

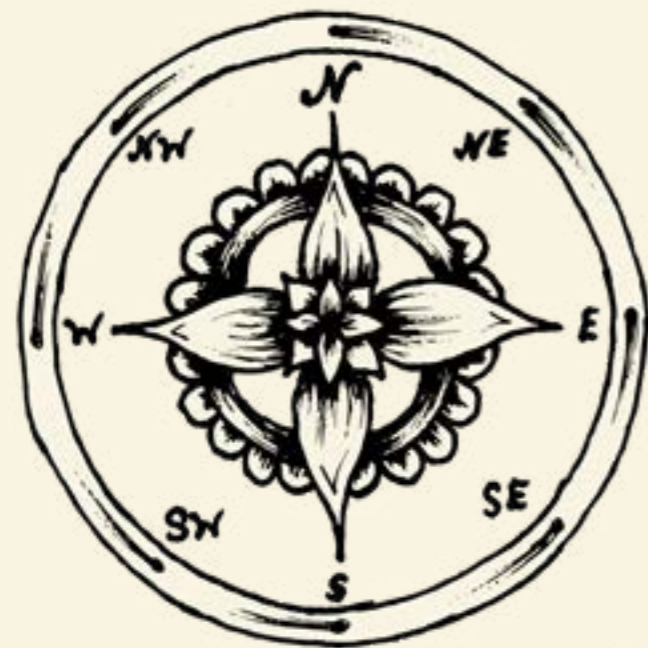
BIOSHAMANISM

**A COURSE
IN**

**EMOTIONAL BIO DECODING
CONSCIOUS CREATION
SHAMANISM SYMBOLOGY
& PLANT MEDICINE**



**AYAYNI HOUSE
COURSE SYLLABUS**



A Message from Joanna

To expand consciousness, we must share what we know with others and we must support them in embracing their self-empowerment. My most heartfelt desire for all of humanity is that they can become emotional beings because when we do this there is nothing to fear and nothing we cannot do.

After our first year of Bio Shamanism, and witnessing the rise in consciousness of our students and the remembering of what we came here to do, it is my great pleasure to share this revised syllabus with all of you who wish to do the same. When you take this leap your intention will resonate through your whole clan and the whole of humanity, which is what being a part of the Ayayni Tribe is all about.



- Joanna Shilson
Founder of Ayayni



Welcome to Ayayni House

Ayayni House has recently been birthed and our aim is to become a recognised school within Ireland, and perhaps internationally, in the coming years. It is a school for anyone who has a sincere desire to evolve to a new way of being, the way that you intended before you came. It is a school with great intention and we really hope that you will join us, as we make history together.

*A man is ill,
but the illness is nature's attempt
to heal him.*

– Karl G Jung



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A Course in Bioshamanism

We have developed Bio Shamanism to incorporate ancient shamanic knowledge with what we know today about emotional bio decoding, systemic therapy and symbolism. This is the medicine that we bring to you, the knowledge and the awakening of your own wisdom, your own shaman within, so that you can consciously create your own healing path through the decoding of your bodily symptoms and the symbology in your own experience and that of your ancestors.

This course in Bio Shamanism is an all-encompassing approach to the meaning behind our existence. However, we are offering much more than a course, we are offering an opening, an opening into the world of shamanism, ritual, emotional bio decoding and conscious creation. We are offering this course to anyone who has forgotten why they came.

The word Bio is derived from the Greek language and means life, and any study involved in how matter affects life, or a living organism, has this word at its root to describe that study. Biology is simply the study of living organisms and the logic of their existence. As living organisms' humans also have a logical purpose at their core and bio shamanism is how we discover

this truth. Our own truth is logical, and it is within us, our individual unconscious and everywhere around us, we need only to learn how to discover this logic.

If you consider that every mineral that exists in the earth below our feet, also exists in the cells of our bodies, we can easily draw the conclusion that we are simply manifestation of earth. All matter is alive or a part of life and if all matter contains life, then it is logical to assume that it contains spirit as well. If we are nothing but matter, then spirit is within us and there is no need to look for it outside of ourselves. This understanding is at the bases of our very existence, and this wisdom is found at the bases of Shamanism.

All ancestors have unhealed memories from war, epidemics, childbirth trauma, territory invasion, incest and premature death. In the planes, where neither time nor space exist, our ancestors are present with us, speaking to us and asking for our assistance in returning these trapped energies to a state of comprehension and of compassion. During the 12 months that we are together, we will use many theoretic methods as well as energetic experiences to integrate this truth into our lives. We will discover which of our ancestors we have affinities with and what these affinities are asking us to heal and recover in this lifetime. This is after all, what we came here to do.

This will give new meaning to your life experience, the past the present and the future. This learning experience will allow you to become a shamanic practitioner of your own making, as through your emotional process, as well as the wealth of knowledge that the Ayayni team will share with you, you will find your own truth and will naturally want to share it with others in your own authentic way.

In the same way that there is no separation between matter and energy, there is no separation in the material that we are offering during the course. So much so that in every module the material is weaved together in an organic way. Even so, for didactical reasons, we have found it necessary to divide the course material into two parts. We call the first part emotional bio decoding and conscious creation, the second is called shamanism and symbology. 🌀



Emotional Bio Decoding & Conscious Creation

Emotional bio decoding is a powerful modality where we can use the information in every physical symptom as a means to clear up far more than the physical symptom itself. In the different planes of existence, beyond the physical realm, time doesn't exist. If we can grasp this reality, then we can easily recognise that our ancestors are around us in every moment. Emotional bio decoding has proven time and time again that all physical symptoms have a direct thread to ancestral trauma, or pain that has simply not been felt. Therefore, when we access these planes of existence, where time is of no consequence, and we do it with the intention of healing our physical symptoms, we are accessing our ancestor's pain simultaneously. If we can access it, then we are able to release it for them, healing both our physical symptom and liberating the collective pain of our clan.

For our ancestors survival was their main, if not only, concern. Often their tragedies remain unfelt and locked in our family unconscious. When we come into this physical reality, our intention is

to unlock the related emotions for them. As children we forget this intention, and we go through life creating physical symptoms to remind us what we came here to do.

In short, with emotional bio decoding we can find the reason for our existence in everything from a stomach pain to a life-threatening disease!

