



is delighted to sponsor a special introductory course in

# Rune Magic and Shamanism

Original Nordic Knowledge from Mother Earth



**A course with Jörgen I. Eriksson**

**4-6 November 2016 in Sutton**

**Courtenay**

The runes are an integral part of a Nordic shamanic way of knowledge that was long forgotten but recreated towards the end of the 20th century. The aim was to pull the essence of the runes, their origins and meanings from the recesses of history and let them flow into our own time in a dynamic and creative way.

Jörgen I Eriksson has been working with the runes and the Nordic shamanic tradition since the early 1980's and his book Rune magic and shamanism is available in English. The runes possess a great inherent power. They represent knowledge from Mother Earth and do express the totality of all knowledge that is dispersed everywhere. The runes are archetypes originating from the beginning of creation and they are doorways into Dreamtime, the non-ordinary reality. They can be utilized to bring healing, harmony and balance to humans, animals, plants, minerals and Mother Earth. The runes are a sacrament in Nordic shamanism and by combining the runes with other shamanic methods such as soul journeying, magical singing, vision quests and ceremonies they can manifest their full potential.

In this course the participants will work with the runes in several shamanic ways in order to get a personal understanding of their origins and meanings and how they can be used as tools in order to think and act in beauty and contribute to harmony and balance in the world. The runes represent a manual to the shaman's philosophy and practice and the aim of this course is to help participants to find their own unique ways to knowledge and power.

Jörgen I. Eriksson has worked in the Nordic shamanic tradition for more than 35 years. He has written several books on Nordic shamanism and on Saami and Navajo spiritual traditions. His work is presently focused on runes and synchronicities and on reawakening, protecting and preserving sacred sites. More info on his web site [www.norrshaman.net](http://www.norrshaman.net)



# Workshop Details

**Venue:** The Abbey Sutton Courtenay. For more information about the Abbey and its surroundings please visit <http://www.theabbey.uk.com/>

**Practicalities:** The workshop starts at 18:00 on Friday 4 November and ends at 16:00 on Sunday 6 November 2016. The course will be taught in English. Participants may arrive at the Abbey from 16:00.

**Price:** £385 – fully residential. Early-bird price of £345 if you book before 1 July 2016. A deposit of £150 is required to secure a place on the course. The balance is due by 1 September 2016 and payment in 2 instalments can be arranged with final payment to be made by 1 September 2016. All bank fees to be paid by attendee. Refunds and cancellations subject to conditions (see booking form). B&B accommodation (with meal) is possible for Sunday evening with notice before October 1<sup>st</sup> at extra cost – please see me if desired.

**To book:** Send the attached booking form to Sabrina Biscardi at [sabrina@terrasacra.co.uk](mailto:sabrina@terrasacra.co.uk) or contact her on 07816650275.

**Accommodation:** The workshop is a fully residential workshop limited to a maximum of 17 participants and accommodation comprises twin rooms, with separate shared bathrooms (though a couple of twin rooms have an in-room shower) and some single rooms divided between the main house and the guesthouse. Singles will be allocated on a first request basis and are subject to an additional £30 fee (except if allocated by us for accommodation management).

<b>Course</b>	<b>Rune Magic and Shamanism</b>		
<b>Name</b>			
<b>Full Address</b>			
<b>Post Code/Country</b>			
<b>Mobile Number</b>			
<b>Home Number</b>			
<b>Email</b>			
<b>Room Choices – please choose shared twin or single</b>			
<b>Shared</b>		<b>Single (add £30)</b>	
<b>If there is someone you would like to share with please name</b>			
<p><b>Cancellations - For cancellations prior to 1<sup>st</sup> July 2015 we will return the paid amount minus a £30 administration fee. For cancellations between 1<sup>st</sup> July 2016 and 1<sup>st</sup> September 2016 we will return any paid amounts minus the £150 deposit and an administrative fee of £30. There will be no refunds for cancellations after 1<sup>st</sup> September 2016. All bank charges for refunds to be paid by the attendee.</b></p>			
<p><b>Amount you would like to pay now – please specify if you are paying only the deposit, the full amount, a deposit plus instalment plan (if latter specify payment dates).</b></p>			
<p><b>Total course fee is due by 1<sup>st</sup> September 2016 for all methods of payment. Payments may be made either by Sterling or International Bank transfers but note that all bank charges will be borne by attendee. I will send payment details after receipt of booking form.</b></p>			
<p><b>Meals and Dietary Requirements. Please note that all meals are vegetarian. Let us know if you have special dietary requirements, i.e. vegan, gluten free, dairy free, sugar free, foods you are unable to eat / what you can eat as replacements etc.</b></p>			