



Shamanic Practitioner Path—Instructions, Details

Starting in 2018 (Prerequisites held in 2017) in Takoma Park, MD

Contact: Mary "Tyrtille" Rooker, (301) 891-1288 or [E-mail me](#)

[Syllabus](#) ♦ [Application](#) ♦ [Preparation](#) (Yes, start now!)

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Thank you for your interest in the Shamanic Practitioner (healer) Path program. Before completing the application, please carefully read all of the following information. If you are uncertain or wish to discuss any aspect of this training, please feel free to call me at (301) 891-1288. I am here to support you in reaching the right decision for you.

Prerequisites for the Practitioner Path are the classes in the Soul's Path training (formerly called "Sovereignty School"). I will need to assess all students to ensure readiness for the Practitioner program. Acceptance to the Practitioner Path is contingent upon that assessment and on successful completion of the Soul's Path/Sovereignty School or equivalent training with another teacher.

Material/Healing Modalities Covered

The Practitioner Path ensures that practitioners-to-be learn and apply the full range of specific healing modalities. It is a comprehensive program covering all major healing work for people:

Restoring & Reconnecting Aspects: Soul Retrieval, Soul Remembering, Helping Spirit Retrieval, Power Object Retrieval; Reconnecting to Nature, Gifts, and more

Releasing Aspects: Curse Unraveling, Extraction, Tending the Dead & Dying/Psychopomp, Basic Depossession (advanced Compassionate Depossession is a separate, additional training)

Advanced Shamanic Sources of Power: Tools, Mediumship, "Fields," Attunement, Vibrational Healing, Medicine for the Earth, and more

Please see the [Syllabus](#) for details. All healing modalities are covered in full except for advanced depossession. Most depossession cases are of the "routine" variety covered in the depossession class of the Practitioner Path training. Graduates are eligible for the advanced depossession training offered separately, which covers how to deal with non-human ghosts, such as demonic influences and the like, as well as difficult or complex cases.

In addition to learning the healing modalities, the practitioner program is designed to

- stimulate your own personal growth, boundaries, and healing;
- provide opportunities for your helping spirit(s) to deepen your practice; and
- support you through your own initiatory process.

That said, the course is not designed for personal healing but for those who hear the call to provide healing work for other people, places, or beings.

Shamans serve not only the people but the entire Web or Wheel of Life or Sacred Hoop. Their roles are many! This program is designed to teach healing services for people with one class on planetary healing. All material and modalities also apply to other beings, such as the land, elements, animals, plants and so on, but it is not a complete field of study for those beings and should be supplemented with additional specialized training for those hearing the call to specialize in healing to those beings who are not humans.

Tuition

\$3,000-\$1,200 sliding scale. For 186 hours over 25 days of training, \$1,200 comes to only \$48 per day.

After I've received and reviewed your application, I will journey to confirm everything; you can send your payment after you hear from me. Half of your chosen total is due 14 days before the first class; the final balance is due by the end of the 5th class. Snacks are included in the cost, but lunches are not. You may bring your own or visit the local food co- op 6 blocks away or the various restaurants within a mile of our location.

Prerequisites

1. ***Soul's Path/Sovereignty School Completion.*** Applicants must successfully complete every session of the Soul's Path/Sovereignty School program. If you have taken comparable material with another teacher or have an active shamanic healing practice, please check with me to see if credits are transferable and if a la carte options are available.
2. ***Permission from Your Helping Spirit(s).*** The spirits call you for the job, you don't call them. Before you submit your application, please journey to your helping spirit(s) for permission to take the Practitioner Path training.
3. ***Practitioner Path Application.*** The Practitioner Path application is separate from and in addition to the original Soul's Path/Sovereignty School application. Applications must be received and approved before the first class. Filling out the application and reading all the instructions are an important part of the process.
4. ***Half of Your Chosen Payment.*** As mentioned in the Tuition section, half of your chosen total is due 14 days before the first class; the final balance is due by the end of the 5th class.

Soul's Path/Sovereignty School: Foundations, Becoming the Hollow Bone

The Soul's Path/Sovereignty School training ensures that practitioners-to-be acquire the skills and basic self-healing needed to be able to successfully learn and apply the specific healing modalities and techniques taught in the Practitioner Path (and in any advanced trainings, if specialized, additional training is desired). If you have taken comparable material with another teacher, please let me know.

Please don't assume that you are NOT called to this training because you don't think or feel that you are. Usually, the person who does NOT want to be a shaman IS called for that role.

Please don't assume that you ARE called to this training because you think or feel that you are. Often, the person who really wants to be a shaman is NOT called for that role.

In most classical traditions, the call to walk the path of the shaman is not sought out. It is often even dreaded, because the spirits continue to “crack you open” and other reasons. None of this is to discourage anyone from applying, only to convey the seriousness of the work. It is not something to enter into casually. One does not “decide” to become a shaman; the spirits either pick you or they don't.

