

HALLOWQUEST NEWSLETTER



The Official Newsletter of Caitlín & John Matthews - No. 67 March 2009
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Dear Reader

Our opening picture shows Caer Pedryfan, the Four Square Castle that revolves. It may reflect how many of us feel right now, as world events go into spin or melt-down. This newsletter is arriving rather later than usual due to the world slow down in communication. Since straightened economics has brought society up short, we've been waiting on the confirmation of many books, events and courses in order to inform you what we're doing and when! In this strange dream-like period, we've been over-wintering a few new ideas and fostering them to hopeful manifestation without getting too drawn into that popular new hobby called 'knitting a recession.' Our meditation below is offered as a corrective to that particular activity.

This year is going to be a very busy one for us. Our major storytelling project for children, now entitled **Storyworld** has its national launch in July. We will be appearing around the country from Wales to Scotland, as well as the promotional video being posted on Youtube. This is now the habit of many publishers: to interview their authors on screen so that the results can be more widely shared. We've also been appearing every week on Channel 200 on Sky, (see <http://www.edgemediatv.com> for scheduling details) as part of the Watkins Review, a magazine programme dedicated to esoteric books: both John and Caitlín have a half hour slot talking about their books. You can also catch up with Caitlín's talk about Druidic Question and Answer on <http://www.druidcast.libsyn.com> on episode 24.

Keeping in the media vein, John with Wil Kinghan are embroiled in many film and tv writing projects and they now have their own media website dedicated to these at www.mythwoodfilms.com. Please visit and register your interest in the tv series, *Bloodtype: the Search*, the promo of which is being shot this Easter in London & Thame. This project is under

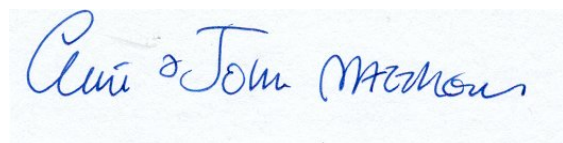
consideration by a major US network and the promo will be put up on Youtube for you to see later in the year. Watch this space. John has been amazingly busy with projects, resembling a plate-spinner, as he has kept the many proposals whizzing in the air. Some are beginning to come home all at once, in the usual way for creative – either all or nothing. A new tarot is being planned and an oracle system, the Oracle of the Caves, have been accepted, while a set of graphic novels is in the pipe-line. John is also working on a faery project with Brian Froud. No details on any of these, due to the usual publisher secrecy clause!

Caitlín has been seeing many clients in her shamanic practice, especially for ancestral and vocational work. In a time when so many careers are in meltdown, it's been especially busy. She is now at work on her ancestral workbook which many people have been waiting for. For the next three years, she is going to be going deeper into the ancestral work, studying with Daan van Kampenhout. This year sees her travelling to Holland, Portuga, Canada and Iceland – the latter now a much cheaper country than travel brochures used to report. Caitlín's paternal grandmother Charlotte Stillwell died at the ripe age of 103 in Portsmouth in late February; to have survived a whole century and seen the biggest changes in world history is a remarkable achievement. To be reunited with her husband who died in the early 1970s is, for her, a meeting long wished for.

At the other end of the generations, our son Emrys is now in his finals year at drama school and has performed his showcase before the London agents and had some interest. Having starred in the musical *A New Brain* at LIPA, in Liverpool, he has just signed with a theatrical agent. From here on, it's a matter of luck and opportunity for him.

May your year burgeon with joy and thankfulness!

Many Blessings



Caitlín & John Matthews

THE PENDRAGON SOCIETY

PENDRAGON, the Arthurian Journal remains at the forefront of Arthurian research. For over 40 years, it has considered all aspects of the mysterious king and his world – from his Celtic roots to his place in today's cultural consciousness. Published three times a year, the annual subscription in UK is £7.50. Sample copy £2. Enquire for rates abroad. Send a cheque payable to Pendragon to 7 Verlon Close, Montgomery, Powys, SY15 6SH, Wales

