



SPIRIT *of* WINTER

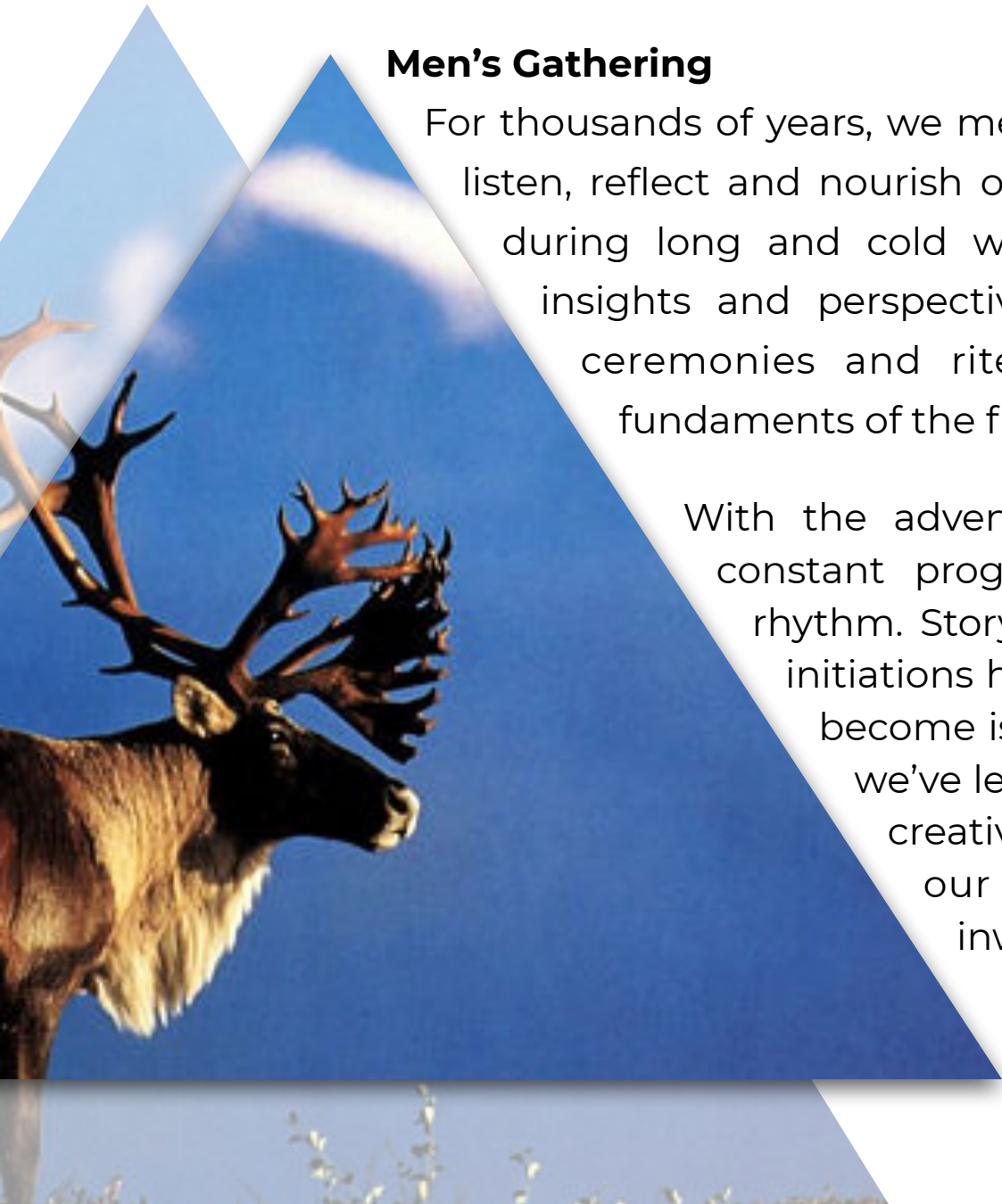
MEN'S GATHERING
2020

SPIRIT OF WINTER

Men's Gathering

For thousands of years, we men have gathered in counsel to share stories, listen, reflect and nourish our connection to ourselves. Around the fire, during long and cold winters, our ancestors shared their dreams, insights and perspectives. They developed myths, stories, songs, ceremonies and rites of passage, which then became the fundamentals of the first societies.