We owe all of this to Dr Hamer who began to discover that every bodily symptom is caused by an emotional bio shock. The way that these shocks affect our bodily systems and organs is directly related to how these emotions are felt in each individual. For example, two individuals could experience similar situations and one could experience it as an attack on their worthiness and this bio shock would manifest in the bones. The second individual could experience it as a lack of protection and would create extra weight to protect themselves. How each individual experiences these similar situations depends very much on what has happened in their prospective clans.

These bio shocks happen in cycles during our lifetime as part of our biological reason for being, and we know about these cycles due to the studies of the psychologist Marc Fréchet and his findings about our "Project Purpose". We are all conscious creation and every creation begins with a project, and therefore a purpose. His findings, after over 40 years of study help us to decipher our life experience in this way. When combined with the awareness

of what we brought with us in our conscious creation from our ancestors we can integrate the purpose or the conditioning programs into our experience and therefore comprehend the reason behind it all.

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Shamanism & Symbology

Throughout our time together we are together, we will incorporate, into our own personal healing as well as our learning, the many aspects of what is today considered shamanism. Shaman is a word referring to “one who knows” and is derived from the Siberian language. It has been used by anthropologists worldwide to describe any person who acts as a guide for people moving through the three worlds. Hence the word is now used as an umbrella to describe many different practices, beliefs and cultures.

For us at Ayayni the most important aspect is that of the practical use of shamanism and in our time together we will be focusing on the practices of both Amazonian, Lakota and Celtic shamanism. Whilst the Celts historically didn't directly call it shamanism, their practices encompass connections with nature, sacred places, communication with the other worlds, and they used these practices to discover one's true nature. For us, this is the very core of shamanism and what we want to share with you.

Journeying is the practice of a shaman and there will be journeying in most modules, plus two modules that are entirely dedicated to working with our power animals, the medicine wheel and soul retrieval.

These modules will be given by a guest teacher experienced in these important shamanic practices. Once you enter the world of journeying, you never end, and every journey expands your shamanic world. Your power animals and tribe of shamanic guides multiplies with each new journey, supporting you on your road to self empowerment.

Symbology is at the bases of all shamanic work and we will be incorporating symbology throughout the course.

Ceremony and rituals are wonderful shamanic tools that create a bridge between the biological being and the other worlds, the conscious and the unconscious. The unconscious is where stagnant energies can be transformed through feeling our emotions. In these ceremonies, we use the elements in a reciprocal way taking from the earth and returning to the earth and taking the unconscious, making conscious and then returning it.

We will incorporate many breath-work techniques throughout the whole of the course as a way of accessing altered states of consciousness as well as physical and emotional blockages through the process of entrainment. Individual breath work is encouraged as a daily practice at home as a way of staying in the conscious emotional process.

On the second night of every module we will enter into the world of dream through breath work before bed and then follow up every morning with a session on dream interpretation. Symbols are at the core of the dream world and we will use general symbology and Jungian theory to develop our understanding of what our individual dream work is communicating to us through our unconscious. ●

Module Structure

Though varying in their content, each of the course modules will broadly follow the same format over the course of the weekend. Below you will find the general structure and gain an insight of what to expect.

Thursday evenings

Every month the group will arrive at around 7.30pm where we will all reconnect with fellow students, facilitators and teachers where students will be free to express everything that is being integrated during their conscious emotional process from month to month.

Fridays

Upon awakening we will engage in some practices and meditations from the land. In order to connect with mother nature and ourselves in a real way, it is imperative that we make this connection on a regular basis, in the same way that the ancient traditions did.

The rest of the day on Fridays are dedicated to emotional bio decoding and conscious creation, and this consists primarily of class as well as practices.

The class usually lasts all the way until dinner time. After this, we will do some breath work specific to accessing the dream world and then the students will use the sleeping hours to practice journeying to the world of dreams. The students will sleep in the main room to be ready for our dream work the following day.

Saturdays

The first thing that we will do upon awakening is enter our dreams into our dream journals. Shortly after, we will hold an open talk about what our dream state is communicating to us and everyone will be given thorough symbolic integration on this.

We will spend all day carrying out shamanic rituals, journeying or whatever other scheduled ceremonies we have taking place for the particular modules, although most of the time Saturdays will be dedicated to the students carrying out their emotional bio decoding practices

.In the evenings, and when there are no other specific ceremonies, we sometimes do some breath work or play some music together. During the course, all participants will be encouraged to find a musical instrument with which they can connect to. Drumming and rattling is a simple way to connect to the earth and to the sounds of the heart. 🌱

