

Evelyn C. Rysdyk - Norse Shamanic Practices to Restore Emotional and Physical Wellbeing 2022

During the energizing seven sessions with Evelyn, you'll discover:

- The life-giving *creative energy* within you — and all the Cosmos — which you can access to **harmonize physical and emotional imbalances**
- Mythology as powerful ancient wisdom passed down through time to help us solve today's challenges
- The myths of Norse giantesses and goddesses *Ormhäxan, Freyja, Urðr, Verðandi, and Skuld, Eir, and Óðr*, masterful weavers of reality who hold **age-old wisdom for finding peace amidst chaos**
- The great **radiant well of infinite vibrations** and how it creates physical reality
- **How to develop a stronger immune response** and gain better access to your ability to problem-solve
- **Practices for easily stepping into higher states of consciousness** and maintaining the benefits of that state of being
- How accessing your creative energy makes you feel stronger, more balanced, and alive — *and* radiates healing energy into the collective
- How intentional **ceremonies support inner harmony**
- Simple **repair methods that can transform your trajectory** through life
- How **shamanic journeying beyond the map** actually turbo-boosts your brain and creative energy
- How moving beyond the known is **a path to finally conquering your fears**
- The power of **shamanic “dismemberment” for healing and renewal**

What You'll Discover in These 7 Modules

In this transformational intensive, Evelyn will guide you through the fundamental body-mind-spirit skills and competencies you'll need to find harmony amidst challenge through the creative regenerative energies within you.

This course will feature teachings, training sessions, and experiential practices with Evelyn. Each session will build harmoniously upon the previous ones, so you'll develop a complete holistic understanding of the practices, tools, and principles you'll need to restore your emotional and physical wellbeing and find harmony amidst challenge.

Module 1: Open to the Full Consciousness of Freyja, the Goddess of Fertility & Discover Your Birthright as a Creator



Because you were enculturated to believe that thinking is better than feeling, a critical aspect of your soul's power was diminished. In this opening session, Evelyn will introduce you to the Norse goddess Freyja, who embodies the ideal of Divine Consciousness. You'll begin opening up your sacred birthright as a creator being.

You'll discover:

- The **secrets about consciousness** that can increase your enjoyment of life
- How to **create and use sacred space** to reset yourself anytime, anywhere
- How the Goddess Freyja, in her role as the First Shaman, can be your lifelong guide
- **How to develop a stronger immune response** and gain better access to your ability to problem-solve
- **Practices for easily stepping into higher states of consciousness** and maintaining the benefits of that state of being

Module 2: Experience the Well of Infinite Possibility With Urðr, the Weaver of Light



Creation is a constant and infinitely changing experience of yourself and our world. The Cosmos has an endless amount of creative energy — and you, and everything that is, are a result of its capacity to continually make and remake you and everything in the physical world around you.

This is Urðr's domain. In this second session, you'll experience her well of infinite, vibrating possibilities and start to open the doorway to more healing, harmony, and balance in your life.

You'll discover:

- The Giantess Urðr, who embodies the moment vibration becomes matter
- The great **radiant well of infinite vibrations** and how it creates physical reality
- How Urðr's well can reveal new possibilities for you and your life
- How to accept what is to make way for what can be
- **A ceremony to discover your emergence from Urðr's well**

Module 3: Participate in the Sacred Ceremony of Life With Verðandi, the Personification of the Present Moment



One of the ways shamans differ from most people is how they live their lives as a sacred ceremony. Most people, however, don't know how to experience the world that way... which can result in feelings of emptiness and even despair.

In this class, you'll learn how to work with all life's offerings as if they're parts of a long dance of ceremony, and weave your life into something wonderful.

You'll discover:

- The Giantess Verðandi and how she weaves the fabric of life
- How looking at every event as part of a larger tapestry can be an adventure
- Why **your attitude can raise or lower your vibration**
- How you can influence the unfolding of your life story
- How **intentional ceremonies can support inner harmony**

Module 4: Return to the Well of Inspiration Through Rest & Silence With Skuld, the Essence of Re-Creation



Your energy has many modes, from high gear to idle. During this time of the global pandemic, you may be feeling more depleted. In this session, you'll meet Skuld, who is the essence of quiet nurturance and re-creation through letting go. This is a perfect time to benefit from her energy.

You'll discover:

- The goddess Skuld... and learn her **wisdom about renewal**
- How to care for yourself when your creative energy is at "low tide"
- Why **dreaming during low-energy times** is so critical
- How reflections from the natural world can sustain you when you feel depleted
- How to **surrender ideas, perceptions, and other burdens** to her for "recycling"

Module 5: Heal, Repair & Rewrite Your Script With Eir, the Healer



When you make the choice to heal and grow, it's important to have the support of human *and* spiritual allies. Among the Old Norse, Eir was the goddess associated with medical or healing skill.

