

Elemental Shaman - An Introduction to Shamanism for Kids Ages 7-11



Children will learn techniques to feel their power, accept themselves as they are and vision the role they will play in the world as they grow and change. Imagination is the key!

Shamanic practitioners Mirren McConnell, Gayle Mair and Roger Wheelock offer this 5-week experiential training for children ages 7-11. Kids will learn simple techniques to establish a solid foundation for themselves in this chaotic world. Teachings are based on practices of the Quechua people of the high Andes of Peru, the modern-day descendants of the Incas.

Earth (week one) – Children will learn about the energetic egg that surrounds their bodies. They will understand how to expand the egg when they feel powerful and contract the egg when they feel threatened. They will participate in a traditional Peruvian cleansing of energy using raw eggs. We will demonstrate how the raw egg is used in divination to sense what is to come. Children will be introduced to earth energies by using rocks and crystals (provided) to create a crystal grid of empowerment. Parents are welcome to attend this session.

Water (week two) – Children will learn of the three worlds of shamanic traditions, the lower, middle and upper worlds. Children will participate in a lower world journey led by Roger. The lower world is where children's strength and power originate. Sharing and integration will occur during "art time" where they can draw a picture of their journeys. Children will be introduced to water energies by creating a mandala of shells (provided) for honoring Mother Moon and her influence on the waters of the world. A blessing for the waters of Western North Carolina will conclude this session.

Air (week three) – Children will participate in a lower world journey to find their power animals. Children will tell the group about their power animals. Power animals give children a guide to issues they face, allowing them to respond from a place of strength. Sharing and integration will occur during "art time". Children will be introduced to air energies through the use of whistles and bells. Each child will make a special feather necklace (materials provided) to carry the energy of the birds that fly through the air.

Fire (week four) – Children will participate in a journey to the upper world, the shamanic place of the ancestors. Here, children will learn the importance of honoring their ancestors in simple ways that feel right to them. Sharing and integration will occur during "art time". Children will be introduced to fire energy during a Peruvian despacho ceremony where a beautiful love offering (materials provided) will be created and offered to a sacred fire.

Aether (week five) – The upper world is also the place where children's creativity resides. Children will participate in a journey to the upper world to find their High Guardian. Their High Guardian is the spirit guide who shows them who they can become with their individual skills, creativity and beauty. Sharing and integration will occur during "art time". Children will be introduced through aether energy during a ceremonial activation of their intuition and imagination. Each child receives an authentic Peruvian Pi Stone to hold this activation energy.

Mirren, Gayle and Roger have studied Peruvian shamanism for many years and are fully trained in the Pachakuti Mesa Tradition of don Oscar Miro Quesada. Mirren has led many workshops for young children and has a talent for play and dance. Gayle and Roger are grandparents of a powerful 8-year old girl and loving 11-year old boy. Their mission is to instill in children a sense of their innate wisdom and spirituality.