

# Michael Stone - The Embodied Shamanism Mentorship Program

## Here's What You'll Discover in These 14 Weeks

Course sessions are on Wednesdays at [5:00pm Pacific](#).

In this 14-week transformational program, Michael will guide you in the fundamental skills and competencies to shapeshift your story into a new narrative that informs your life and contributions to our world.

Each weekly, LIVE session will build harmoniously upon the next, so that you'll develop a complete understanding of the practices, tools and principles you'll need to sustain a more empowered way of life and manifest your divine purpose.

### Module 1: Cultivating Presence: Grounding Yourself in Reality (March 16)

Presence is the foundation for change. It's impossible to go where you want to go if you're not present with where you are, now. Most of us spend our waking hours roaming the territory of the remembered past or the imagined future. This first live session will set the foundation for your journey into the fullest expression of your divine purpose.

**In this session, you'll:**

- Build a foundation of focus and intention to get the most the journey ahead.
- Develop tools for accessing presence and dealing with the negative mind chatter.
- Ground yourself in this time of rapid, dynamic change.
- Create a sacred sanctuary that supports community presence and alignment.

### Module 2: Integrity: A Powerful Access To Wholeness & Performance (March 23)

Integrity is the state of being when we are whole and complete. It is not about morality or what is right or wrong. It's the basis of a life that works for our highest good. Shamanic practitioners are impeccable with their words, because they know the healing and transformation that's possible is rooted in them.

**In this session, you'll:**

- Discover how your integrity leads to an experience of wholeness, performance and productivity in all areas of your life.
- Align your values with your actions and overcome the "inertia of normality."
- Complete energy draining projects and relationships.

## **Module 3: Embodied Shamanism:**

### **Engaging All of Your Senses (March 30)**

For the past hundred thousand years, shamans have danced, sang and brought all their senses with them when they journeyed. Contemporary shamanism can often appear to downplay these fuller experiences, leading to out of body experiences that dissociate the journeyer from wisdom gained through accessing all of their senses. This limits the quality and amount of information received while journeying and makes it more difficult to embody in daily life.

#### **In this session, you'll discover:**

- How to engage in full-bodied journeying — with ALL of your senses.
- Physical and sensual patterns of your experiences inside and outside journeying.
- How to release suppressed energy and false beliefs tied to trauma and past experiences.
- How to access support to release what no longer serves you.
- Ways to integrate the parts of you that have become fragmented or compartmentalized.

## **Module 4: Narrative Shamanism:**

### **Change Your Story, Change Your World (April 6)**

We live in a “story field” in which we classify ourselves with a particular story we call our identity. When you act from this fixed identity, you reinforce your old story — the good bad and the ugly. To heal is to transform a limiting story into one of health, vitality and fulfillment.

#### **In this session, you'll discover:**

- You are not, in fact, your story.
- The narratives that inform humanity's (and your own!) spiritual evolution.
- How to move from being a character in your life's story to the author.
- Ways to sculpt a full bodied vision of who you are becoming.

## **Module 5: Soul Loss & Soul Remembering:**

### **Creating Ceremony for Reintegration (April 13)**

In traditional shamanism, the shaman travels to “non-ordinary” reality with a power animal or spirit guide to locate and recover parts of the soul, that have been lost or suppressed due to trauma, pain or a disturbance. In Embodied Shamanism, you see how these practices can also be used to integrate the wisdom of our ancestors and integrate them into our lives.

#### **In this session, you'll:**

- Discover heal ancestral wounding that is part of the continuum of your life.

- Access to advice from your ancestors and spirit guides.
- Deconstruct your “master identity” narrative — a fixed idea of who you are based on the past.
- Re-member lost soul parts and recover missing parts of a narrative that expresses who you truly are.

## **Module 6: Shapeshifting:**

### **Accessing a New Realm of Being & Possibility (April 20)**

Shapeshifting is one of the most powerful practices in shamanism, transferring consciousness to assimilate strength, wisdom and power. Through this transformative technique, you'll shift into a more empowering Master Identity Narrative — physically, emotionally and spiritually.

**In this session, you'll discover:**

- How to shapeshift into a new story of who you are in your life.
- Practices for staying aligned with your new narrative.
- Ways to ground and integrate your new narrative into your life and community.