MEMBERSHIP OF FÍOS

The Foundation for Inspirational and Oracular Studies or FíOS is dedicated to the re-enchantment of the soul through the restoration of the sacred arts: the creative, artistic and mystical experiences which are the gifting vision of all human beings. FíOS, forms the old Irish word for 'Vision, Memory and Dream,' the knowledge which is available by oracular and inspired means, rather than by written or theoretical sources. FíOS is also the modern Irish word for 'Knowledge' and is pronounced FEE'us. FíOS courses below include the Intermediate and Advanced Shamanic courses and the FíOS Masterclasses – unique opportunities to work practically with experienced practitioners in the fields of the sacred arts. These courses offer a privileged lower price to members. To apply for yearly membership, please send a sterling cheque for £35 (in UK) £45 (World) payable to Caitlín Matthews, at FíOS, BCM Hallowquest, London WC1N 3XX. This brings you 2 issues of this newsletter and generous course discounts.

SHAMANIC TRAINING COURSES

SHAMANIC COURSES OPEN TO ALL:

These introductory courses are suitable to all people of spiritual intention, honest commitment and general good health. They are not suitable for those with mental health problems, nor are they a substitute for therapy. See FiOS on our website for full curriculum & training outline.

FOUNDATION COURSE IN CELTIC & ANCESTRAL SHAMANISM: LEVEL A TRAINING



John Matthews, Oxford 2008

JOHN MATTHEWS was the first person to open up the field of Celtic shamanism. He is the author of *The Celtic Shaman and Taliesin*, among many other titles. He teaches all over the world and is frequently consulted as an historical advisor. He worked on Jerry Bruckheimer's *King Arthur*. With Caitlín Matthews and Felicity Wombwell, he is a founder member of FiOS. He welcomes shamanic beginners to explore the path of the Gléifiosa or Bright Knowledge, and to learn how to journey in a safe and friendly environment.

16-17 May & 19-20 September 2009 WALKERS BETWEEN THE WORLDS, 3rd Oxford Foundation Course led by John Matthews, assisted by Wil Kinghan. This annual 2-part, non-residential course is now held in Headington, Oxford, U.K. and transfers from its 15 year run in Bath. For shamanic beginners, this course teaches students to journey, quest, heal and arbitrate along the ancient paths of wisdom, gathering spirit allies and knowledge of ancestral and Celtic methods of shamanic work. We gather as a clan of the sacred earth to honour the ancestral mysteries of our native shamanic tradition. *Both weekends must be attended to qualify for intermediate and advanced courses.* Total fee for both weekends is £350. Send non-returnable deposit of £170 (£85 for each part of the course) payable to **John Matthews**, to Jane May, Briarwood, Long Wittenham, Oxon OX14 4QW (01865 407680.) *repeats annually*

INTERMEDIATE COURSES FOR PRACTITIONER TRAINING LEVEL B. *Courses marked # are open to Foundation Course graduates & to experienced clients from Caitlín's shamanic practice. Applications from experienced others need a letter of recommendation from an ethical shamanic teacher: such applicants may be asked to complete some practical shamanic work before acceptance. See FiOS on www.hallowquest.org.uk for full curriculum*

1-3 May 2009 VESSELS OF CHANGE: Creating Shamanic Ritual with Caitlín Matthews. On this new practical residential course we will discover how to bring together the components of effective shamanic ritual for use in groups, communities and individual clients. By respecting and understanding the universe, the elements, and the seasons we can work with our spirit allies to create vessels from which change and healing can flow forth in our world. We will learn the principles of spiritual mediation and discover some of the many roles of shaman as ritualist and priest/ess. Our work will culminate in an embodiment ritual that transcends language, *Mare Mother's Dream Dance*, to honour the vision of the heart. **This course is for shamanic practitioners whose journeying is firmly established.** *Participants need to bring a rattle, notebook and pen, something to cover their eyes and a garment that is special to them to wear in the ritual.* 380 euros. Residential, held in Portugal. Contact Maria José Pinto, tel. 00 351 261 743751, email florescer@cycloptnet.pt or write to her at Casal de S. José, Rua Miguel Leale Silva, Carmoes, Portugal.

