

## 25.-27. September – Graz | Austria

Time: Fr. 17-20/ Sat-Sun: 9-18 (incl. breaks)

Price: 150€ / 120€ reduced

Venue: Volksgartenstrasse 8, 8020 Graz

# The Foundation of Shamanic Practice

with Damon Smith

## How Chalicity, Amsgar and Boe Bychig create the bedrock of all Shamanic Practice.

Shamanism has been passed on from the guide/shaman to his/her apprentice over millennia, often hidden in plain sight in form of esoteric practices, secret societies or societies with secrets. Many shamans the world over feel that now, maybe more than ever in the history of mankind, there is a great need for humans to regain at least a little of that knowledge. In this seminar you will not find your spirit animal or have an outer-body experience. Instead you will get hands-on introduction into the first stages of shamanism: Chalicity, Amsgar and Boe Bychig.

### 1. CHALICITY

The foundation of everything is Chalicity. It is a state of being that can be developed over time in which one becomes like an empty vessel. It is comparable to non-imaginative meditation. This stage is a prerequisite to „let the nature in“.

Chalicity has 3 aspects:

- Bat - Spiritual Resilience
- Torshilteen - Return to innocence
- Gukhakh - Alchemical Unity

### ABOUT SHAMANISM

Shamanism is a living, breathing tradition that has been with us since the dawn of the human race. There are no beliefs in Shamanism. Everything is testable. The idea is, that you can gain direct knowledge of the universe by using nature as your teacher. So, essentially, shamanism can be described as a set of techniques that give you increasing levels of insight into nature. Since its teachings come directly from nature it's possible to tap into it anywhere we have access to nature. The first stages work with the part of nature closest to us: our bodies. Being by far the oldest spiritual practice known to us, shamanism evolved all over the globe more than 50,000 years ago. Practices from widely separated regions contain astounding similarities to each other, the differences being mainly in the socio-cultural contexts that led to different ritualistic expressions. Remnants of these „observations of nature“ are found everywhere on the planet in most of the major (and minor) esoteric and exoteric practices. One simple indicator of this is the idea of a trinity: heaven-earth-hell, Brahma-Visnu-Shiva and the branches, trunk and roots of the World Tree are just a few examples of this. All shamanic practice has evolved around principles that appear to be simple. Since we are, on a fundamental level, a part of nature, we look to nature to gain knowledge about our environment, the changes therein, and the changes within ourselves which lead us to a kind of "wisdom behaviour" in order to raise the probability of survival and to lead a more harmonious life.

### ABOUT DAMON

Damon has been practicing martial arts for over 40 years, studying under native Chinese, Japanese and Mongolian teachers. He studied and researched on the ground in both China and Japan, exploring the roots of the martial arts in the esoteric and shamanistic traditions of the Far East, and in 1994 was awarded an MA in East Asian Studies by the University of Leeds. Damon is the editor of both the Western White Tiger I-Ching and the Concordance to Ofudesaki, is the author of the book Xing Yi Bear Eagle, co-hosts the Woven Energy Podcast on Shamanism with Joe Sykora, and holds the Yongquan Martial Arts Association's highest teaching certification. Damon currently works as a consultant at Cambridge University.

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### 2. AMSGAR

Having attained a non-imaginative state of being - a state of not thinking (= Chalicity) - we can slowly start observing ourselves and the changes of „energy“ within our own body. This stage or phase is called Amsgar and is closely linked to our breath. There is a wide array of practices using breathing techniques that also include the voice. Amsgar can also be described with the often used word „Mindfulness“.

### 3. BOE BYCHIG

Boe Bychig arises as we progress in our own practice: we start not only to observe the changes within ourselves, but also naturally start to observe how we can interact with the energy in our immediate environment. This leads to spontaneous movements that have their impetus from the „energy“ that surrounds us. An English word used for Boe Bychig is Spirit Dance.