

• THE SCHOOL OF •

SHAMANIC WOMANCRAFT

2024 FOUR SEASONS JOURNEY
COURSE PROSPECTUS



The School of Shamanic Womancraft acknowledges that this school was birthed on the lands of the Gundungurra People of the Yuin Nation.

We acknowledge that the land was never ceded and we recognise that the Yuin people have cared for this country over thousands and thousands of years. We express our deep respect and gratitude for all Elders past, present, and emerging.

We acknowledge that the school gathers on many lands and we pay our respects to the traditional custodians of the lands. We strive to strengthen our collaboration with Indigenous peoples in order to further our understanding and connections to country.

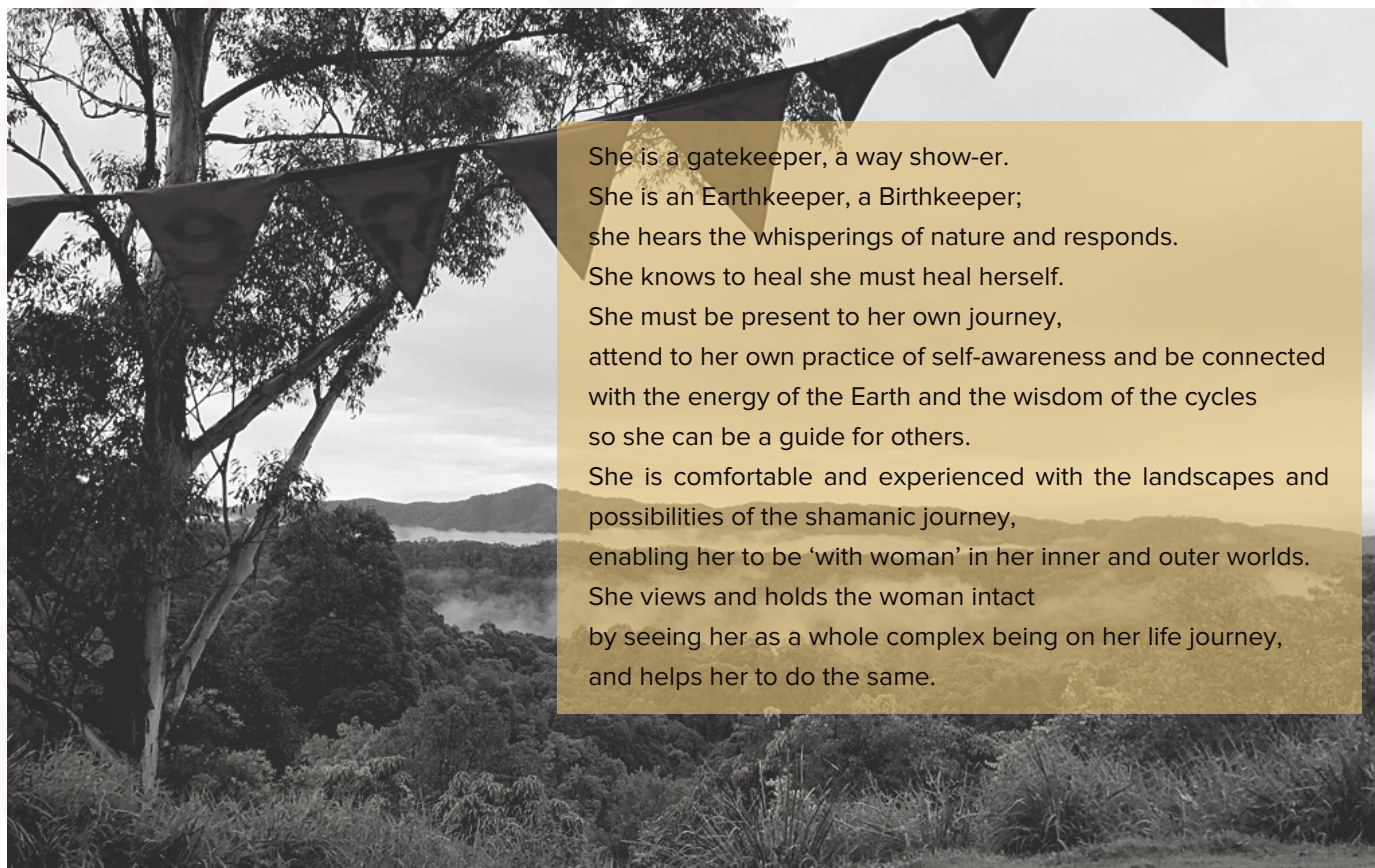
WWW.SCHOOLOFSHAMANICWOMANCRAFT.COM

WHO IS THE SHAMANIC CRAFTSWOMAN?