Sunday

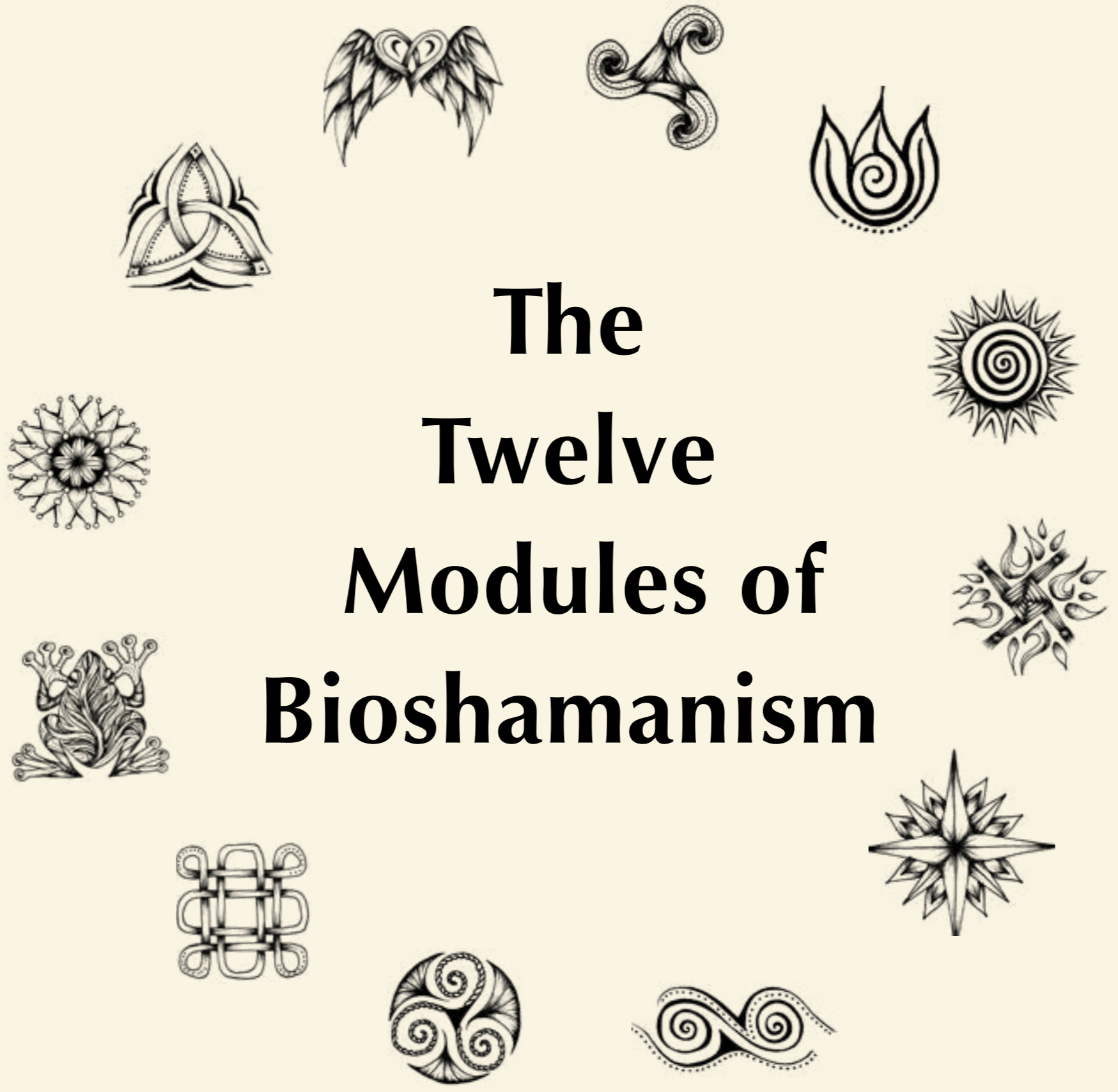
Sundays will start in the same way that Fridays do with our ritual and greetings to Pachamana and then after breakfast we will be either catching up on emotional bio decoding class or practicing any of the relevant experiential therapies.

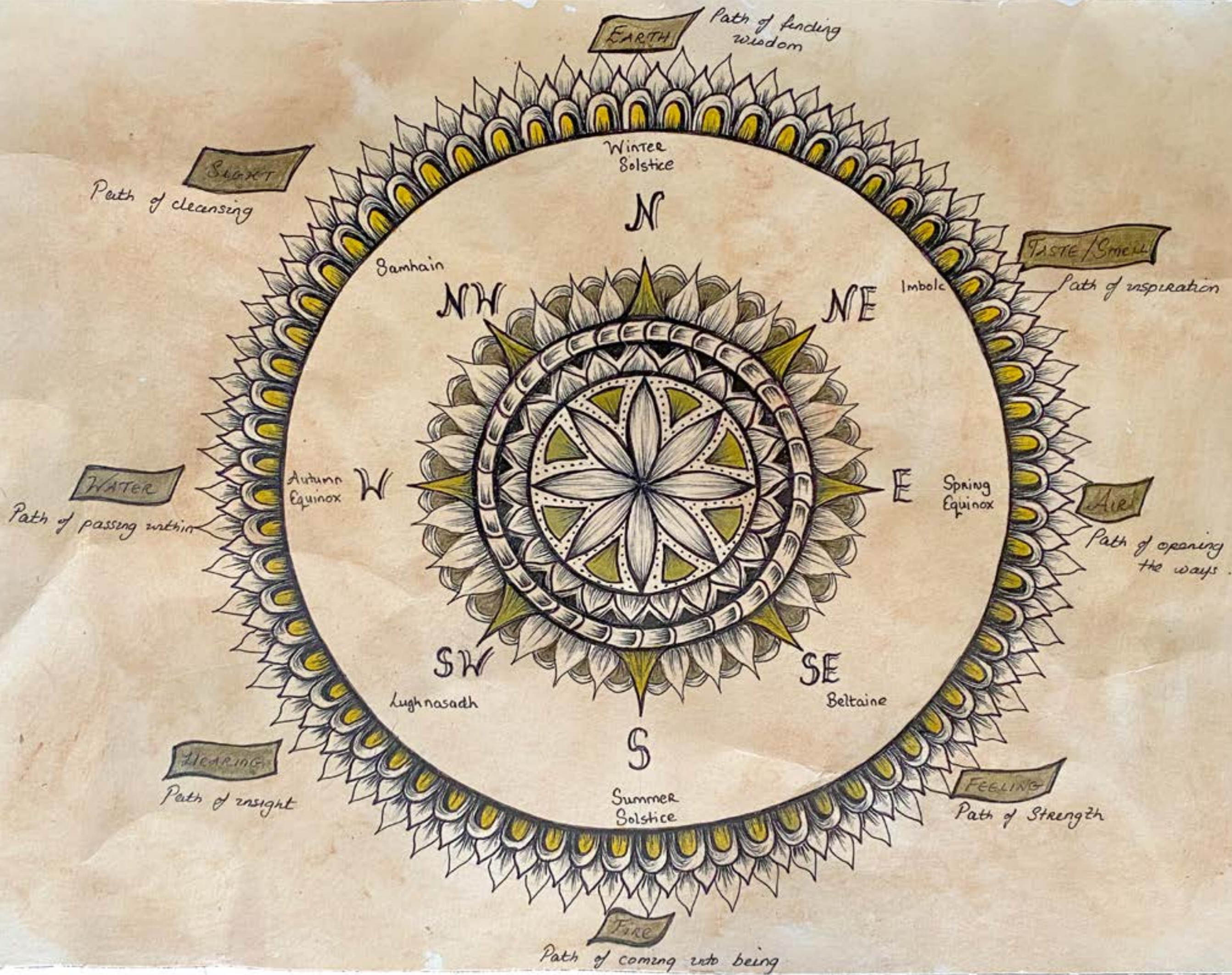
We usually aim to finish up 2pm and then students are welcome to either stay for a late lunch or leave when the activities have finished.