With the advent of modern society and its demand for constant progress, we have lost touch with our inner rhythm. Storytelling no longer happens in circles, sacred initiations have been lost or distorted, and we men have become isolated. In order to act as men in this society, we've learned to suffocate our dreams, emotions and creativity. As a result, we're losing the connection to our own nature and the capacity to listen inwards.



Spirit of Winter is a journey back to our innermost nature. A place for deep connection with ourselves and each other. In this shamanic circle of men, we're invited to break the imprisoning chains of our inherited social constructions and meet our free, wild and instinctive core.

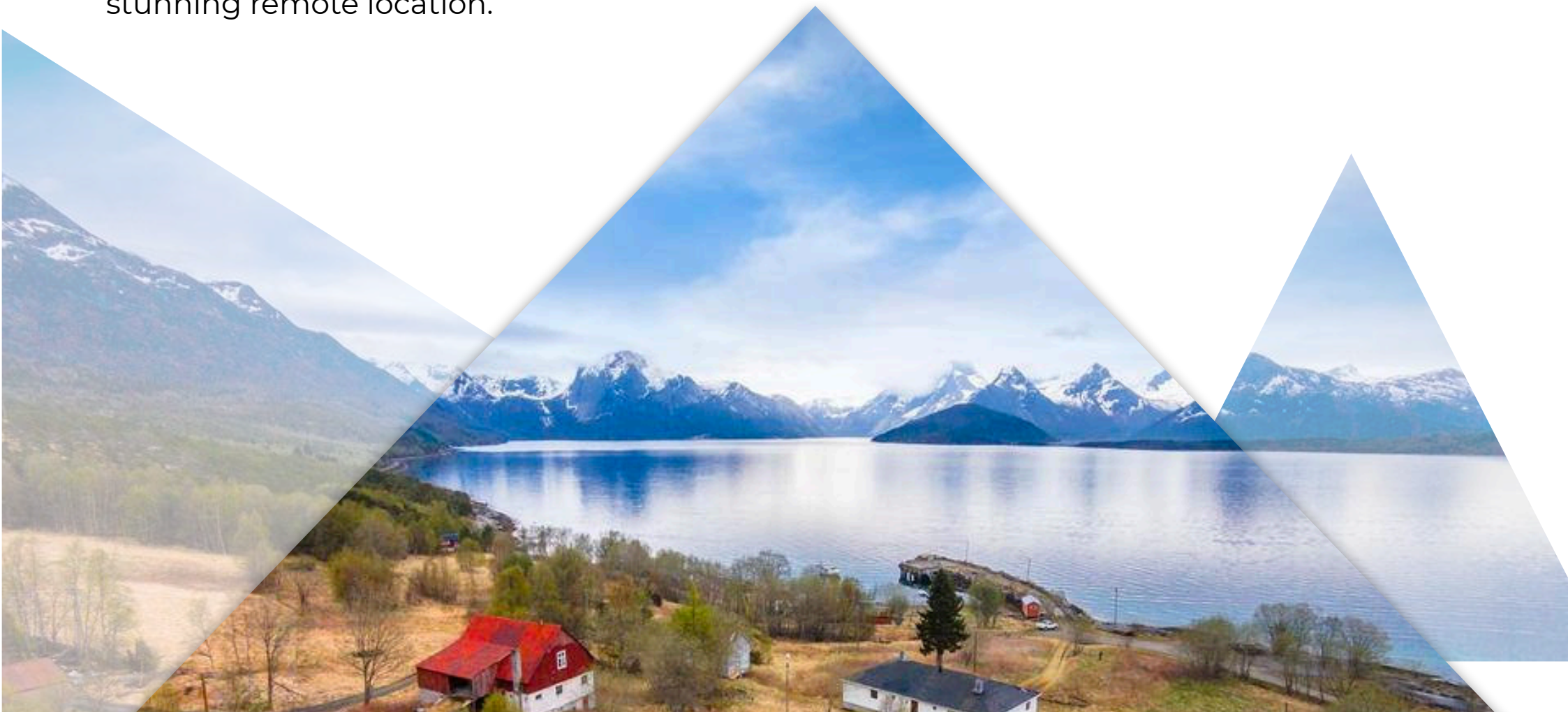
In the stillness of the quiet and cold winter, we will enter the depths of our own cave. We will disconnect from the outside world in order to nourish our core, integrate our past, align our emotions and recycle our ideas. Spirit of Winter is a journey inwards to find our strength, personal power and creativity, and once again sprout with clarity, passion and purpose in our lives.



