



Ancestral Medicine Women

A Day Course - Rainforest of Far North Queensland
Naturistic Shamanic Totem Course
Spring 2020 - Cairns



Image thanks to Gregory Slobirdr Smith [CC BY-SA 2.0]

“A totem defines you. It explains your thoughts, behaviours, likes, dislikes, fears, joys, your relationships, in short, your life.”

- Mother Sha-Riah, December 2015



Why this course?

This is one of the most robust self-learning courses and tools you can gift yourself with. People leave with a wonderful framework to accept who they are and learn to use their assets and natural tendencies to better meet the world.

Notice we've been talking just about you, and have not mentioned anything about what you may know about totem?

Our naturistic Shamanic Lineage comes from ancient times in Siberia, way before Paganism developed. Siberia is an unforgiving place. Things needed to work or you died so, absolute clarity was needed by some, especially by the group shaman.

This is a course about understanding yourself with robust clarity. It's about learning to do simple shamanic journeys and divining your own specific totem out of your inner universe. It's about the journey of being the best you can be, no matter what time of life you might be in.

The Venue - Cairns - to be decided.

Totem - in the Naturistic Shamanic Tradition

Shamanism is all about connection and knowing yourself is a fundamental cornerstone in understanding your connection with the universe.

Imagine that there is a mirror in nature that just reflects you perfectly. We mean so perfectly that it reminds you of your difficult-ness, your awkwardness as well as your amazing hidden and known attributes and strengths. In difficult times, or when you are reflecting on "what happened then" or "why is this so hard", you can look at your mirror in nature and get clarity on who you are, which helps you reliably decipher what happens when you connect with your universe.

In our lineage and tradition, your mirror in nature is your totem. It is not limited to animals, it is the one thing that is able to reflect you clearly, without compromise.

As you get to know and own your totem, you will see people treat you differently. You have a new, clearer boundary, and you're aware of your ability to defend those boundaries and ideas. Others will be able to come closer to you, because you know what works better for you.

“We share with you robust tools for a better and connected life.”

The Shamanic Totem Course will be facilitated by Hinorayam (Bradley Dunn) and Caroline Allinson-Dunn.

The course will include:

1. Three guided group meditation-journeys in a day.
2. One private session, over Zoom, within two weeks of the journey course day.
3. Totem coaching and support by phone over the next month.

The group journeys will be designed to lead you on your own personal journey to discover your totem. The private session will focus on clarifying and analysing your totem, and will include how your totem defines you, what its strengths and weaknesses are, and how it can support and help you in your life.



The four-session course format:

- The 1st session (2 hours) will be a guided journey meditation, to prepare the space, mind, and spirit for the divination of your totem.
- The 2nd session (2 hours) will be a shamanic journey that will open up the way for the totem to appear to, and commune with, you.
- The 3rd session (2 hours) will also be a shamanic journey designed to solidify the totem's reality and check that it is your totem.
- The 4th, and private, session (approximately 1.5 hours) to discuss your totem in detail.

Each session will involve discussion and journaling.

Cost:

\$250-00 inclusive of course day, materials, luncheon, post-Zoom session and phone coaching support calls.

To register your interest please message or email us: hinorayam@gmail.com or 0401155484

Payment terms are available on request - \$50-00 Discount for Cairns Spiritual Centre Members

Let us have an example.

A totem defines you. It explains your thoughts, behaviours, likes, dislikes, fears, joys, relationships, in short, your life.



Imagine that your totem is a swan. A white swan. First, let us focus on the physical aspects. All of your young life you have been plain, unattractive, even. But you were smart, and even though you had a close family, you had few friends, so you studied hard and became smarter. As you grew into your adulthood, your young, plain features fell away to reveal a beauty that stopped people in their tracks. You found this surprising but gratifying. People want to be around you, in the vicinity of your beauty, however, they are not interested in what is going on inside, in your mind, your heart, or your spirit; it is as if the first part of your life is no longer important, it has ceased to exist. This is just the same for a swan, ugly and isolated when young, but beautiful and desired when they are fully grown. (Signets photo by Michelle Allen)