Variations to the program:

Two of the modules will dedicate at least two full days to the shamanic practices of journey, the power animals, the medicine wheel and soul retrieval, with our guest teacher. During these two modules none of the regular schedule will take place. 🌱

**The
Twelve
Modules of
Bioshamanism**







Life

Module #1

August 31st - September 3rd 2023

Life is the name of this module and we will begin our journey into the world of emotional bio decoding by looking at the embryonic phases, which is where life began for all of us. Thanks to the late Dr Hamer we know that every symptom arising in our bodies is an unhealed memory from our life experience, the womb or our trans generational line. During this module, we will begin to understand the principles of emotional bio decoding and the relationship between the evolutionary purpose of each organ and how to decode the symptom with the knowledge of the embryonic layer that it was developed in.

We will now look at what our bodily symptoms and their symbology is telling us about our experience and delve into how the first embryonic layer develops and how disease manifests in the organs derived from this layer. The first embryonic layer

is called the endoderm and as it is the first layer, its principal function is to govern all organs related to our first basic need, survival. The brain that develops and governs over this layer is the reptilian brain and every symptom that manifests in the systems derived in this embryonic layer is telling us something about our emotions and therefore our reactions when our basic need to survive is in jeopardy.

Our journey into the world of dreams will also begin and, as we will do every month, we will share our dream space in the main room for the second night. In the morning we will interpret our dreams together and will continue to share this beautiful practice during our time together. 🌟



Symbology

Module #2

September 28th - October 1st 2023

In our emotional bio decoding class, we will now delve into how the second embryonic layer develops and how disease manifests in the organs derived from this layer. The second embryonic layer is called the old mesoderm and its principal function is to govern all organs and linings in their role of protection. The brain that develops and governs over this layer is the cerebellum and every symptom that manifests in these protective linings of our bodily systems is telling us something about our childhood conflicts around protection or the lack of protection in our family home.

We will learn about how an emotional impact creates a defence system in our bodies that leads to the creation of specific allergens in our biology. These allergens react to external factors, both physical and symbolic and it is fascinating to observe allergies being decoded. Panic attacks are also related to a very specific

life experience which detonates a chain reaction in the biology and can be decoded very simply when we can comprehend how to think in a quantum way, and also by using symbology. This type of decoding takes practice and in this class we will begin this process.

Phobias are similar to panic attacks but always have their root in the ancestral line. Here we must also use symbology to discover what the ancestors are trying to communicate through the particular phobia. It is here where we can begin to discover deep rooted trauma of war, death by murder or other types of violence and abuse.

Laterality is important in emotional bio decoding and we will look at how archaic roles have impacted us in our biology and how, with knowledge, we can differentiate between how a symptom impacts a right-hander and how it impacts a left-hander. In certain symptoms this is the key to discovering the treasure in the symptom.

The body is full of symbols and we will need to use these symbols to find out where particular emotions are directed as a way to decoding symptoms. We will dedicate a class to the art of deciphering ancient symbology and coming to our own inner standing of what these could mean for us. How to comprehend a symbol from its place in evolution, of mathematics and from



Samhein

the perspective of different cultures and schools of thought. This will be the beginning of a life long journey in the world of symbols. Once you take the first step you will never view things the same again. ☉

Module #3

October 26th - 29th 2023

We will move into the symptoms derived from the third embryonic stage during our emotional bio decoding class this month. This phase is called the new mesoderm and is governed by the medulla. The organs that are developed during this phase in the embryonic evolution are about territory and providing for ourselves in our territory through hunting. During this module, we will be speaking about how conflict around our role as the hunter, and hence our capability of movement and providing for ourselves, affect us in the bones and muscles. We will cover symptoms such as broken bones, osteoporosis, fibromyalgia, Parkinson's, multiple sclerosis and general deficiencies in the muscles. We will also cover the symbology of each of the skeletal bones and how we can integrate spinal problems into our healing process.

We will also cover symptoms of the circulatory and lymphatic system. Blood is symbolic of family and we will cover the different blood irregularities and what they are telling us about our family history. The lymphatic system is about how we feel with relation to attack and having to defend ourselves, and when we have irregularities in this system there is something to be remembered.



After spending all day in class on Friday we will spend the rest of the weekend immersed in the world of Amazonian Shamanism where the Sacred medicine of Ayahuasca will keep us immersed in our personal process.

Shamanic cleanse is an essential aspect of the ceremonies in the Amazon and, in this module, you will learn how to cleanse yourself and others.

It is Samhein when the veil between the worlds is at its thinnest and it is a time to reconnect and relight the fire for our ancestors who are waiting to communicate with us. Here, we can receive

the information we need to release the stagnant energies in our clan, and in doing so we can let them truly pass.

We will also work with Kambo extensively during this weekend and there will be three beautiful ceremonies. Kambo is administered through small burns to the skin, immediately triggering a variety of chemical reactions in the human body. Drinking plenty of water beforehand is necessary, as this helps this alchemical transformation to occur and old toxins can be released through vomiting or urgent defecation. The certified practitioners that we have on our team will share the knowledge with the students and support them during their time connecting with the spirit of kambo. 🌀



Time

Module #4

November 16th - 19th 2023

Our emotional bio decoding class this month will be about the symptoms of the fourth embryonic stage. We are looking at symptoms that are derived from a much more advanced system, than all previous symptoms studied so far. All of the organs and tissues derived from this embryonic layer are controlled by the relays in the new brain, the cerebral cortex. We are, therefore, looking at symptoms much more related to our surroundings and our social systems.

These kind of conflicts, of a social kind, are about separation and territory. The way in which the brain sends messages through it's relays to the specific hormones will be covered and students will understand the relationship between these hormones, polarity and the respective organs. We will revise laterality and the archaic role and look at how this differs from polarity.

The skin is about our sensory communication with those that we are in relationships with and we will look at the way conflicts of separation manifest such as acne, eczema and psoriasis, amongst others. The heart is symbolic of territory and we will talk about the different ways territorial conflicts could affect family members and how these conflicts manifest as heart disease.