The Shamanic Craftswoman guides a woman through the experiences of menstruation, pregnancy, birth, mothering and menopause helping her see the relevance of what happens and the lessons and gifts of the issues and situations that arise for her.

Working from the premise of “Healer Heal Thyself,” the Shamanic Craftswoman must be present to her own journey, attending to her own practice of self-awareness and be connected with the energy of the Earth and the wisdom of the cycles.

She is resilient, adaptable and strong. She is the woman the earth needs now.



She is a gatekeeper, a way show-er.
She is an Earthkeeper, a Birthkeeper;
she hears the whisperings of nature and responds.
She knows to heal she must heal herself.
She must be present to her own journey,
attend to her own practice of self-awareness and be connected
with the energy of the Earth and the wisdom of the cycles
so she can be a guide for others.
She is comfortable and experienced with the landscapes and
possibilities of the shamanic journey,
enabling her to be ‘with woman’ in her inner and outer worlds.
She views and holds the woman intact
by seeing her as a whole complex being on her life journey,
and helps her to do the same.

THE ART OF FACILITATING TRANSFORMATION

Shamanic Womancraft is an art, a process and a modality that is aimed at supporting transformation and change through knowing oneself and reclaiming the lost parts of ourselves through the wisdom of the cycles, and our rites of passage.

Studying with the School of Shamanic Womancraft opens the door to practice with this modality in a number of ways, from holding circles, personal or communal ceremonies and rituals, creating community gatherings and drum making workshops. Each woman is developing their own expression of the work or doing further training to become teachers of this work and offer 1:1 sessions with the Shamanic Womancraft modality.

"The Four Seasons Journey brought me so much joy during a really dark time in my life. It gave me a space to be vulnerable when I needed it the most, It was without a doubt one of the best experiences of my life."

FOUR SEASONS JOURNEY

The program (4SJ) runs over a year and involves exploring our personal connections with the Earth, the Divine Feminine and our Selves.

This program invites women to attune to their cyclical, transformative nature, as well as their relationship with each other, in a powerful sisterhood that provides a one-of-a-kind context in which to undertake significant inner work.

COURSE STRUCTURE

- Opening Gathering - 2 nights, 2.5 days
- Full Moon Gathering - 2 nights, 2.5 days
- Dark Moon Gathering - 2 nights, 2.5 days
- Wilderness Solo - 8-11 days/nights
- Wilderness Solo Debrief - 2 nights, 2.5 days
- Closing Gathering - 2 nights, 2.5 days
- 6 One Day Workshops
- 5 Coursework Modules
- Year long mentoring



COURSE CONTENT

Each Journey Woman will be Midwifed to:

- Make, understand and work with the drum.
- Learn ceremonial and ritual practice fundamentals.
- Access one's guides, teachers, power animals.
- Understand inner and outer Goddess energy and the 'many faces of the Goddess.'
- Understand Earth energies and practice as an Earth Priestess.
- Understand and work with the menstrual cycle and life seasons and the lunar cycle.
- Participate in a Wilderness Solo.
- Understand and work with the body-mind (body as mirror of mindset).
- Understand the history/herstory of women, midwifery, and shamanism.
- Understand and work with archetypal energies, the collective unconscious.
- Gain an awareness of the realms, other than the physical, that influence outcomes.
- Serve their community as Earth Priestess – teaching and conducting ceremonies, rites of passage etc and to serve their community as priestess –conducting maiden's and women's circles, and serving as mentor.
- Teach the skills and tools for the practice of Shamanic Womancraft.
- Find the aspect of the 'work' that appeals to her, so that she can develop this and teach/facilitate this in her community.

"The Shamanic Journey is about going 'beyond' and then returning with information and insights about where you've been, and to whatever degree anyone of us brings back a piece of the bigger picture we can then contribute it to the continuing development of the human spirit." James Blackbear Harvey

ELEMENTS OF THE 4SJ CURRICULUM

The core of the curriculum is to "know thyself" and to know your inner world. You will work deeply with the Shamanic Realms and Shamanic Consciousness and be able to describe, experience, understand and finally facilitate transformative processes for yourself and others.