15-17 July 2009 THE BRIGHT KNOWLEDGE: THE ROOTS OF CELTIC SHAMANISM With Caitlín Matthews held in Húsabakkaskóla, Svarfaðardal, Iceland hosted by Mardöll – the association of women's cultural heritage. An Irish triad speaks of the 'three candles that

illumine every darkness: truth, nature, knowledge.' This shamanic course, for students whose journeying is firmly established, explores the roots of Celtic Shamanism through these three candles of truth, nature and knowledge. Together they create the *glé fiosa* or 'the Bright Knowledge' by which we lead our lives. The shamanic traditions of the Celtic peoples have been well researched by Caitlín who has translated texts and discovered ancestral shamanic skills, finding their practical and contemporary uses. These links to our ancestral wisdom can be gained by listening to the truth of our allies, the spirits of nature and the innate knowledge of the ancestral worlds, all of which enhance our learning. Students will learn how to work with the auguries of nature, the bardic prophetic methods of the Three Illuminations, the nature of the soul and the healing of the Celtic soul song. We will also seek the wisdom of the land through a ritual of shamanic embodiment. This course is for students who can already journey fluently. Fee: £240. Contact Valgerður at vanadis@vanadis.is or tel +354 895 3319. See also www.vanadis.is. Enquire about other events Caitlín may be doing in Iceland in July.

#28 Feb-3 March 2010 MIDWIFING THE SOUL with Caitlín Matthews and Jane Dagger. This course teaches shamanic methods of soul-retrieval, extraction of spiritual intrusions and practical ways to guard the three souls. We will explore the Celtic concept of the soul and its re-enchancement, particularly through the profound medium of soul-singing. Considerable pair-work is involved. This course is an essential component for those wishing to train as shamanic practitioners. **Take *Thresholds of Power* first.** At EarthSpirit, Somerton, Somerset. Prices TBC. Single Room Supplement £25 extra. £20 discount for FIOS members. Send a £150 non-returnable deposit payable to Caitlín Matthews to Jane May, Briarwood, Long Wittenham, Oxon OX14 4QW (01865 407680) janedmay@btinternet.com



Caitlín Matthews, Oxford 2008

CAITLÍN MATTHEWS teaches the practical applications of ancestral and Celtic traditions. She is the author of many books, including *Singing the Soul Back Home*. Her soul-singing and embodiment uniquely bring the ancient healing traditions to everyday life. She has a shamanic practice in Oxford.

JANE DAGGER is passionate about Britain and its myths and traditions. Jane brings her grandfather's traditional folk magic and healing to her skills as a shamanic healer and maker of shamanic tools in Dorset. To commission a customized item, email her on: jane_gubb@tiscali.co.uk

FELICITY WOMBWELL is an artist, psychotherapist and shamanic practitioner. The author of *The Goddess Changes* and co-author of *Green Living*, she is researching how images aid recovery from trauma for her next book about *Healing Art*.

ADVANCED SHAMANIC COURSES FOR PRACTITIONER TRAINING: LEVELS C & D

Courses marked Ω are those who have completed the intermediate level, who have some years experience. Other applicants only accepted after interview. See website for full curriculum.

Ω 4-7 October 2009 VOYAGES OF THE SOUL: THE SHAMANIC WISDOM OF DEATH with Caitlín & Jane Dagger. This course explores the shamanic wisdom of death; the help that can be brought to the dying; the healing available around bereavement, hauntings, unfinished business and ancestral bequests. We will find allies, rituals and passports to our own living and dying, exploring how we pass through death's labyrinth to emerge as living souls. We will learn how to make soul-houses for our kindred. *The Soul Friends Moon Boat Ritual* offers initiation to all participants so that they may be consecrated as an Anam-Cara or Soul Friend, a soul-midwife to the dying, wherever that service is required. Unsuitable for the recently bereaved. At EarthSpirit, Somerton, Somerset. Dairy/Dorm £355, Caravan £352, Cowsheds £373, Camping £329 + £25 supplement for single room. £20 discount for FIOS members. Send a £150 non-returnable deposit payable to **Caitlín Matthews** to Jane May, Briarwood, Long Wittenham, Oxon OX14 4QW (01865 407680) janedmay@btinternet.com *Repeats 2011.*