Time Commitment

Please do not apply if you cannot commit to attend each class and make the training a priority. If you have a known conflict in advance, please let me know now. One absence is allowed but not advisable; you will be responsible for accessing the material covered from a classmate and will

further be asked to demonstrate competency in the material. I recommend that you attend unless you are in the hospital for emergency surgery, are severely, disablingly ill, or are at the funeral of an immediate family member. Legitimate absences are quite rare and not expected, and do not include being tired, not feeling well, and so on. I reserve the right to ask students to leave the program without a refund for any reason.

The Practitioner Path year is a total of about 186 class hours plus between-class practices of about 5 hours a month. We will meet one weekend every 3 to 4 weeks, both Saturday and Sunday, from 9:30 am to 5:30 pm both days; the long weekends run Saturday, Sunday, and Monday. We will also have three Saturday afternoon "healing clinics," where I will bring in clients for you to work on, either as a solo practitioner or with a partner.

The training may seem like a lot, but it's the condensed version. Including the clinics, it's 25 eight-hour workdays, not counting the many hours of Soul's Path prerequisites. Classical shamans usually learned this material over 10 to 20 years, not 5 workweeks, and none of that was or is learned by reading. So missing one day or even an afternoon is missing A LOT. You will continue to learn by watching your own helping spirits as you do the work with them in your practice, and the complete program will provide the proper foundation for you to do so powerfully and safely.

Commitment Challenges of the Practitioner Path

Temptations to Miss A Class or Drop Out

It's common for students to feel tempted to miss a class or even to drop out of the program. As I previously mentioned, missing a class should be rare and due to being physically severely incapacitated, not just being in pain or not feeling well. Absences are reserved for true emergencies and dire situations, not schedule conflicts or temptations to be elsewhere, no matter how compelling the competing event may seem. Expect this, be prepared for it, and always ask what voice is speaking—is it a thoughtform? An emotion? An egoic need to "be there" for someone else and abandon your own path? A wound? Or is it your soul-self? The soul-self is the one who should make the call, and we often think a voice is our true soul-self when it is not. Feel free to call me if you want support making sure it's the voice of your soul-self. If you feel tempted to miss a class, please be aware of the following requirements and the often hidden underlying causes of such temptations.

Temptation Causes

Below are some of the spiritual reasons you might have inner dialogue trying to talk you out of attending class, listed in order of the most common causes.

1. Your helping spirit(s) may be putting you through an initiation, part of which is to see if you are strong enough to see through illusions and overcome obstacles and temptations placed in your path.
2. Your thoughts/inner computer/left brain, your emotions generator, your egoic identities, or your wounds/Shadows may be trying to keep you from attending. Although this training will bring healing to them, they often perceive the training as death. It is true, they will less often get to drive the bus, and your true soul-self will increasingly be in charge. They may see this as losing power, but it's actually their taking their rightful place of being in service to the soul-self. NOTE: Our shadows often try to cause us to miss or feel physically ill to avoid the very class that we most need!

3. Your body may not be strong enough to do this work. If you are getting physically so ill that you miss more than one class of the training, it may indicate that this training is not for you at this time.
4. Your helping spirit(s) may be pulling you out of the training for some reason. They may have wanted you to start the training but not complete it.
5. Your functioning levels provide the container for the work and may not be strong enough to take the training. Part of this is being able to navigate the Middle World, to be functional and able to manage your calendar, finances, emotions, thoughts, life as we know it.
6. Something else.

Requirements for a Missed Class

On that rare instance that you do need to miss a class, you still need to do the class work and can't just skip it. You are expected to find the full time to listen to a recording of the class and to do the readings and work.

Those who miss a class will also be expected to submit to me written assignments and notes about the exercises, even though students who attend in person are not asked to do so. These notes need to be emailed or mailed to me no later than 10 days after the missed class. I need to ensure that you're deeply "getting" the in-class material and that you have time to work with it and "digest" it before the next class. Reading your notes helps me assess your grasp of the material and to determine if additional support is appropriate.

Why Can't I Skip the Weekends That Don't Interest Me? ([deeper explanation here](#))

1. Many people are not able to hear the call to do a particular aspect (helping the dead cross over, for example) until they're taking the training. If you don't take that training, you may not be able to hear the call for it!
2. Few practitioners can consistently do one component well and safely (such as soul retrieval) if they don't understand the other components (such as clearing energy blocks or extraction). Yet most people need both restoring work like soul retrieval AND clearing work like extraction. It's important to know why this is so, what symptoms to look for, and so on.
3. My own understanding, experience, and ethics and my respect for shamanism require that I teach these modalities only in a complete package. I have seen practitioners and clients harmed at times by those who lack the full view.

Special Initiatory Challenges of the Practitioner Path

When we study shamanism and journey as a beginner, the helping spirits respond at that casual, beginner level, usually giving us only minor initiations. However, once we decide to take a training program like this, we give them permission to respond more intensely. If the helping spirits feel that it is our path to become practitioners, they will teach, strengthen, and challenge us with serious initiations, which can be severe at times and thoroughly test our mettle.

