

# Healing the Divided Self and Traveling Home Shamanic Soul Retrieval Training Course

With Christa Mackinnon and Roy Sunley

Friday from 2:00 pm until 5.30 pm.  
Saturday and Sunday 9.30 am until 5.30 pm

Held at Chalfont St. Peter, Buckinghamshire

According to shamanic teachings, every one of us had to split off parts of our psyche. This happens mainly during childhood and diminished our physical, mental, emotional and spiritual potential, fragmented us and severed the connection to our deepest and authentic selves. As these split-off parts are no longer available to us, our vital authentic energetic powers and potentials are curtailed. In ancient psycho-spiritual teaching, the retrieval and re-integration of such split-off parts of ourselves is therefore seen as the most vital step towards becoming whole.

This three-day non-residential experiential training course will teach you the ancient tool of Soul Retrieval, adjusted to contemporary practice. Soul Retrieval aims to retrieve and re-integrate split-off parts as without them people are unable to heal and lead creative authentic lives, which are meaningful and purposeful, and reach their potential.

## Course content

**In this course, you will learn how to retrieve split-off parts for yourself and others. Once mastered you can integrate Soul Retrieval within your therapeutic or healing practice, your shamanic work or just utilise it for yourself.**

- **The shamanic concept of Soul Loss**
- **The contemporary concept of dissociation**
- **The shamanic psycho-spiritual worlds: lower, upper and middle worlds**
- **Spiritual helpers for Soul Retrieval**
- **Journeying to retrieve split-off parts**
- **Retrieving split-off parts for others**
- **Grounding and integrating of retrieved parts: shamanic and modern tools**

## Eligibility:

This course is mainly designed for practitioners in the healing and therapeutic fields, and people with some previous experience in shamanism and /or shamanic journeying. Eligible are therefore psychologists, therapeutic practitioners, counsellors, healers, body therapists, Reiki, Quantum Touch and other energy practitioners as well as Spiritual light workers.

## Fees

Early bird fees: **£ 225.00 (paid at least one month before the course date )** - paid to Christa via her site or Roy via PayPal on his site, as below. Full fees: £ 275.00 thereafter.

## Certification, Accreditation and Facilitation

This course will be certificated. It is accredited by the International Practitioners of Holistic Medicine (IPHM) and will be and taught by myself with the assistance of Roy Sunley, a renowned spiritual teacher and highly skilled international Medium, Quantum Touch instructor, Mindfulness, Meditation and Relaxation instructor and Reiki Master teacher. For more information about Roy's work, and to check the date of the next course, please click on his website <http://www.roysunley.co.uk>

## Location:

**Horn Hill Village Hall: Rickmansworth Lane: Horn Hill: Chalfont St Peter. Bucks: SL9 0LX**

The lovely, recently refurbished 100-year hall is just 5 minutes by car from Gerrards Cross Station which is only 20 minutes by train from London Marylebone: Just 5 minutes from M40 and M25. Plenty of parking on-site and lots of local hotels and Bed and Breakfasts through AirB&B. Please call Roy for more local information or visit his site above or call 07775 997174



# Christa Mackinnon

Psychologist • Therapist • Shamanic Teacher • Author & Speaker



Christa is a psychologist, shamanic teacher and author of three books about shamanism and therapy, one of them groundbreaking in combining the ancient shamanic with the contemporary therapeutic, and one of them reaching best-selling status. Christa apprenticed to indigenous shamans in south America and learned from shamanic teachers all over the world. After a long career as an international trauma specialist, university lecturer and trainer, Christ shifted her focus by combining her professional knowledge with indigenous wisdom teachings, adapting these teachings for the modern world and the contemporary human psyche. Christa now facilitates training courses and workshops Internationally in psycho-spiritual shamanism, a subject she also addresses at conferences and writes and lectures about.

Christa is the founder of “Bridging the Worlds” and the co-founder of “women Weaving Change”.