20-24 August 2009 HEARKENING TO THE HORSE'S MOUTH: Shamanic Spirit Consultation LEVEL D. with Caitlín & Felicity Wombwell. *Open only to graduates of levels B & C.* This course instructs probationer practitioners how to teach journeying to clients, enabling them to contact their own allies, to find their own healing, answers and advice: this method brings shamanic work to the community, working in contemporary and personally-relevant contexts. Participants work as client and shaman in turn. Close personal supervision is given by course leaders. This course leads **the Co-Walker Sessions**, whereby students are supervised to a professional standard preparatory to practicing in community. *Please send a letter about your interest in the course, with your shamanic experience to date to Caitlín Matthews, BCM Hallowquest, London WC1N 3XX before booking with Hawkwood College, Painswick Old Rd., Stroud, Glos. Tel. 01453 759034. email: info@hawkwoodcollege.co.uk Deposit of £150 payable to Hawkwood College, with SAE for map. Single: £436, Shared: £396, non-res: £324. £20 discount for Fios members.*

MAGICAL AND MYTHIC COURSES & OTHER EVENTS

These courses and events are open to all who are on their spiritual path.

Fios MASTERCLASSES marked r may require some practical experience and familiarity with the topic, as indicated within each announcement.

25-26 April 2009 SINGING THE SOUL BACK HOME – Freeing the Imagination, Blessing the Universe with Caitlín Matthews. On this non-residential practical course, shaman, writer and singer Caitlín Matthews explores the power of the voice to free the imagination and to bless the universe. Using the Celtic soul-singing methods of our ancestors, we will open the windows of the imagination as we sing the pathways that connect us to sources of spiritual help and healing. Soul singing helps us find our place in the everyday world as well as mapping the pathways along which our souls travel when we need help, advice and wisdom. Caitlín will help us find, meet and co-operate with the soul-friends who walk with us along these paths. What we thought was *only* imagination or *only* a dream is revealed to be the most powerful truth of all, accessible to everyone as our heritage and birthright. Working together and in pairs, we will use our voices to share the blessing of our visions and find the songs that have been singing in our soul. This course is suitable for beginners and no special singing ability is required. *Participants need to bring a notebook and pen, and a scarf to cover their eyes. Also bring the words of a song you love, for sharing together.* Non-residential. Held in Carmoes, 50 km n. of Lisbon, Portugal. Fee 200 includes lunches. Contact Maria José Pinto, tel 00 351 261 743751, florescer@cyclopn.net or write to her at Casal de S. José, Rua Miguel Leale Silva, Carmoes, Portugal

r 9-12 JULY 2009 THE RIVERS OF TEARS AND BLOOD: THE UnderWorld Initiation Revisited. FIOS MASTERCLASS. 28 years ago R.J. Stewart led the first public *Journey to the UnderWorld* visualisation at Hawkwood College, at the invitation of Gareth Knight. This new course explores the Mystery of the Rivers of Tears and Blood that flow in the UnderWorld. Known in folkloric faery tradition in Northern Europe, in classical tradition from ancient Greece and Rome, and forming an essential part of both pagan and early Christian tradition, the Rivers are essential for our inner transformation and initiation, yet they are hardly mentioned in contemporary revival spirituality. This intensive course will focus on how we may work with the Rivers, how they relate to the blood and water in our bodies, and their cosmic connection to the Evolutionary and Involutionary streams that flow in and out of our planet Earth. This workshop is not suitable for beginners, and you must have experience of meditation and visualisation to attend. Please send a non-returnable deposit of £90 payable to HAWKWOOD COLLEGE and SAE for map and details to Hawkwood College, Painswick Old Rd., Stroud, Glos GL6 7QW. Tel: 01453 759034 email: info@hawkwoodcollege.co.uk. Single £352, Shared £322, Non-res £285. Fios Members £20 discount.

R.J.STEWART is a composer, author, and teacher, with 40 books in publication, translated into many languages worldwide. He is widely experienced in theatre, film, and television, and is a skilled performer and presenter. His unique contribution to the ancient traditions of the Western Mysteries is unparalleled. His recent books include *The Miracle Tree*, *The Sacred Cord and the Sphere of Art*. His best-known works are *The Underworld Initiation*, *Robert Kirk*, and *The Merlin Tarot*. See www.rjstewart.net for more details of his books, courses and recordings or www.dreampower.com for meditations.