## **Module 7: The Power of Language:**

### **Re-linguaging Our Lives & Future (April 27)**

We tend to underestimate the power of words and language in our world. Everything that exists has been named by us or by our ancestors. When you understand how language defines reality, you can reclaim your power to create, transform and bring forth the miraculous into our lives.

**In this session, you'll discover:**

- How language defines being in the world.
- Ways to reclaim your power through the words you choose.
- New levels of creativity in every area of your life.
- How to transform blocks into expanding your fullest expression of yourself.
- How to listen in deeper and more empowering ways.

## **Module 8: The Key to Authorship:**

### **Reclaiming Your Innate Power (May 4)**

Are you living as a main character — or the main author — of your life story? Past experiences or self-limiting beliefs may be keeping you bound to this story. When you fully claim the power of authorship, a new world of truth and possibility opens up for you.

**In this session, you'll:**

- Discover how to step into your story as the rightful author, not just a character.
- Release self-limiting beliefs and assumptions about your life.
- Savor the mystery of the unknown, the genesis of creativity.
- Tap into your authentic power through gratitude and forgiveness practices.

## **Module 9: The Power of Community: Imagining a New Future with Others (May 11)**

The story of your life is embedded in a larger story of your community and the world around you. Your individual story changes only if the larger narrative of your community also shifts.

**In this session, you'll:**

- Identify the self-limiting stories embedded in your community.
- Create a more empowering community narrative.
- Build a community of soul allies that support your evolution.
- Create a new narrative for living a life you love.

## **Module 10: Daily Practices:**

### **Building New Neural Pathways (May 18)**

Any story that is not created in the moment, is a product of the remembered past or imagined future. It's a pattern of belief and being. Daily practices, rituals and ceremonies can support you in remembering that reality is malleable and every moment is a choice to transform old mundane patterns into a miraculous new story.

**In this session, you'll:**

- Learn to repattern your habitual ways of being into new and generative actions.
- Develop daily practices to build new neural pathways that embed your new life story in your body, mind and spirit.
- Identify triggers for old patterns so you can avoid backsliding and experience the freedom of an ever-unfolding present moment story.
- Use your shamanic journey work to realign with your soul purpose.

## **Module 11: Living Complaint Free:**

### **The Miraculous Power of Managing Your Words (May 25)**

Few things erode the quality of your life more than the seemingly benign act of complaining. (Alas, most of us do complain!) When you complain or gossip, you demean yourself and others and block the full expression of your own and others' potential.

Managing your conversations helps transform self-destructive complaints into calls to positive action and portals to greater awareness.

**In this session, you'll discover:**

- How your words erode or expand the quality of your life.
- How complaint-free conversations can create the miraculous.
- How to use complaints as portals to higher consciousness.
- The power to transform destructive words into opportunities for empowerment.
- How to interrupt the trance of unworthiness with loving awareness.

## **Module 12: Shamanic Coaching:**

### **Empowering Others (June 1)**

In these times of chaos and rapid change, your own growth is essential in serving the awakening of others. In fact, the more awake and aware you become, the more natural it is to engage in selfless service, showing others how they, too, can become authors of their own lives.

#### **In this session, you'll discover:**

- Time-tested listening techniques to empower others on their path.
- Michael's proven methods for building a successful Shamanic Coaching practice.
- How to use your own journey of awakening for the benefit of your clients.
- How to awakening to the power of being of service to your community.

## **Module 13: Work & Play:**

### **Creating A True Work-Life Balance (June 8)**

In this age of technology and high-speed everything, your life may feel out of control or at least like it's not being managed by YOU. Do you struggle with balancing outer and inner responsibilities? Have you lost your connection to others and the sacred pulse of life?

Entering the next evolution of human development requires that you enter the stillness within, so that you can access the wisdom you need to guide your life and actions.

#### **In this session, you'll discover:**

- Your integral role with nature and the future of life on Earth.
- Insights and tools for creating more balance and peace of mind.
- How to keep your commitments alive and take related action.
- The power of inner stillness in the evolution of your development.

## **Module 14: Grateful Living from Your Heart:**

### **The Path of Service (June 15)**

In the end, it's all about LOVE...

The path of listening *with* and to your heart leads to a life of loving and serving others. It can be all-too-familiar, to listen to the mind and let Master Identity Narratives run the show. Now it's time to discover the real power of living from the voice of the grateful heart.

