare for our clients.**

ABOUT THE TEACHER

Betsy Bergstrom is a full-time Shamanic Practitioner and Teacher who has studied with shamans and healers from many cultures. She is a graduate of the Foundation for Shamanic Studies 3-Year Program. She has been trained by a number of indigenous shamans and healers who have encouraged her and shared with her their wonderful teachings. She has worked in various fields of Alternative Healing for over 20 years. Her calling is to work in partnership with the Helping Spirits, to help both the living and the dead. If you would like more information about Betsy, please visit her website, www.betsybergstrom.com.

Sandra Ingerman says, "Betsy Bergstrom is a brilliant teacher and healer. She is clear, grounded, authentic, and teaches from a place of integrity. Betsy is a true shaman, and I highly recommend her work."



Betsy Bergstrom

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- DATES:**
- November 1, 2008: 8:30 am - 5 pm (please arrive 30 minutes early for registration); and
 - November 2, 2008: 8:30 am - 5 pm

Optional evening work is available on November 1st for those who can participate.

- FEES:** \$100 deposit and the registration form reserve your space. Full payment of workshop fees is due no later than registration on the first day of the workshop. Workshop fees are **\$225 if payment in full is received by October 6, 2008, and \$250 thereafter.** Checks payable to Betsy Bergstrom.

Betsy is doing this workshop at a reduced rate, as a service to the community. **Financial need scholarships are available. If you wish to attend but really cannot afford to pay the workshop fees, please contact Julia Sherwin for a confidential scholarship form.**

- WHERE:** Metropolitan Chicago, Illinois. For those traveling from outside the Chicago area, discounted hotel rooms are available. When you register, you will receive directions to the workshop site and further details.

- REQUIREMENTS:** **This workshop is limited to women.** There is no specific course prerequisite for this training. **However,** since we will be working with Middle World healing and protections, confidence in your relationships with your helping spirits is essential. There will be a lot of material to cover, and Betsy will not have time to help people with basic journeying skills.

- CONTACT:** Please mail your registration form and check, **payable to Betsy Bergstrom,** to:

Julia Sherwin
505 Seventeenth Street
Oakland, CA 94612
Cell: (510) 484-6051
Office: (510) 452-5500
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juliasherwin@yahoo.com

If you prefer to pay by credit card, please fill out the authorization information on the registration form. The form may be sent by mail, fax, or e-mail to Julia Sherwin.