The Mayan time line is the most important tool for any emotional bio decoding consultant and this month we will talk about it's origins and how to use it. For the unconscious time does not exist, there is only innocence and there is no difference between reality and virtuality. The Mayans knew this and they referred to this space as the galactic portal, and used this portal to go to other planes of existence and consciousness. Every time we do a time line to release memories, and thus our symptoms, we are going through this portal to one of these planes of existence, the emotional plane.

Life is in coherence with the Fibonacci sequence and, because of this, everything that we consider beautiful is because we have the Fibonacci sequence recorded in our collective unconscious. Life is a fractal, and it is mathematics. Our biology is the same and we understand its frequency without knowing it, for this reason we can also apply the Fibonacci sequence to the healing of our symptoms and this simple method will be shown during this module as well.



Journey

Module #5

December 13th - 17th 2023

It is during this module that we will discover what shamanism really is and it will be lead by an experienced shamanic practitioner. For those who want to awaken the shaman within, techniques such as journeying, animal empowerment and medicine wheel teachings are imperative.

Journeying will be the main activity of the weekend and there will be many journeys to both the lower world and the upper world, all with different and specific intentions.

Every time we journey, we expand these worlds further discovering spirit guides, our shamanic guides and how to work with the animals of empowerment.

On the first day we will journey to the lower world and discover our power animals and then celebrate in the evening around the

It is from this module forwards that students will be able to practice working on physical symptoms and during this weekend together we will be practising extensively. 🌀

fire where we incorporate these animals into our consciousness by “dancing them” in a fun and creative ceremony.

Journeying the medicine wheel means learning to discover what lies in the four main cardinal points, and to journey to these points with specific intention. We will collect treasures of information about the kingdoms, the aspects of self and their gateways, the elements, the seasons and our specific talents that we can share with the world.

We will practice nature stalking and connection with nature as only a shaman can, and we have the most perfect property here for doing just that.

On the second day we will journey to find our shamanic guides and our spiritual guides. These guides help us to navigate the trickiest of terrains, collecting tools to use, using our instincts to ascertain what is ordinary and non-ordinary.

We will spend a day journeying to the lower world to work through the shadow aspects of ourselves. This is a powerful day of learning about shadow animals and uncovering the lie that we tell ourselves through the symbology of what our underworld is showing us.

In this module arrival will be on the Wednesday evening rather

than the Thursday evening as there is much to do and discover during this intense weekend.

This weekend commences a lifelong journey to these worlds and a step forward on an intimate healing path..🌀



Existence

Module #6

January 11th - 14th 2024

In our emotional bio decoding class we will learn about the memorised biological cycles, studied extensively by the psychologist Marc Fréchet and how his findings about his own project purpose have hugely enhanced the work of any emotional bio decoding consultant.

The project purpose is like the programmed purpose, of what we have been programmed for and it includes 18 months before birth all the way through till 12 months of the child's life. Every scenario with our parents before conception, during gestation and for the first 12 months in our lives is memorised and kept in the unconscious to be played out during life.

**“What does not come back to my awareness
has a tendency to come back as destiny”**

– Karl G Jung

Through the application of this knowledge we can support our clients in the discovery of the projects that they purposely chose before they were conceived. This is the purpose of what they came to clean up for the clan, but as always, we can only do this through a symptom, whether that be a physical symptom or a “life symptom”.

There are specific programs which speak to us directly of what the purpose of incarnation is in terms of what a person has come to do here within their family. Some children are born to keep the parents together and others are born to stay at home and look after their parents in their old age. There are many more of these specific birth programs and we will cover all of those during our class on project purpose.

Spina bifida and multiple sclerosis are physical conditions that develop in the mother's womb during gestation. These physical symptoms as well as any physical symptoms that the mother develops during the pregnancy are all clues as to what the client's project purpose is.

Now that the students are working with clients on their physical symptoms outside of the classes, it will be important to move onto the next step and learn how to reprogram the scenarios of the gestation phase or during their “project purpose” phase.

Now that the students have learnt to reprogram the experiences of the womb life, they will now practice it.

In our own process it is important to acknowledge that without mother, the possibility of life does not exist. We chose everything and during this weekend together we will do some systemic dynamics around the mother with great intention of connecting to her energy.

We will experience the stirring of new life and then awaken to rebirth ourselves with a powerful psycho magic act. We will now be at a stage in our process where we can truly pay homage to our mothers, regardless of how our adult child may have felt about her. In this sacred space, we will bow in reverence to the mother, surrendering to her energy, to the miracle that is our life and to the decision we made when we chose her. 🌀



Ancestors

Module #7

February 15th - 18th 2024

In this module's emotional bio decoding class, we will delve into the world of ancestral programs. Ancestral programs are those situations in your life that you just can't seem to move past. The mirrors that we create in our lives over and over again are not just our childhood memories being played out, but the forgotten traumas of those who came before us.

We will speak about how Bruce Lipton's discoveries on the cells and epigenetic is applied to the family tree work that we do and how the interpretation in his findings differ from that of the post Hamer studies. We will cover the planes of consciousness and discover how we chose what data to collect from the ancestral plane before we came into physical.

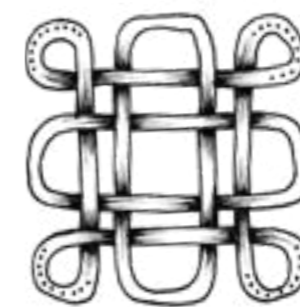
We will talk about symptoms that are special ancestral programs and how these manifest in our contemporary life as seemingly

impossible situations or unexplainable “blockages”. These programs are territorial conflicts, hidden infertilities, infidelity, poverty, abuse, violence and betrayal.

Everyone will draw their family tree and will be shown how to use specific symbology which can be understood by the unconscious. Once we have drawn our trees in this specific way, we can learn how to look for the ancestors that have treasures for us by looking for those that we have affinities with. We do this by looking at a series of dates and other data pertaining to you and your ancestors.

We will discover how unborn children (or incomplete pregnancies) affect the dynamics of a clan and the ways in which some children take on the projects of those who never came. Children who have ADD, down syndrome, invisible friends, scoliosis are hyperactive and/or scared of the dark are all children who are what we call horizontal doubles and the secrets that they hold have massive gifts and implications for their clan.