In this session, you'll tap into her support as you learn to identify and heal the disturbances that lie just below your conscious mind.

You'll discover:

- The healer goddess, Eir
- How **your everyday feelings and behaviors program your reality**
- The simple way to use scent to support your repair
- How subconscious beliefs can be discovered and reprogrammed
- **Simple repair methods that can transform your trajectory** through life

Module 6: Explore the Shamanic Realms to Find Your Divine Imagination With Óðr, Embodied Inspiration



Shamans have a very different approach from most people when it comes to working with their fears. While you may either contract in the hopes of finding a “safe place,” or expand your view to find a broader perspective... a shaman looks much further beyond this world.

The shamanic realms lie beyond ordinary time-space... and being in them provides a “super-expansive” boost to your creative energy — even in difficult times. In this module, Evelyn will support you to journey beyond your usual map.

You'll discover:

- Why Freyja is always in search of her “lover,” Óðr
- How **shamanic journeying beyond the map actually turbo-boosts your brain and creative energy**
- How contracting in the face of fear is detrimental
- How moving beyond the known is a **path to finally conquering your fears**
- **Proven strategies for shaping and remembering your dreams**

Module 7: Experience a Shamanic Ceremony Into the Radiant Field of Infinite Vibrations to Renew Your Creative Energy



Ceremony is one of the most powerful tools in a shaman's toolkit. During this last session, Evelyn will guide you through a shamanic ceremony of *dismemberment* and *re-memberment* in the Radiant Field of Infinite Vibrations to help you renew your own creative energy.

Then, you'll perform a personal ceremony of celebration in concert with other participants all over the globe. Together, we'll weave creative energy to celebrate our renewal, and the renewal of the Earth!

You'll discover:

- The power of **shamanic dismemberment for healing and renewal**
- How ceremony can assist in magnifying your intent
- Why your personal ceremonies have effects beyond just you
- How crafting ceremonies can also be good for the planet
- What it's like to **unite your ceremony with hundreds of others**

What Graduates of Evelyn's Courses Are Saying...

— **Susan Cromwell**: *"Evelyn Always Manages to Open Me Up and Allow Me to Hear Something in a New Way"*

"I discovered links and spirit guides in my past consciousness that I didn't know I had."

I really enjoyed this course on so many levels. I learned so much about Norse mythology. Evelyn Rysdyk made the course interesting, fun, and inspirational. I discovered links and spirit guides in my past consciousness that I didn't know I had. A must-do for shamanic journeying!

— **Denise Flinchbaugh**, *Elizabeth, Colorado*

"... I gained knowledge, direct wisdom, and healing..."

I gained knowledge, direct wisdom, and healing — and a welcome community of practitioners that are ongoing gifts from this course. Evelyn was such a brilliantly heartfelt, generous, and skilled facilitator. So appreciative of all her caring and offerings.

— **Jamie Lantz**, *San Francisco, California*

“... a deeper sense of purpose and vision for my own life...”

This course with Evelyn helped me develop a deeper sense of connection with my ancestors and spirit guides, which in turn has given me a greater sense of peace and groundedness... I definitely left this course with a deeper sense of purpose and vision for my own life, and feeling more clear about the direction I want to take in my own personal and professional life.

— **Anonymous**

“... leading to a higher level of consciousness and a real experience.”

There is so much input and I love how Evelyn Rysdyk lives that source. I couldn't believe how strong her guidance was. For me it was leading to a higher level of consciousness and a real experience. Thank you so much for your different gateway of seeing.

— **Gregor Schweizerhof-Schnepper**, *Mühlacker, Germany*

“... profoundly healing.”

Really helped me understand that all of us are here because we come from a lineage of survivors who have weathered very difficult times in the past. The myths and stories and rituals that supported me to contact ancestors and shamans from the path were profoundly healing.

— **Laura Anderson**, *British Columbia, Canada*

“... a deep connection with... ancestors and helper spirits.”

This is a wonderful course. Evelyn is so knowledgeable and supportive. She has made this ancient wisdom very accessible to our modern culture. I cannot recommend this course enough to anyone who wishes a deep connection with their ancestors and helper spirits.

— **Karen Poole**, *Clackamas, Oregon*

“... so many insights into myself, my history, and my potential.”

Taking this course was a beautiful and truly life-changing experience. The lectures and guided journeys brought me so much healing, so many insights into myself, my history, and my potential. I have learned and experienced things that I will definitely carry forward as I continue to grow and learn. I am deeply grateful to have found this.