You will gain an understanding of the Shamanic Journey and explore the other worlds and realms and come to know and work with the Shamanic Journey within the wisdom of the cycles: the lunar cycle, dream work, earth seasons and sabbats, life seasons and rites of passage, menstrual cycle and blood mysteries and the cycle of transformation.

You will develop an understanding of non-ordinary states of reality, going beyond our senses, marrying the modern and the ancient, the symbols and metaphors of your inner landscape.

You will learn skills to be able to facilitate women on their journey through their rites of passage and their soul's journey.

SKILLS, PRACTICES AND OUTCOMES

Self Enquiry

Develop personal awareness of one's own story
Explore your experiences of menarche, pregnancy, birth and menopause
Navigate the shadow self and subconscious realms

Self Awareness

Daily charting of menstrual and lunar cycle
Identify your 'access sense' and dominant Goddess archetypes
Understand the influence of Lilith, Chiron and Goddess asteroid placements in your astrology chart

Spiritual Practice

Meditation and visualisation
Conscious Menstruation
Reconnect with the lunar cycle for women who aren't menstruating
Make Moon prayers and Blood prayers each month
Shamanic Drum Journey work

Group Process

Craft your own Shamanic tools ie: frame drum, medicine bag etc
Design and create a mask of your Animal Ally
Participate in a trance dance ritual
Participate and create healing rituals and ceremonies
Re-enact an ancient myth in ritual form
Co-create sacred space and circle
Co-create the women's village on the Wilderness Solo camp

Community

Create a ceremony for another woman e.g. Menarche or Mother Blessing
Make yourself available as a mentor for a woman in your community
Start a Women's and/or a Maiden's Circle in your community
Join a global community of women

GRADUATION AND APPRENTICE PROGRAMS

Upon completion of the 4SJ program each student graduates as a Shamanic Craftswoman and with encouragement and support, take their womancrafting ways out into the world. The way they individually do this, will create the tapestry that is the legacy of the School of Shamanic Womancraft (SSW).



A graduate of the Four Seasons Journey receives a Certificate of Completion as a Shamanic Craftswoman, which allows her to be insured as a practitioner of the modality of Shamanic Womancraft. Our graduates have gone on to hold circles, rites of passage ceremonies, retreats, drum making workshops, etc.

Graduates have the opportunity to enrol in the Apprentice Program:

Four Seasons Journey Apprentices Program

For graduates who wish to become facilitators of the 4SJ program in their communities on behalf of SSW.

Workshop Apprentice Program

For graduates who wish to become 'Moonsong', 'Shamanic Dimensions of Pregnancy' or 'Autumn Woman, Harvest Queen' workshop facilitators and teach these programs in their communities on behalf of SSW.

Praxis

For graduates who want to deepen their knowledge and increasing their skills to be able to work 1:1 with people across all ages and genders with the modality of Shamanic Womancraft. Praxis is taught by Jane Hardwicke Collings.

"The great gift of the 4SJ is that it is a rare space where wildness is allowed to grow, where the old ways of learning are remembered, where the gifts of our passages of life are honoured and where we can reclaim our wholeness."

"The 4SJ has completely changed how I see myself and what I can do and have done. It was a transformational shift in how I see the world and my place in it and the potential we all carry inside us"

ONE DAY WORKSHOPS

To fulfil the course requirements for the 4SJ, students need to attend a total of 6 Workshops, 2 each of Moonsong, Shamanic Dimensions of Pregnancy and Autumn Woman, Harvest Queen.

Required attendance at all 6 of the one day workshops is covered by 4SJ course fees. Workshops are open to both the public and students of the School of Shamanic Womancraft. You can complete your attendance at the 6 workshops outside the year of your 4SJ.

A full list of workshops, teachers, dates and events can be found at our website on the calendar page or in our [programs](#) pages. Student's travel and accommodation costs for workshops incurred over the 4SJ year are their own responsibility.



Moonsong is a workshop for women from menarche onward, sitting together in a circle, reconnecting with feminine knowledge and remembering the wisdom of the cycles.

Using the circle and the ever-repeating cycle of menstruation, moon phases, life and earth seasons, participants reconnect to a wisdom and inner knowing that forms the basis of the experience of being female.