10-22 August 2009 ANCIENT SACRED SITES TOUR - South West England Caitlin will be leading a visit to Stonehenge with ritual and giving a workshop on this friendly tour which gives time for you to enjoy the sites without rushing on. Other teachers include Dr. Ronald Hutton (Glastonbury), Gary King (Crop Circles), Andy Norfolk (Cornwall). Areas we visit are: Salisbury, Stonehenge, Avebury, 2009 Crop Circles, Glastonbury Tor, Chalice Gardens, Stones circles in Cornwall, St Michael Mount, and Tintagel, St Nectan's Glen and Bath. £2100 for 13 days/12 Nights. Contact: Ann Mason ann@ancientsacredsitetours.com
www.ancientsacredsitetours.com. Telephone UK 02380 695841

20-23 September 2009 RETURNING TO OUR ROOTS Contemporary Shamanism as a Path for Personal and Global Transformation. Caitlin will be presenting at this event, made up of a broad group of wisdom keepers and grandmothers from diverse cultures in shamanic and earth-based spiritual traditions. Sponsored by the Shamanic Grandmothers' Council. See www.shamanicconference2009.org. Located at Oceanstone, Indian Harbour (near Halifax) Nova Scotia, Nova Scotia, Canada. www.oceanstone.ns.ca. Book via info@oceanstone or phone 1-800-823-2160.

16-17 October 2009 UK TAROT CONFERENCE. Caitlin will be leading a session entitled **HUNTING THE LADY: WHAT'S AT THE BOTTOM OF THIS READING?** Ancient images of the tarot Magician show a mountebank playing a form of 'Hunt the Lady' with balls and cups. It can sometimes be just as tricky to discover where a querent's deeper issue is located in a tarot reading. We will hunt the significator through some new readings and reveal the hidden agenda with some low cunning of our own. Other speakers include Corrine Kenner, Liz Dead, Richard Abbot, Emily Carding, Mary Collin and Kim Arnold talking about her time on the set of the Wolfman movie as tarot tutor to Geraldine Chaplin. The following fees include goody bag: 1. £110 VIP ticket includes Friday night workshop, cocktail party & all day Saturday, 2. £40 Friday night only, and 3. £80 for Saturday only; 4. £5 for lunchtime Saturday workshops only but no goody bag. At Columbia Hotel, 95-99 Lancaster Gate, W2 3NS <http://www.tarotconference.co.uk>.

11-13 December 2009 REGIONS OF THE OTHERWORLD; HEALING THE OF THE MANY-COLOURED LAND with John & Caitlin Matthews, and special guests Cait Brannigan & Wil Kinghan. For this 25th Anniversary of their annual Winter Gathering, we consider the Regions of the Otherworld and its many inhabitants: the gods, faeries, creatures and wonders who throng the many-coloured land. The Otherworld is the unseen side of reality into which we all stray in our dreams, visions & meditations. We will visit the many regions of the Otherworld, and meet allies who can walk with us between the worlds of here and there, before returning to tell our tales. We will discover the unity of all the worlds and how human and otherworldly alliances restore the courts of joy among us. Through meditation, journey, song and group ritual we will learn to travel more surely into these regions, and discover how we become co-walkers with Otherworldly allies in the regeneration and healing of our world. Single £313, Shared £292 and non-res £257 Please send a non-returnable deposit of £90 payable to HAWKWOOD COLLEGE and SAE for map and details to Hawkwood College, Painswick Old

Rd., Stroud, Glos GL6 7QW. Tel: 01453 759034 info@hawkwoodcollege.co.uk.
www.hawkwoodcollege.co.uk