— **Nicole**, *Long Island, New York*

“... I am more aware of my place in the Universe. My depression is lifting.”

Insight I gained from this course has helped me on my journey to healing. I came into this course as a disabled RN. At the end of the course, I am more aware of my place in the universe. My depression is lifting. I am empowered to continue on my journey and live a full life.

— **Paula**, *Gainesville, Florida*

“... gave me the missing piece to integrate [40 years of spiritual practice].”

After over 40 years of spiritual practice across a pantheon of modalities this course gave me the missing piece to integrate all of it. Powerful integration is happening for me and a deep sense of who I am, beyond the current personality, at a soul level. As a result, I have a sense of who I am and what I am here to do, be, and have. This class gave me the intellectual construct to re-imagine the multiverse, the experiential guidance to deepen into greater awareness, and a passionate reconnection to the natural world.

— **Elizabeth O'Day**, Bothell, Washington

“[Evelyn] led me into places within myself that I might have never experienced without her teachings.”

Wow! That's all I can say! Evelyn Rysdyk is an incredible teacher that led me into places within myself that I might have never experienced without her teachings. She has a gifted way of opening up possibilities and sharing new ideas that makes me curious and excited to learn more! Her work has helped me to grow in ways I never would have imagined!

— **Carlene**, Maine, USA

“... helped me begin to cultivate my relationships with visionary ancestors and see a way forward in these tumultuous times.”

Evelyn is a wise woman and amazing teacher. Each class was a direct transmission from her and the guiding spirits. This course helped me begin to cultivate my relationships with visionary ancestors and see a way forward in these tumultuous times. I can't wait to see where this journey leads!

— **Susan**, Corvallis, Oregon

More Praise for Evelyn Rysdyk...



“She shares her deep wisdom with humility and great generosity of spirit.”

Evelyn Rysdyk has written an invaluable shamanic resource that is at once expansive and concise. She shares her deep wisdom with humility and great generosity of spirit.

— **Mama Donna Henes**, Author, urban shaman, and spirituality columnist for HuffPost, Beliefnet, and UPI



“... reminding us of our deepest sense of connection and purpose...”

Life is a sacred work... how easy it is to forget that in the rush of daily life! And how wonderful it is when a book like [Evelyn's *Spirit Walking*] comes along, not only reminding us of our deepest sense of connection and purpose, but offering wise guidance to help us get back to it.

— **Hillary S. Webb**, *Author of Traveling Between the Worlds: Conversations With Contemporary Shamans*



“... all her deeply rooted energy and spirit-guided words...”

I loved that I could feel the profound wisdom of many years of experience flow through Evelyn's writing in such a personal way. It feels like she's teaching you directly, with all her deeply rooted energy and spirit-guided words... At a time when life can seem so crazy, we need to become Spirit Walkers now more than ever!

— **Colleen Deatsman**, *Author of The Hollow Bone: A Field Guide to Shamanism and Seeing in the Dark: Claim Your Own Shamanic Power Now and in the Coming Age*



“... helps us understand... the latest findings in physics, psychology, and ecology.”

What I love about listening to Evelyn Rysdyk discuss shamanism is her ability to combine ancient lore with modern science so seamlessly that you would swear you can't have one without the other. With the lyrical voice of an artist she taps into our memories of old, “forgotten” ways and helps us understand them in terms of the latest findings in physics, psychology, and ecology. She is a wonderful guide for spirit walking between the worlds. Walk with her.

— **Tom Cowan**, *Author of Fire in the Head and Yearning for the Wind*

About Evelyn Rysdyk



Evelyn C. Rysdyk is an internationally recognized shamanic practitioner and bestselling author whose titles include *The Norse Shaman... Spirit Walking: A Course in Shamanic Power... A Spirit Walker's Guide to Shamanic Tools...* and *The Nepalese Shamanic Path: Practices for Negotiating the Spirit World* with Indigenous Nepali jhankri Bhola N. Banstola. She also contributed to *Spirited Medicine: Shamanism in Contemporary Healthcare*. Along with her writings, Evelyn is an impassioned teacher and a featured presenter for global online programs.

For over 30 years, Evelyn has delighted in supporting people to remember their sacred place in All That Is. Whether through face-to-face contact with individual clients, workshop groups and online participants, or through the printed word, Evelyn uses her loving humor and passion to open people's hearts and inspire them to live more joyful, fulfilling, and purposeful

lives. She affirms that as people awaken their full selves, they are much more likely and able to make their unique contributions toward transforming our world.

Still somewhat surprised that the spirits shapeshifted her from a visual artist into a writer, she finds creative inspiration and renewal on the coast of Maine.