Practical information and creative and transformational processes will be shared to reconnect us to our inner wisdom and the magic that is the essence of female-ness – the blood mysteries, the spiritual practice of menstruation, the rites of passage of the menarche, childbirth and menopause.

Shamanic Dimensions of Pregnancy workshop is focused on what lay beneath...

With prior preparation contemplating our life experiences, we will do some shamanic processes to understand the origins of our beliefs, attitudes and fears around creativity and birth.

Seeing the connection between how we were born, our menarche (first period) and the stories about the women in our family, as well as any experiences of pregnancy and giving birth we have had so far.

We will create a fire ritual, release our fears, journey with the drum to meet the baby, soul baby, or inner goddess to seek guidance and clarity.



Autumn Woman Harvest Queen is a workshop exploring peri-menopause and menopause as a significant rite of passage in a woman's life.

As our fertility wanes we move from the summer season of our lives to the autumn. This is a time to claim all that this life season has to offer as we shift into our wise woman years.

After Mother, before Crone, is the time of the Maga – the Matriarch, the Enchantress, the Harvest Queen. How do we harvest the richness of our lives in our autumn life season?

We will explore how to harness the transformational powers, responsibilities and opportunities of menopause.



SCHOLARSHIP PROGRAM

The School of Shamanic Womancraft is a community of women united by a revolutionary impulse for social change and healing.

We offer the Four Seasons Journey educational programs to women of all ages and circumstance.

Our Scholarship program offers women in financial need the opportunity to attend our courses. We offer partial scholarships and work trade opportunities to women to be able to attend a Four Seasons Journey.

Partial scholarships cover a portion of the course fees, and work trade is offered on a skill-based need. The remainder of the course fees need to be paid on a long payment plan.

Recognising that we work on unceded lands, we offer scholarships to Indigenous women as a priority,

Our Scholarship program takes into account a woman's financial situation, and we welcome applications specifically from:

- Indigenous women
- women of colour
- single mothers
- those on a low income
- and/or those in other circumstances which may put them in an "at-need" or "at-risk" disadvantage.

If you fall within one or more of those categories listed above or find yourself in reduced financial circumstances and if the remaining course fees will be affordable to you over a 12-month period you are welcome to apply for a scholarship.

NDIS and Victims of Crime recipients may be eligible to access funding for our courses.

For details or for more info please go to www.schoolofshamanicwomancraft.com/scholarship for information and application.



CAMPING AT GATHERINGS

Camping on the land helps ground and connect a woman to a place, to feel the earth beneath her, and is an important aspect of the Shamanic Womancraft way.

For the 4SJ gatherings, students coming solo and those with young babies not requiring a support person will be camping in tents on the land where all teachings and ceremonies will also happen. Some 4SJ's may be held at venues where accommodation is already provided. Please check location of the 4SJ you are planning to attend for specific details on accommodation.

CATERING

All catering is organic, locally sourced with all dietary requirements considered and catered for. At each 4SJ gathering, all meals are provided onsite and shared communally. Support people are welcome to pay and join communal catering. Babies and toddlers attending eat at no charge.

CAMPING EQUIPMENT

A specific "What to Bring" list for camping gatherings will be included in the coursework you will receive in your online student portal.

You will need to bring your own equipment for sleeping (tent, mattress, sleeping bag) and extra things like a folding chair if you need for circle.

BABIES AT GATHERINGS

The School of Shamanic Womancraft (SSW) is a school for women of all ages and circumstance and thus welcomes mothers and babies and children to gatherings as the valuable members of our community that they are. The Four Seasons Journey work honours and holds a strong space for mothers with babies who seek to do the journey and makes an effort to accommodate this dynamic as much as possible - in fact the babies are known as the VIPs, honouring us with their presence.

Babes in arms can be included in all circles. Very mobile breastfed toddlers and older children need to have a support person in attendance who cares for them exclusively, bringing them to their mother for feeds when necessary. Mothers can come and go from the proceedings as needed and will be accommodated as much as possible to do this.

The 4SJ gatherings need to flow, one 'process' after another, and so children need to be able to move within that via their support person to allow it to all keep going. The flow and potential of the gathering works best when it is not disturbed by outside energies.

To minimise disruption to the 4SJ group, support people and children need to have a separate space to be together during the gatherings such as a living / sleeping area away from the main activity.

