



# The Shamanic Soul's Path—Instructions, Details

Starting in 2019 in Takoma Park, MD with Mary "Tyrrtle"

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

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

REV. 12/4/17

The Soul's Path is a program for personal healing and empowerment for anyone, beginner or advanced, taught by Mary "Tyrrtle" Rooker. 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 Mary Tyrrtle at (301) 891-1288.

## Partial Training

Any class may be taken as a separate, one-day workshop for those not interested in the full program.

## The Full Program

- ***In-Class Training:*** 54 hours—8 day-long classes over one year. For precise dates, please see the [Syllabus](#). Each class is available a la carte (see Partial Training, above), but you must attend every class and commit to the required between-class practices if
  1. you wish to receive a Soul Path certificate of completion or
  2. you are considering applying for the Shamanic Practitioner (Healers) Path program, as a Soul Path certificate is a prerequisite for the healers training.

For more information, see *Excused Absences Policy*, below.

- ***Optional After-Class Healing Sessions:*** about 30 hours  
One free healing session is included for each student in the full Sovereignty School program. Students may leave when each class ends at 5:30 p.m. or stay for a brief meal break and attend their own or another student's scheduled healing session that evening from 6:30 to 9:00 p.m.
- ***Between-Class Study:*** Allow 30 minutes a week of exercises to integrate the topic plus 15 minutes a day of simple spiritual practice. The more time you put into the program, the more you'll get out of it.

**Where:** in Takoma Park, MD

**Cost:** \$960-\$400 Sliding scale (full program); \$50-\$120 per individual class (details below).

**Prerequisites:** None, but you must submit an application and be approved before attending the first class. Filling out the application and reading all the instructions are an important part of the process.

**Excused Absences Policy:** Legitimate absences are quite rare and not expected; they do not include being tired, not feeling well, and so on. Please plan to attend every class in full unless

- you are in the hospital for emergency surgery,
- are severely, disablingly ill, or
- are at the funeral of an immediate family member.

Should such a dire emergency arise, you will be responsible for accessing the material covered from a classmate and be asked to demonstrate competency in the material. Do not apply if you cannot commit to attending each class. Unexcused absences are grounds for dismissal from the program without a refund.

## Goals of the Program

1. Re-member who you really are and learn to use tools to support living from that true Soul-self.
2. Explore cosmologies, including a generic shamanic one; understand how cosmology affects sovereignty and how you live in the world; and then consciously adopt your own cosmology.
3. Integrate spiritual practices into your daily life:
  - a. engaging in self-observation and reflection,

- b. making informed choices as your true Soul-Self, and
  - c. accumulating a collection of new beliefs about yourself, your life and your world, etc.
4. Deepen your relationship with the rest of Nature—your self and all other beings, including other people, plants, animals, elements, planets, and galaxies, etc.

## Tuition Details

- Half of your chosen total is due at the first class; the final balance is due by the end of the 4th class. Individual classes: \$50-\$120, sliding scale (for those who don't want to take the whole program).
- All 10 classes as a package: \$960 to \$400, sliding scale. \$400 comes to \$50 per day-long class.
- The optional 18 hours of healing demonstrations held on the evening of most classes are free.
- Afternoon 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.
- After I've received your application, I will confirm your acceptance into the program.

## About Your Teacher

**Mary "Tyrle" Rooker** began formal shamanic journeying in 1993 and has been studying shamanism ever since. Her primary teachers are Sandra Ingerman and Betsy Bergstrom; she's been an Ingerman-authorized instructor since 2006 and a Bergstrom-authorized instructor since June 2014. She maintains contact with both teachers to stay current with updates they have made to their own practices, often re-taking trainings with them. Full details of her credentials are on her [About](#) page. She began teaching full-time in 2007.