Location

Northern Lights Shamanic Centre
Lysvoll, 8540 Ballangen, Norway

One of the most well-preserved natural sanctuaries of Earth, inhabited by reindeers, moose and wolves, where the northern lights paint the sky with stories and illuminate our reflections. The Northern Lights Shamanic Centre offers comfortable accommodation in a stunning remote location.



Dates

February 10-16, 2020

Cost

\$2,000

Including full program, accommodation, co-created vegetarian meals and shuttle transfer (not including flights to/from Kiruna, Sweden).

Registration

Send an email to ruda@primalsource.org or nils@wishful.se



Our Methodology

Spirit of Winter combines the methods and guidance of two professional shamanic facilitators, bridging modern knowledge and timeless wisdom:

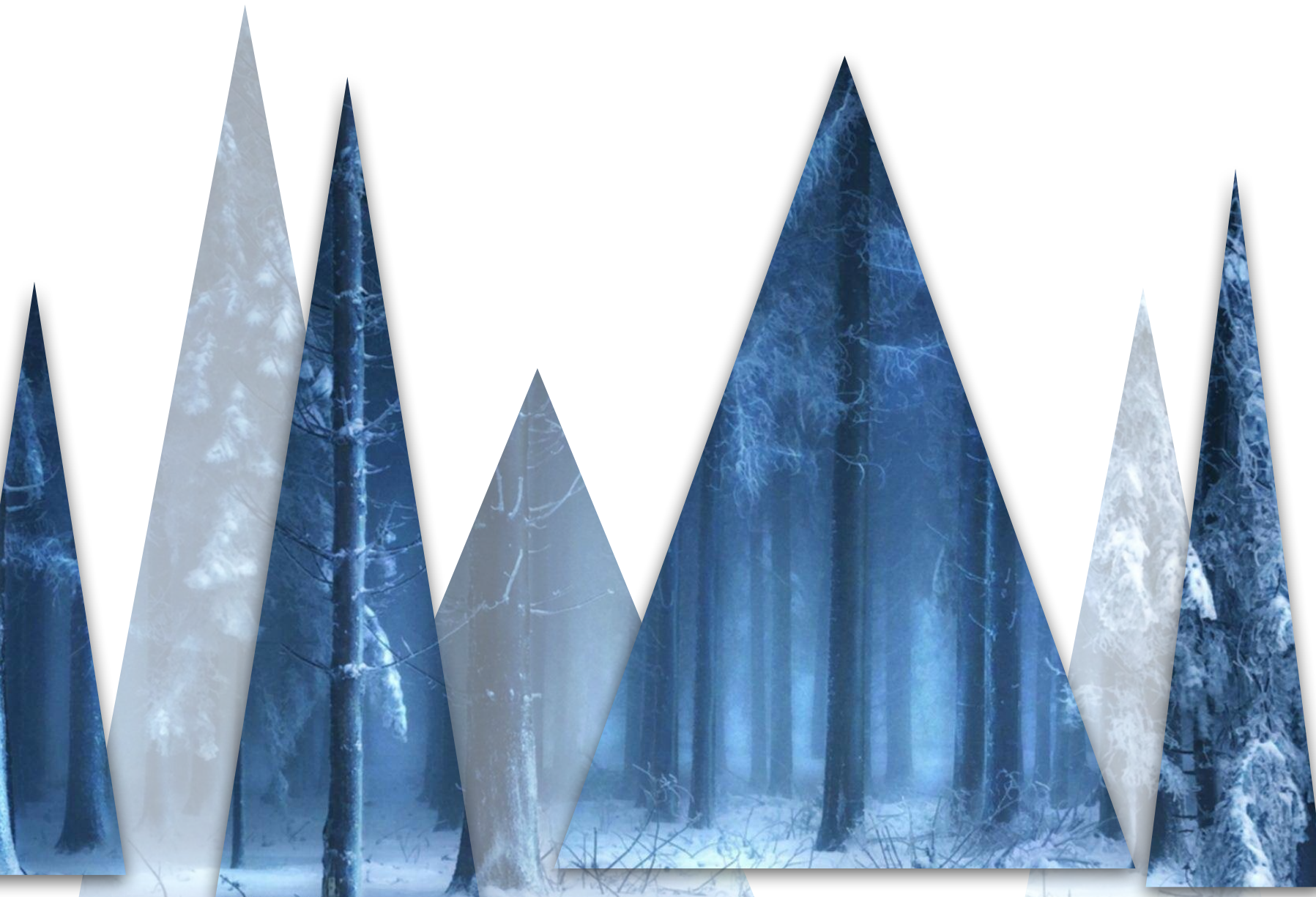
Primal Source Self-Development by Rudá landê

