



GlideWing Online Workshops

The Shaman's Mind Workshop Syllabus

Introduction

Aloha and Welcome
The Structure of the Course
Why Ho'oponopono
Preparing for the Workshop - Shaman Stones
My Invitation to You

Session One: Universal Shamanism

Welcome to Session One
Shamanism and Nature
Pre-Hawaii - Mu and the Elements
Introduction to Shamanic Journeying
Waena - Introduction to the Garden
Merging with the Elements Guided Journey
Merging with the Elements Guided Journey (downloadable audio file)
Shamanic Cosmology through Hula
Meditation to the Portal
Meditation to the Portal (downloadable audio file)
Guided Journey to Meet a Spirit Ally (downloadable audio file)
Practice Suggestions
Written Practice Instructions

Session Two: The Seven Sacred Principles of Huna

Welcome to Session Two
Huna and Kahuna
Ike - The World is What You Think it is
Ike Experience
Ike - Conclusion
Kala - There Are No Limits
Kala Experience
Makia - Energy Flows Where Our Attention Goes
Piko Piko Breathing
Kahi - Healing Massage
Candle Magick
Written Practice Instructions

Session Three: The Seven Sacred Principles of Huna (continued)

Welcome to Session Three
Manawa - Now is the Moment of Power
Three Nows to Avoid
Manawa Exercise
Aloha - To Love is to Be Happy With
Mana - All Power Comes From Within
Permission Plumeria Meditation
Permission Plumeria Meditation (downloadable audio file)
Pono - Effectiveness is the Measure of Truth
Hailona - Introduction to Stone Casting
Hailona - Yes No Reading Demonstration
Hailona - Seven Principles Reading Demonstration
Seven Principles - Conclusion
Written Practice Instructions

Session Four: The Three Selves - Mind, Body and Spirit

Welcome to Session Four
Introduction to the Three Selves
Ku - The Unconscious Body Mind
Ku Practice
Ku Resistance
Ku Guided Meditation (downloadable audio file)
Lono - The Conscious Mind
Kane - The High Self
Journey to Kanehunamoku
Written Practice Instructions

Session Five: Ho'oponopono

Welcome to Session Five
Ho'oponopono
Four Phrases
Spiritual Aspects of Ho'oponopono
Guided Ho'oponopono Practice (downloadable audio file)
Ho'oponopono as a Life Practice
The Unitive Consciousness of the Shaman
Ho'oponopono with Relationships Guided Meditation (downloadable audio file)
Written Practice Instructions

Session Six: Manifestation

Welcome to Session Six
Four Levels of Reality - Ike Papakahi
Four Levels of Reality - Ike Papalua

Four Levels of Reality - Ike Papakolu
Guided Ike Papakolu Exercise - Entering the Dream
Guided Ike Papakolu Exercise - Entering the Dream (downloadable audio file)
Shamanic Journey - Dream Healing
Shamanic Journey - Dream Healing (downloadable audio file)
Four Levels of Reality - Ike Papaha
Students can manually mark this item complete: Four Levels of Reality - Ike Papaha
Guided Journey - Grok an Animal
Guided Journey - Grok an Animal (downloadable audio file)
A Note About Journeying
Introduction to Haipule
Guided Haipule Meditation
Guided Haipule Meditation (downloadable audio file)
Thank You and Farewell
A Note About Post-Session Exercises
The Shaman's Mind Integration Journey
The Shaman's Mind Integration Journey (downloadable audio file)
Ike Papakolu Post Session Exercise (downloadable audio file)
Written Practice Instructions File