This allows the 4SJ women the private, undisturbed space needed to stay engaged in the work they have come to do. This space is dependent on availability at the venue and options will be discussed on application.

There isn't space on the Wilderness Solo for support people, so it works best that only children who need to be with their mother come along. Mothers with babies and children as well as 4SJ Apprentices will stay at basecamp or an alternative experience may be offered. Wilderness Solo needs to be done alone.

Please let us know when you confirm your enrolment, whether you are planning to bring your baby or young children to gatherings over the 4SJ year.





**SEQUOIA
GLASTONBURY**



**LUA MIGNOT
HODGES**

BYRON BAY NSW

Dates for the Byron Bay Four Seasons Journey 2024

GATHERING	START DATE	END DATE
OPENING GATHERING	12pm Friday February 16 2024	4 pm Sunday February 18 2024
FULL MOON GATHERING	12pm Sunday March 24 2024	4 pm Tuesday March 26 2024
DARK MOON GATHERING	12pm Wednesday June 5 2024	4 pm Friday June 7 2024
WILDERNESS SOLO	12pm Monday September 30 2024	4 pm Wednesday October 9 2024
WILDERNESS SOLO DEBRIEF	12pm Friday November 8 2024	4 pm Sunday November 10 2024
CLOSING GATHERING	12pm Friday December 13 2024	4 pm Sunday December 15 2024



SARAH MILLER



RAVEN
ABULHAWA

BALNARRING VIC

Dates for the Victoria Four Seasons Journey 2024

GATHERING	START DATE	END DATE
OPENING GATHERING	12pm Friday February 23 2024	4 pm Sunday February 25 2024
FULL MOON GATHERING	12pm Sunday March 24 2024	4 pm Tuesday March 26 2024
DARK MOON GATHERING	12pm Wednesday June 5 2024	4 pm Friday June 7 2024
WILDERNESS SOLO	12pm Monday October 7 2024	4 pm Wednesday October 16 2024
WILDERNESS SOLO DEBRIEF	12pm Friday November 22 2024	4 pm Sunday November 24 2024
CLOSING GATHERING	12pm Saturday February 1 2025	4 pm Monday February 3 2025



**RAVEN
ABULHAWA**



**JULES
GUNDLACH**

BLUE MOUNTAINS NSW

Dates for the Blue Mountains Four Seasons Journey 2024

GATHERING	START DATE	END DATE
OPENING GATHERING	12pm Friday March 1 2024	4pm Sunday March 3 2024
FULL MOON GATHERING	12 pm Friday June 21 2024	4pm Sunday June 23 2024
DARK MOON GATHERING	12pm Friday August 2 2024	4pm Sunday August 4 2024
WILDERNESS SOLO	12pm Tuesday October 29 2024	12pm Thursday November 7 2024
WILDERNESS SOLO DEBRIEF	12pm Friday November 29 2024	4pm Sunday December 1 2024
CLOSING GATHERING	12pm Saturday February 15 2025	12pm Monday February 17 2025



COSTS

We are offering a 10% discount until September 21, 2023

FULL FEE PAYMENT

\$9240.00 Includes GST

\$660 DISCOUNTED FEE FOR SINGLE PAYMENTS

PAYMENT PLAN DEPOSIT

\$1890.00 Includes GST

FOR MONTHLY PAYMENTS. DEPOSIT COVERS OPENING GATHERING FEE AND \$500 ADMINISTRATION FEE

12 MONTHLY PAYMENTS

\$675.00 Includes GST
per month

REMAINDER OF COURSE FEES

GENERAL FEE TERMS AND CONDITIONS

Fees cover all accommodation, catering, materials, administration and mentoring costs at gatherings and support and mentoring during the year.

Travel costs incurred throughout the student's Four Seasons Journey are their own responsibility.