The Primal Source system is a modern self-development program based on a shamanic understanding of life. Working on our concepts, emotions, instinct and body, it promotes an understanding of the unconscious processes that shape our reality, while also offering a path to awakening, to freeing oneself of these internal limitations and accessing one's true nature - the raw source of our personal power. Primal Source is developed through the application of several languages that reach beyond that of the mind, languages such as music, arts, symbols, movement, body work and meditation, which allow us to directly access and develop the potentials latent in the several dimensions of our being. Such methodology is pragmatic and also intuitive, and seeks to balance, activate and integrate both hemispheres of the brain.

Shamanic Coaching by Nils von Heijne

Shamanic Coaching is a method combining shamanic bodywork with modern-day coaching techniques and sound meditation practices. It's an approach to finding answers within our core so we can better overcome our personal challenges and find our true path in life. Through explorative mind work, cleansing body work, sound baths and sonic

acupressure, Shamanic Coaching locates and releases physical, psychological and emotional blockages, opening paths for the natural flow of health, consciousness and prosperity.



Facilitators

Rudá landê

Ruda lande is a Brazilian contemporary shaman. From an early age, Ruda has immersed himself with and learnt directly from Amazonian tribes. For more than 25 years he has studied the depths of human beings from the most diverse scientific and spiritual perspectives. Ruda lande is a world-renowned professional and has helped thousands of people change their lives. He has worked with some of the most brilliant and creative talents of our times.

More information can be found at **rudaiande.com**

Nils von Heijne

Nils von Heijne is a Swedish shamanic coach. For 15 years he has been one of Sweden's prominent serial entrepreneurs and communications professionals, leading innovative teams and guiding change makers around the world. Nils has expanded his work into modern coaching techniques (incl. NLP, Arrow and NÖHRA-F), integrating meditation and shamanic traditions. He uses these techniques to help his clients directly communicate and act from their source.

More information can be found at **nilsvonheijne.com**

A misty, blue-toned forest scene. The ground is covered in snow, and the trees are dark and silhouetted against the light mist. The overall atmosphere is serene and quiet.

WELCOME TO CONNECT WITH
YOUR INNER SPIRIT