Next, let us look at the emotional centre. A swan is graceful, serene and glides through the water as if floating on top of it. They can appear detached, almost aloof. You learned to do this as a child, you were smart but you were unappealing, and thus the butt of jokes and mocking, perhaps you were even bullied. You learned to go through life quietly, almost unobtrusively. But now you are the centre of attention with your beauty, everyone wants to be like you, or be you. You are churning inside, just as the swan's feet are churning the water in an effort to move along, or away. You are trying to keep the facade of calmness, but just like the swan you will shriek and attack an often unseen, or unreal foe in an effort to protect the delicate balance that is your being. You do not like this about yourself, it belies your calm exterior and, you believe, exposes the true you.



However, you also know that there is more to you than is seen by others, you just haven't been able to access it yet. You actually want to be serene, calm and beautiful, not just look it. You want to feel free to speak your mind, without hating yourself for it. You want to be accepted for the complete beauty that you are, both inside and outside, for your mind as well as your body. Knowing that the swan is your totem can not only give you a detailed picture of yourself, but also something to hang on to when you are feeling frail.

The strong attributes of the swan are also your strong attributes. The swan is not burdened by self-doubt or self-loathing when they attack others, the swan is proud of its beauty. It is proud that others want to be around it. The swan's long neck allows it to see into the future, the strong feathers that cover its body protect it from the elements and they groom themselves to make sure that is the way it remains. Their physical appearance gives them strength, their emotional self gives them power. They see themselves as having a rightful place on this earth, and they are going to enjoy it. Very few humans hunt swans for food, they are seen as somehow special, humans feel the need to keep them alive and thriving. Swans may be beautiful to look at, but it is something more than that. There is an ethereal, spiritual presence about them, it would be seen as a crime to kill one of them. If you, who has a swan as a totem, can see this for yourself, that you are honoured, respected, revered, not just because of your beauty but because of a quality that others see as necessary to life itself, you will come into your own.



- An excerpt of a book channeled in December 2015 by Mother Sha-Riah

"Becoming Shaman." through Caroline Allinson-Dunn.

What people say about the totem course:

Weeks after the course:

"I always thought I knew what my totem was. But thanks to The Mother's lovingly walking me through the most profound and revealing journey I have had to date, I now am able to distinguish between my spirit family, my spirit animal and my totem. This clarity has been essential to my spiritual evolving. D.G - Wyoming, USA

Three months after the course:

"Discovering my totem has enlarged my view of myself, my strengths and my challenges. My totem has provided a sense of coherence, a model that explains patterns in my life and my reactions to experience. My totem is both a companion, walking with me on this journey and a teacher, helping me to find self-understanding and begin to achieve a self-love that has been lacking. Being able to identify in particular the many very admirable strengths of my totem and see how those strengths are reflected in me is supporting a growing sense of self-confidence and self-worth. - J.D. - NSW, Australia

Nine Months after the course:

"The Totem course was without a doubt one of the most meaningful experiences I have had in my life. It has allowed me to understand more about myself and about the way I deal with everything around me. It gave me clarity and confidence to be myself and respect my own needs and boundaries. I would extremely recommend the course to everyone that is looking for some clarity about their own-selves, it is a priceless journey. Brad and Caroline gave me support throughout this process and I can not express how grateful I am about it. Thanks, Thanks, Thanks." - F.S. - Queensland, Australia.

12 Months after the course:

"My totem for me explained and demystified how I related to my mother when I was young and furthermore has made clear to me my needs during my life and why I did different things. This has always confounded me. It has explained my personal needs profoundly. I thoroughly recommend this course, but also recommend you need to be responsible for what you encounter about yourself!" - D.S. - Queensland, Australia.

35 Months after the course:

"Discovering my totem was a very beneficial part of exploring who I am, was and want to be. It has helped in not only my own healing but also revealed to me how to assist others. Finding this sacred object with the facilitation of Brad and Caroline Dunn is something I confidently recommend to anyone searching for how they can be of better service to themselves and community." - M.H. - Queensland, Australia.

If you have questions or need payment terms, please contact Brad 0401155484 or hinorayam@gmail.com

www.ancestralmedicinewomen.com