We will do our first demonstration on how to do a family tree ceremony. 🌀



Medicine

Module #8

March 14th - 17th 2024

In the previous class we would have already drawn our family trees and we can now learn how to work with the family tree. During the whole day of class on Friday we will learn how to do a special ceremony where we step into the unconscious and ask for the ancestors assistance so that we can free them from their trauma and move into a different space in our own lives. The students will use this day to practice this as they will be carrying out this ceremony with their own clients from this module onwards.

In this module, we will be taking ayahuasca for two of the nights and we will be invoking our ancestors, setting this intention at this time of the year is extremely powerful and the students will receive information that is relevant to they're healing process. The students will be integrating each other on their ayahuasca processes, using all the tools taught to them so far. 🌀



Psychomagic

Module #9

April 11th - 14th 2024

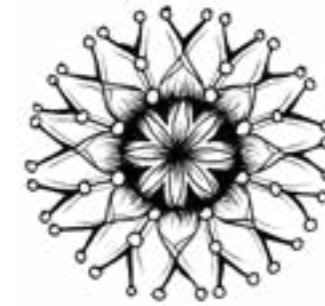
During this module we will dedicate some time to Anne Ancelin Schützenberger who was a French psychologist working in a mental institution after the second world war. She utilised what she knew from her own story with her ancestors to study the family trees of her patients. It was through this study that she discovered that all of the patients had violence, alcoholism and secrets in their clan, and that through a series of loyalties to these clan members her patients were expressing these traumas through their mental disorders.

We will now look at these disorders in the same way that we have been decoding other physical symptoms. However, because of the complexities of the way in which the relays in our brain works (discussed during our work in the fourth embryonic phase) and their location in the territorial cortex of the brain we run the risk of causing heart attack in patients with some mental disorders. Therefore, we will cover all of the mental disorders

and how to work with them. For the mental disorders that are risky, we still work on the patient, but through a third person.

During this module all students will learn to work with a third person, much the same way as one does with family constellations.

On this weekend we will also address the tyrant and the victim, that lies within each of us, with a powerful psycho magic exercise to confront, recognise and release some difficult emotions that arise from rejecting these aspects of ourselves. It is a wonderful way of moving into the winter from the autumn shedding what is unnecessary in our lives. 🌐



Grief

Module #10

May 16th – 19th 2024

Weight loss problems is another symptom which is bio decoded like any other. At the core of all weight loss problems lies the abandonment syndrome, the biggest of all traumas. We will need to look at the mother and work in great depth all of the ways in which our fear of abandonment can impact our biology.

Water is symbolic for reference point and therefore when a person feels like they have lost everything their biology will remember a time when they had everything (all the water they needed). When we are not in balance with our desire to feel protected, the body can start to manage the liquids in a disproportional way, this is how a person becomes overweight.

It is important that we get right to the core of abandonment in our clients so that they can let go of this excess water and fat. Taking on a mother's grief is a wonderful way for a child to get

their mother's love, and thus prevent abandonment, and this is taken on in the body as fat cells. Also when a mother doesn't protect us or we feel that we need to protect the mother from an abusive father, for example, this can impact the biology in this same way.

Students will be shown how to work with this symptom in a way which will include all of the three phases, contemporary (or the Mayan time line), the project purpose (or reprogramming the uterus) and the trans generational (the family tree ritual).

Grief is an integral aspect of the symptom that we will be working with during this module so it is necessary for us to access our own grief in order to support others in theirs. We will be partaking in a grief ceremony during this weekend as a way of accessing this.

On our shamanic day we will do an intense day of journeying the wheel of foxes to discover our myth (or the lie that we tell ourselves). Once we have discovered this lie (or this myth) we will make our little nature bundles which represents our personal myth and release it in a beautiful river ceremony. 🌿



Mother

Module #11 Mother

June 13th – 16th 2024

As a continuation of our work around the mother and how the experiences during our time in the nursing and nurturing phase of our lives affects our relationship with food.

Bulimia and anorexia are emotionally very painful for the person who suffers from them as they usually feel that no one understands their predicament, this is especially true for the anorexic.

Bulimia is a conflict of the area between the mouth and the stomach, as the bulimic simply doesn't want the stomach to fill, because what they are looking for is to be eternally connected to the source of nourishment, the mother. This is due to a sudden separation between the mother and baby at an early age. It is our job to find that exact moment and release the feeling of abandonment within that.

We will discover how to unlock the bulimics' eating disorder and complete the cycle with a beautiful ritual to honour themselves and the symptom.

Anorexia is also an eating disorder but here we must talk about Salomon Sellam's psychic inversion and how we relate this to the unconscious of the anorexic. It is important that the anorexic finally feels as though they have been understood, and when the consultant feels this acknowledgement, they can comprehend the essence of their symptom.

As this module is centred around the mother, we will spend the day on Saturday involved in dynamics based on systemic therapy and the interrupted reaching out movement, involving our infant and ongoing relationships with our mothers.

We will also hold a small plant medicine ceremony during this weekend and the students will decide which medicine they want to do. 🌿



Soul Retrieval

Module #12

July 11th - 14th 2024

Now that we have learnt the principles necessary for a solid foundation in journeying, we will now move onto the next step in becoming true shamanic practitioners by working with the powerful modality called soul retrieval.

The purpose of retrieving someone's soul is to assist them in integrating their essence, which was lost during a particular childhood trauma. When someone experiences trauma they disassociate from themselves completely to survive the experience, and in this process fragments of their soul are scattered. When this happens, the person suffers from anxiety, depression, addiction or simply doesn't feel whole nor grounded. It is this disassociation from themselves which makes it too difficult for them to do this work on their own. They, therefore, need an experienced shamanic practitioner to intervene for them, to find and negotiate with the spirit of this little girl or boy.

It is beautiful work where we allow our shamanic guides, helpers

and power animals that we have developed a relationship with over time, to simply come through us and do the work that they have been waiting to do. When we do this work we are laying the groundwork for the child to come home, safely, back into the body like preparing the soil for planting.

For this, it is necessary for us to journey into the middle world, a world that we have not yet ventured. This world can be tricky and we have to have our wits about us and we will be taught how to differentiate between what is real and what is not, which spirits and helpers are there for us and those that are not.