**In this session, you'll discover:**

- The power in celebrating the life you've been given.
- Unconditional love and its power to change your life.
- The alchemy of your heart-centered story of transformation.
- The abundant life possible when you live from a grateful heart.
- Completing the journey with our learning community.

## ***The Embodied Shamanism Mentorship Program Bonus Collection***

In addition to Michael's transformative 14-week virtual course, you'll receive these powerful training sessions with the world's leading visionaries and teachers. These bonus sessions are being offered to complement the course — and take your understanding and practice to a deeper level.

### **A Shaman's Miraculous Tools for Healing**

#### ***Audio Dialogue with Michael and Alberto Villoldo***

In this conversation, Alberto Villoldo shares with Michael shamanic healing practices and the miraculous tools of the shaman. He talks about stories and how shamans work with transforming our story into a better, more interesting and more empowering story for a better life. We also discuss shamanic energy medicine and how it is different from allopathic medicine. He shares about working in the luminous energy field and how to eliminate toxic energy in our lives.

**Alberto Villoldo**, PhD is the author of numerous bestselling books and is a psychologist and medical anthropologist who has studied the spiritual practices of the Amazon and the Andes for more than 25 years. While at San Francisco State University, he founded the Biological Self-Regulation Laboratory to study how the mind creates psychosomatic health and disease. Dr. Villoldo directs The Four Winds Society, where he instructs individuals throughout the world in the practice of energy medicine and soul retrieval. He has training centers in New England; California; the U.K.; the Netherlands; and Park City, Utah. An avid skier, hiker and mountaineer, he leads annual expeditions to the Amazon and the Andes to work with the wisdom teachers of the Americas.

### **Ancient Teachings for a Modern World**

#### ***Audio Dialogue with Michael and Lynn Andrews***

Lynn Andrews and Michael discuss her new book *Coming Full Circle* where she talks about her 30 year journey from her apprenticeship with Agnes Whistling Elk and Ruby Plenty

Chiefs and her journeys to Australia to study with an Aboriginal woman, the Yucatan to apprentice with a curandera of Mayan decent, Nepal to learn and apprentice with another power woman and her many years of working with the Sisters of the Shields. Lynn reminds us that there is no beginning and no end to the circle of life, and that there is a spiritual solution to every one of life's problems.

**Lynn Andrews** is the New York Times and internationally bestselling author of the Medicine Woman Series, which chronicles her three decades of study and work with shaman healers on four continents. She is recognized worldwide as a leader in the fields of spiritual healing and personal empowerment. Lynn is initiated as a member of the Sisterhood of the Shields, 44 women who are healers from cultures as diverse as Panama, Guatemala, Australia, Nepal, North America and the Yucatan. Remaining hidden, the Sisterhood has appointed Ms. Andrews as their public messenger. Passed from generation to generation, their teachings, born of the sacred feminine, have been practiced, guarded and handed down from shaman to apprentice, mother to daughter, for over 5,000 years. Along with her Medicine Woman Series, Lynn has written a total of 21 best selling books and workbooks about her work with these women and their unique and deeply profound teachings.

## **Shapeshifting into Higher Consciousness**

### ***Audio Dialogue with Michael and Llyn Roberts***

Michael and Llyn discuss how we can use the ancient practice of shapeshifting to literally shift into a new human being with a higher level of consciousness that is more whole, profound and connected with the web of life. When we learn to merge with the eternal web of life we tap into the field of all possibilities and can shift our personal narrative into an entirely new human being. Llyn shares how Shapeshifting is possible because everything is interconnected, and because the nature of our reality is malleable. Shapeshifting is innate to us all and is the calling card of nature, and of life. Engaging it consciously can help us change perspectives, reality, and experience greater wholeness.

**Llyn Roberts, MA** is an award-winning author and a prominent teacher of healing and shamanism. Her dynamic teaching and writing styles incorporate a background in contemplative psychotherapy, Tibetan Buddhism, work in remote locations with diverse indigenous shamanic groups, Reiki, and Western body-mind approaches to healing. Roberts holds a master's degree in Tibetan Buddhist and Western Psychology and was initiated by shamans in South America and Siberia. She has trained extensively with Ecuadorian Quechua healers and facilitated sacred journeys to indigenous people living in remote regions of the Amazon, the Asian steppes, high Andes, and in ancient Mayalands.