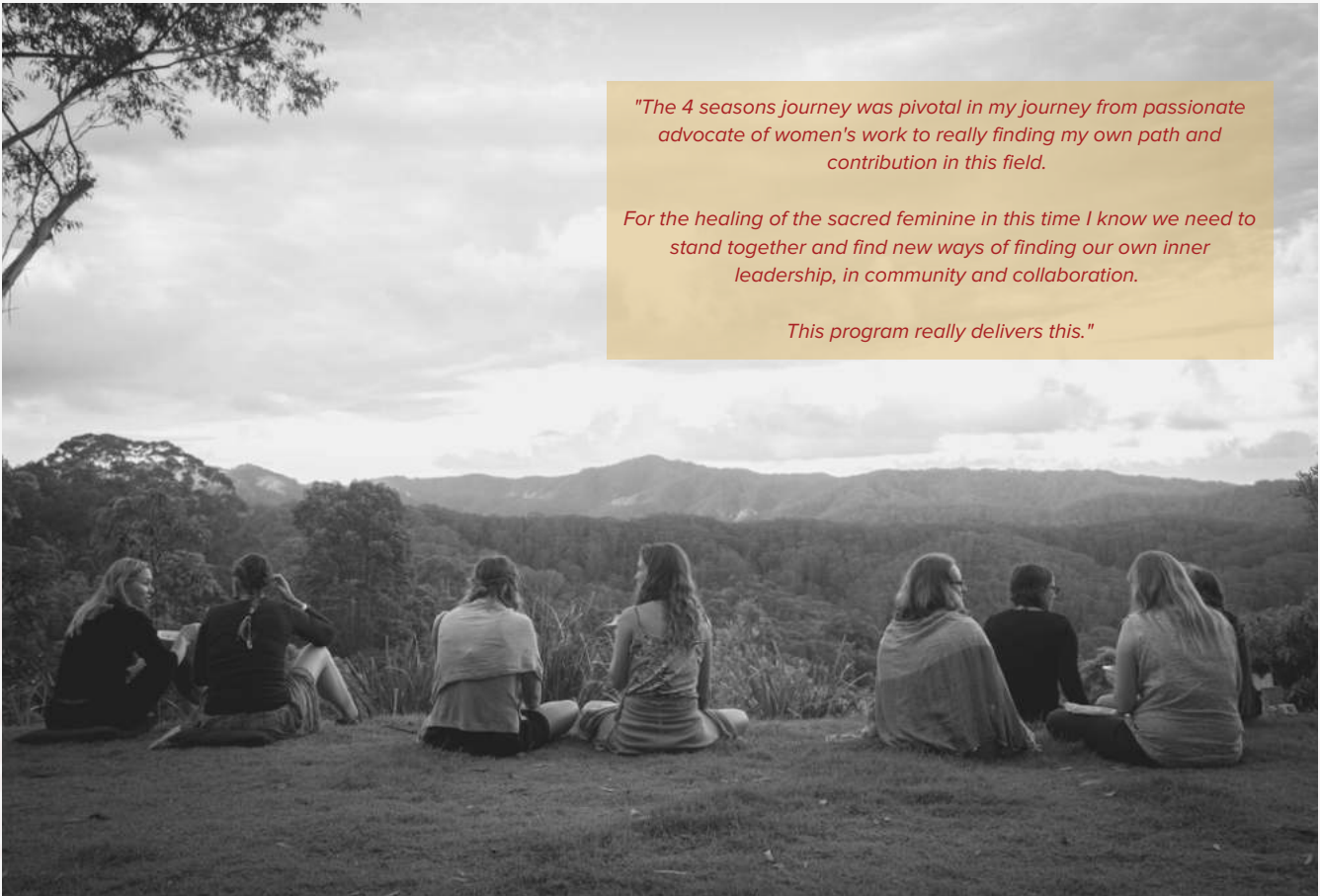
If you are unable to attend a gathering for any reason, you are still responsible to cover any fees owing. A make-up gathering will be created if possible.

[Terms and Conditions](#)

[Privacy Policy](#)

ENROLMENT

Please complete your **Four/Eight Seasons Journey registration process here**



Once payment and registration is received, we will be in touch via email to pass on more information and resources.

Your teachers will email you to arrange a Zoom or phone 'innerview' to discuss the 4SJ, the enrolment agreement and for you to share your 'herstory' so the teachers can learn how to best support you.

Prior to your Opening Gathering, we will email you with access to the online SSW temple. The Temple is a space where all of our current and former students have access to connect and grow the community.

You will be given access to your Four Seasons Journey course, which contains all of the readings, course material, preparation, e-books and audio recording you will need for the year.

All Four Seasons Journeys are subject to enrollment numbers and may not run if we do not have the minimum numbers to go ahead.

INTERNATIONAL COURSES

We are no longer offering the Four Seasons Journey outside of Australia.

For International students, we have our online course Earth Woman and are launching our signature international retreats in 2024.