For this work, it is important to, stick to some important ethics between yourself and your clients and we will be talking extensively about this as it is imperative to be true to these values if you are going to take this sacred work out into the world (the middle world).

During this last module we will also be holding a shamanic ceremony symbolising the completion of a cycle where the students who have completed the course will receive their relevant certificates. 🌿



Amazonia

A trip to the Amazon Jungle

AUGUST 2024 (exact dates to be decided)

This module is optional and involves spending 11 nights and 12 days in the Amazonian jungle. For those who have enjoyed the Amazonian shamanism modules of our course and are wanting to have a complete experience with the master plant, this trip will complete your process.

Old Mocoa is our destination and this village lies in the Sibundoy Valley in High Putumayo. Putumayo literally means gushing river in the Quechua language and, as its name suggests, the Putumayo River is one of the main tributaries of the Amazon. Putumayo has an indescribable energy with its deep, nights and the relentless sound of the many nocturnal insects, frogs and birds. Here, the essence of exchange between ourselves and mother nature is alive, it vibrates from the soil, and invites you to become a part of its essence.

Here, the medicine men and women are referred to as Taitas and Maimas (father and mother) and we will be drinking the medicine with the Taitas and Maimas of different ethnic backgrounds including the Inga, Kamsa & Cofán tribes. During the ceremonies, the maloca becomes our anchor, a safe haven in a world of immense energy. The hypnotic sounds the Taitas produce is an essential ingredient and is unique to this part of the Amazon, and many laborious hours are spent engrossed in this important ritual. Maracas, harmonicas, flutes and cascabels are used to varying degrees by the Taitas and their apprentices. These sounds vibrate beneath the skin quite intensely during these long nights around the fire, as the senses are heightened when drinking yagé.

There will be eight ceremonies during our stay there and we will also be making the medicine ourselves and then holding our own ceremony with our brew.

Our lodgings are nestled in a beautiful valley and surrounded by natural waterfalls and swimming holes. When there are no planned activities there are abundant hikes and adventures right at our doorstep. The hostel also has its swimming pool and natural swimming hole. There will be motorbikes available for those who want to venture into town and to the incredible marketplace with its wealth of plant medicine remedies and artisanal goods is only 20 minutes away. 🌿

Prices & Payments

The first 12 Modules are compulsory in order to be certified in our Bio Shamanism course. Therefore, it is imperative for anyone who wishes to embark on this journey, to ensure that they can attend all of these modules. Obviously unforeseen circumstances arise and non attendance can happen. However, in the event of this occurrence, students wishing to certify will be required to attend any missed modules the following year.

The price for the course is €5,820.

For anyone wishing to pay for the course in one sum there will be a 10% discount making the total cost €5,238.

For anyone wishing to pay for the course in instalments, you can do so and the final date for the payment to be completed would be the 13th of December 2023 which is prior to the fifth module of the course.

At the end of the course, there is the opportunity to join us on a trip to the Amazon Jungle which is not compulsory to certify in Bio Shamanism.

To book your place you can transfer your first instalment, or The full amount to:

Permanent TSB
Mullingar, Westmeath
Ireland

Joanne Melissa Shilson
Bishopstown House
Streamstown Mullingar
N37 X430
Ireland

IBAN: IE67IPBS99073330626776
BIC: IPBSIE2D

How to book you place

To book your place, or to ask any questions, please send a WhatsApp to: Joanna: + 353 (0)87 104 5961.

She will send you the link for a zoom call where you can ask any questions that you may have.

After that you can follow the booking process described on the previous page

Frequently Asked Questions

What are the times for each module?

Each module starts on Thursday at 7:30 pm and runs through till Sunday at around 4pm. The only exception to this rule is in module # 5 where arrival will be on Wednesday at 7:30.

Do I stay overnight?

Yes, the course is residential, and all meals are provided. Every month you will need to bring a sleeping bag, pillow, comfortable clothes and a towel.

What else do I need to bring?

Some modules will require that the students bring certain work materials, and this will be discussed as we go.

Will there be homework?

All the students will be given a textbook on emotional bio decoding and it advisable to be revising this book throughout, as well as doing extra research on emotional bio decoding.

Students will support another student through a full process in emotional biodecoding entailing 6 full sessions on a physical symptom as well as an ancestral program.

Students are encouraged to continue to use emotional bio de-coding for their own physical symptoms and ancestral programs.

Students will need to continue in their practice with journeying.

Will I get a certificate?

Yes, you will be presented with three certificates:

Ayayni House certified emotional biodecoding practitioners

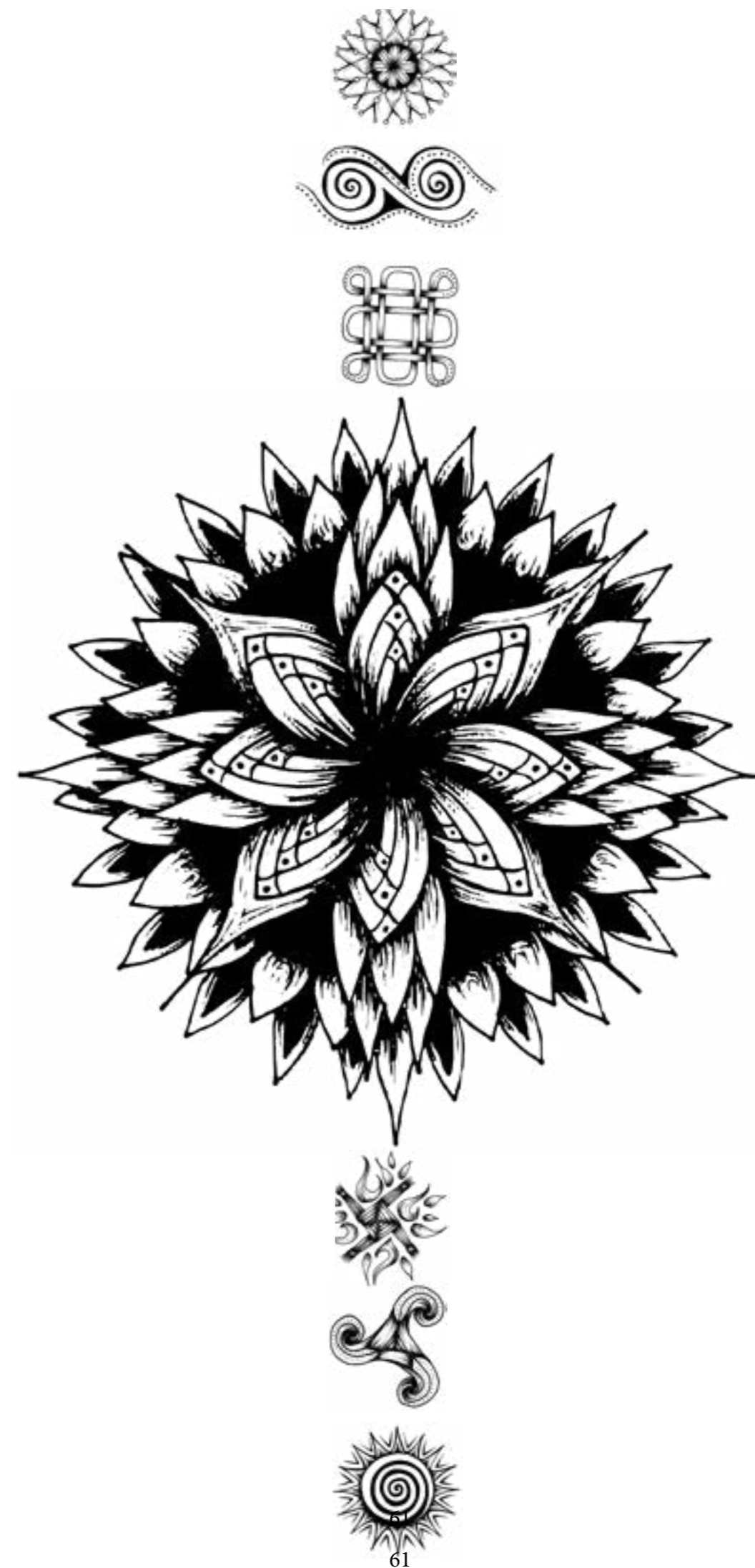
Ayayni House certified shamanic practitioner

Ayayni House certified soul retrieval practitioner

What if I can't make it on one of the weekends?

All student are required to complete all 12 modules and if a module is missed you will be given the opportunity to make up that module in the following course year. However, non completion of the course means that your certificate will not be granted, although you will be able to carry on as a shamanic practitioner in the meantime.

Soul retrieval is a continuation from the journeying module, therefore anyone not attending the journeying module #5 will be unable to complete the soul retrieval module #12.





***Until you make the unconcious conscious,
it will direct your life and
you will call it fate.***


– Karl G Jung

SYLLABUS PLANNER 2023/2024

Aug 31st - Sept 3rd	Module #1 Life	<p>Emotional Bio Decoding Class: Introduction to Emotional Bio Decoding The first embryonic layer - The endoderm</p> <p>Shamanism, Rituals & Ceremonies: An introduction to Shamanism, rituals & ceremonies Systemic therapy to find one's place</p>
Sept 28th - Oct 1st	Module #2 Symbology	<p>Emotional Bio Decoding Class: The second embryonic layer - The old mesoderm Allergies Panic attacks & phobias Symbology of the body Laterality - Part 1</p> <p>Shamanism, Rituals & Ceremonies: A class in symbolism</p>
October 26th - 29th	Module #3 Samhein	<p>Emotional Bio Decoding Class: The third embryonic layer - The new mesoderm</p> <p>Shamanism, Rituals & Ceremonies: Ayahuasca to open up in our emotional process</p>
November 16th - 19th	Module #4 Time	<p>Emotional Bio Decoding Class: The fourth embryonic phase - The ectoderm History of the time line and how to use it to help clients access other planes of consciousness</p> <p>Shamanism, Rituals & Ceremonies: The student's first time line</p>
December 13th - 17th * Wed evening start	Module #5 Journey	<p>Shamanism, Rituals & Ceremonies: Journeying weekend</p>
January 11th - 14th	Module #6 Existence	<p>Emotional Bio Decoding class: Mark Flèche's project purpose Symptoms of the project purpose How to reprogram the uterus and use it to assist clients in accessing womb memories.</p> <p>Shamanism, Rituals & Ceremonies: A psychomagic act for rebirthing The student's first womb reprogramming session</p>

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February 15th - 18th	Module #7 Ancestors	<p>Emotional Bio Decoding Class: Bruce Lipton's epigenetics Ancestral programs The planes of consciousness How to use the family tree to assist clients in accessing ancestral memories.</p> <p>Shamanism, Rituals & Ceremonies: How to do a family tree ceremony</p>
March 14th - 17th	Module #8 Medicine	<p>Emotional Bio Decoding Class: The student's first family tree ceremony</p> <p>Shamanism: Ayahuasca to connect to our ancestors.</p>
April 11th - 14th	Module #9 Psychomagic	<p>Emotional Bio Decoding class: Mental disorders How to work with a third person to release mental disorders from the clan.</p> <p>Shamanism, Rituals & Ceremonies: Tyrant and victim psychologic act The student's first session working in 3rd person</p>
May 16th - 19th	Module #10 Grief	<p>Emotional Bio Decoding Class: Weight problems How to work with weight as a symptom</p> <p>Shamanism, Rituals & Ceremonies: Grief ritual Journeying the wheel of foxes River ritual</p>
June 13th - 16th	Module #11 Mother	<p>Emotional Bio Decoding Class: Bulemia & Anorexia</p> <p>Shamanism, Rituals & Ceremonies: The interrupted reaching ut movement Plant Medicine Ceremony</p>
July 11th - 14th	Module #12 Soul Retrieval	<p>Soul retrieval weekend</p> <p>Final ceremony & presentation of certificates</p>
August 2024	AMAZONIA	A trip to the Amazon Jungle



Bioshamanism with Ayayni is a deeply experiential and immersive course which brings together the ancient teachings of shamanism and the ancestral wisdom of the celtic calendar with the therapeutic techniques of conscious creation and emotional liberation through Emotional Bio Decoding.

In bringing together these elements in this very special way our intention is to bring you home into your own power and in doing so, awaken the inner healing wisdom which resides in each and every one of us.

Enquiries and Bookings:

info@ayayni.net

+353 (0)87 104 5961