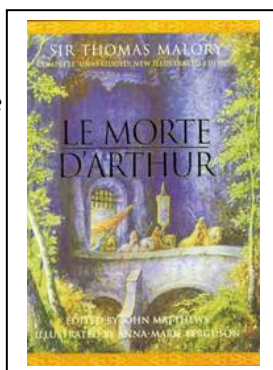
19-21 February 2010 SINGING THE SOUL BACK HOME – Freeing the Imagination, Blessing the Universe with Caitlín Matthews. Residential. Caitlín explores the power of the voice to free the imagination and to bless the universe. Using the Celtic soul-singing methods of our ancestors, we will open the windows of the imagination as we sing the pathways that connect us to sources of spiritual help and healing. Soul singing helps us find our place in the everyday world as well as mapping the pathways along which our souls travel when we need help, advice and wisdom. Caitlín will help us find, meet and co-operate with the soul-friends who walk with us along these paths. What we thought was *only* imagination or *only* a dream is revealed to be the most powerful truth of all, accessible to everyone as our heritage and birthright. Working together and in pairs, we will use our voices to share the blessing of our visions and find the songs that have been singing in our soul. This course is suitable for beginners and no special singing ability is required. *Participants need to bring a notebook and pen, and a scarf to cover their eyes. Also bring the words of a song you love, for sharing together.* Held at Woodbrooke College, 1046 Bristol Rd, Birmingham B29 6LJ tel. 0121 472 5171. Prices TBC. Book at www.woodbrooke.org.uk

FEATURED BOOK

Every issue we feature one of our older books to whet your appetite. This time it is the gloriously illustrated **Morte D'Arthur**, now out of print. We have a few hard-back copies for sale. Filled with colour pictures and black and white impressions by artist Anna Marie Ferguson, the first woman to ever illustrate the whole of Malory's portrait of the Arthurian world, this edition by John is a fully amended text. The passionate, headlong tale by a man whose own life was hardly circumspect (he was in prison for grievous bodily harm and possibly rape!) is given here in modern English spelling. It carries the essential cadence of medieval chivalry in Malory's world where knightly conceits and courtesies were breaking down under the Wars of the Roses.

This is a book that does exactly what it says on the tin: read it aloud and see what effect it has upon you and your loved ones – if you are unmoved, you haven't an honourable, chivalrous or romantic bone in your body! Here is an extract from Book 20 where Bors and the other knights try to persuade Lancelot to rescue Guinevere who's been condemned to death upon the pyre for her liaison with him:

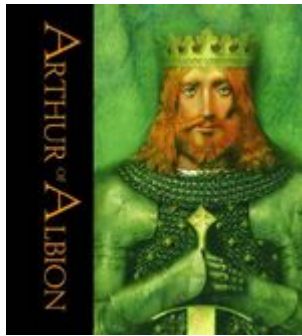
MY lord, Sir Launcelot, said woe with the weal, and take sithen it is fallen as it is, I yourself, there is no fellow-you wrong. Also I will than an my lady, Queen is in pain for your sake, otherwise, all the world will Insomuch as ye were taken wrong, it is now your part



slain and put to a mischievous death, for an she so die the shame shall be yours. Jesu defend me from shame, said Sir Launcelot, and keep and save my lady the queen from villainy and shameful death, and that she never be destroyed in my default; wherefore my fair lords, my kin, and my friends, said Sir Launcelot, what will ye do? Then they said all: We will do as ye will do. I put this to you, said Sir Launcelot, that if my lord Arthur by evil counsel will to-morn in his heat put my lady the queen to the fire there to be brent, now I pray you counsel me what is best to do. Then they said all at once with one voice: Sir, us thinketh best that ye knightly rescue the queen, insomuch as she shall be brent it is for your sake; and it is to suppose, an ye might be handled, ye should have the same death, or a more shamefuler death. And sir, we say all, that ye have many times rescued her from death for other men's quarrels, us seemeth it is more your worship that ye rescue the queen from this peril, insomuch she hath it for your sake.

Sir Bors, by mine advice ye shall take the it in patience, and thank God of it. And counsel you keep yourself, for an ye will ship of knights christened that shall do counsel you, my lord, Sir Launcelot, Guinevere be in distress insomuch as she that ye knightly rescue her; an ye did speak of you shame to the world's end. with her, whether ye did right or to hold with the queen, that she be not