Initiations are central for the person of true power, for the Healer/Practitioner, and for the Shaman. Many initiations are built into both the Practitioner Path training, but your helping spirit(s) will provide others at the time that is right for you. These initiations may start before

the first class or during the training or both. The deepest initiations shake us to the core, cause major ego deaths, and can take us deep into the abyss. Your challenge: to keep going until you heal yourself. You can also decide to walk away from this path.

When your initiation(s) arise, feel free to ask for a healing session with me or another practitioner; I can provide referrals. Be aware that some initiations require you to heal yourself or find your own way, so a healing session may not be the only step to take.

Importance of Doing Your Personal Healing Work & Having a Thorough Training

Shamanic work, including healing work, holds the potential for both miraculous healing and for harm or danger to the practitioner, to the client, and to the larger energy field.

Your ability to heal and to not harm depends on the quality of your body, your life, your connection to your true self and your helping spirit(s), and on your cosmology. Beyond being able to function in the Middle World with good boundaries, both Betsy Bergstrom and Sandra Ingerman talk about the need for physical integrity, including mundane things like weight lifting and regular exercise.

Example #1

Many so-called *empaths* or *sensitives* end up taking on the physical, mental, or emotional symptoms that the client suffered. Some even feel, erroneously, that such taking on symptoms is proof that they are called to do healing for others. Shamanism does not work this way. Such "sensitive" responses happen when the practitioner holds a non-shamanic cosmology or is doing non-shamanic energy work. Full shamanic training provides the psychic skills, healthy boundaries, grounding, training, and belief system needed to prevent this poor boundaries situation and the resultant inappropriate transfers.

Example #2

One student, we'll call her Student "A," missed the basic depossession class because A was uncomfortable with death, which she labeled "negative." Death is not seen as negative in shamanism, and the class that A missed helps students work through their discomfort and their issues with death. At the next class, the students were learning and practicing extraction (a type of energy block clearing work) on each other. A accidentally took out soul parts from her partner (Student "B") in the class. I had just done soul retrieval on B a few days before the class, which had left B feeling amazed, really bright, like she hadn't felt for decades, as though she had her "light" again. A didn't want to see the "negative" or "dark" energy in anyone, and so A asked the helping spirit angels she worked with to show her anything that didn't belong in B as light. Because of the soul parts' newness, A saw them and thought they didn't belong. She extracted the soul parts. B felt something was wrong immediately but said nothing to A. B didn't feel well after the extraction and had a splitting migraine by the time she got home from the class. The migraine was still there the next two days, so she called me. We figured out what had happened. A few days later, I repeated the soul retrieval, and she felt better, but it took a long time to feel as well as she had after the original soul retrieval healing.

Example #3

A client came to me after receiving soul retrieval from a soul retrieval specialist. She had felt great for a few days after the healing session but then began to feel inexplicable anxiety. She called the soul retrieval specialist, who reportedly told her that the soul retrieval worked or she wouldn't have felt better at all, that the anxiety must be unrelated, and that no follow up shamanic healing was indicated. The client's intuition said otherwise, and she took a chance in

calling me. I explained that anxiety after soul retrieval was not common but that it did occur in a certain percent of cases. I shared that such anxiety often is caused by an energy block that is having trouble releasing on its own and is usually easily resolved with a follow up clearing session. I suggested that she go back to the practitioner she had seen, but she did not want to do so. So I invited her in and did the clearing work. When I followed up with her later, she was fine again. I don't know the practitioner's identity and didn't speak with them, so there may well be more to the story. However, I often find similar blind spots in conversations with practitioners whose training has not been thorough.

I find it challenging sometimes to convey the seriousness of this amazing work and the respect and depth it requires without planting the seed of fear. I certainly do not want to inadvertently reinforce any nervousness or trepidation or insecurity you may already have! It really is beautiful, powerful work, for both the practitioner and the client and this beautiful Middle World, especially when the training and preparation has been thorough and rigorous.

Post-Graduation Support

Post-graduation follow-up support includes eligibility to join a low-traffic yahoo group of graduates from previous healer trainings where you can share insights, post questions, and get support from other practitioners. I also offer periodic follow-up trainings where practitioners can get a refresher of the basics or bring difficult or advanced cases and where I share "updates" from my own studies and teachers. I also offer more advanced classes to hone your skills in mediumship and fields to more fully understand reality and to be even more fully in your true power.

About Your Teacher ...

I began formal shamanic journeying in 1993 and have been studying shamanism ever since. My primary teachers are Sandra Ingerman and Betsy Bergstrom; I've been an Ingerman-authorized instructor since 2006 and also completed Betsy Bergstrom's Teacher Training in June 2014. I continue to maintain contact with both teachers and stay current with updates they have made to their own practices, often re-taking trainings with them. Full details of my credentials are on my [About](#) page.

Thanks again for your interest in this amazing program and this powerful, beautiful work.

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