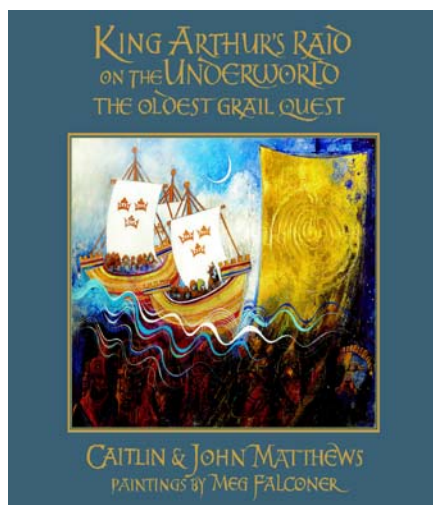
NEW and REPRINT BOOKS



Arthur of Albion by John Matthews is a triple award-winning Arthurian stories for all ages. Combining the Celtic world of the Dark Ages and the early medieval legends of Arthur. Between stories are informational sections about the major characters and themes of the Arthurian legend. Shimmeringly illustrated by renowned Russian artist Pavel Tartanikov whose luminous paintings of Arthur, Merlin and the seasonal landscapes of Britain reveal a new dimension to the Arthurian legends. Winner of the Moonbeams, White Raven & Parents Advisory Board awards.



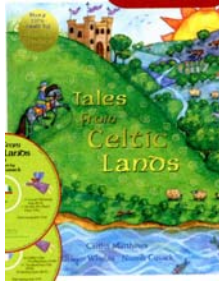
Celtic Wisdom: Celebrating the Season by Caitlín Matthews. This book in a hinged box offers a way of rediscovering the rhythms of the year through the viewpoint of the indigenous Celtic peoples of Europe. As ancestors of us all, the Celts possessed wisdom about the land and the seasons that is still accessible to us today. The contents of this box invite you to find that lore personally, by synchronizing with the powers of the many-coloured Celtic Winds, and connecting with your environment. Wherever you are in the world, the way in which you live contributes to the harmony of all. Comes with a set of Celtic animal cards and an interwoven Brighid's pendant.



King Arthur's Raid on the Underworld: The First Grail Quest by Caitlín Matthews with introduction by John Matthews and artwork by Meg Falconer. This beautiful new h/back book is a study of Taliesin's poem *Preiddeu Annwfn*, the Raid on the Underworld, which tells of Arthur's quest to bring back the cauldron from the Sleeping Lord. Complete with commentary, pronunciation guide & summaries of the background British and Irish myths and traditions, Caitlín traces the mystery of this extraordinary poem, which is itself a cross-roads of British myth, through the feast of the ancestral dead, the Grail legends and the secrets of bardic learning. The poem is illustrated by the shimmering art of Meg Falconer, depicting the seven caers or castles of the underworld. For extracts see: <http://gothicimage.co.uk/arthurraid.html>



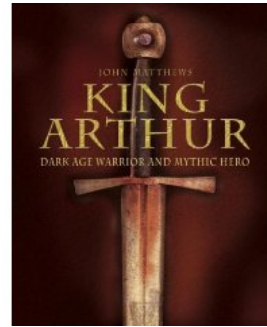
The Green Man Tree Oracle is reprinted in an expanded edition with practical information on how to celebrate this famous pagan character, plus a detailed gazetteer to help find him on your travels. In addition to the original stunning deck of 25 oracle cards, strikingly illustrated by Will Worthington, it also includes a beautiful replica Green Man foliate head, ideal for displaying inside or outside your home.



Tales of the Celtic Lands is an unaltered and renamed reprint of Caitlín's story collection **Celtic Memories**, combining stories from pan-celtic culture. The story of the Cailleach is restored from traditional sources, as well as retellings of Pwyll and Rhiannon, Niall and Lady Sovereignty, Brigid and the Cailleach and other Celtic tales from Wales, Brittany and Scotland. It is charmingly illustrated by Olwen Whelan and comes with 2 CDs of the stories read by Niamh Cusack.

SPECIAL OFFER

We have been able to obtain a few copies of the out of print book, **King Arthur: Dark Age Warrior, Mythic King** which is a large illustrated book about Arthur, includes pics. from the 2004 Jerry Bruckheimer film that John worked on as historical adviser. See under *Special Offers* on the booklist and SAVE £5.



MEDITATION: THE LONG-LIVED WISE ONES

Those who live long have a story to tell us, a wisdom to share with us. Enter and interact!

The long-lived ones are the keepers of wisdom, but few come to visit them, for they have stood so long and silently that they have become part of the fabric of the universe in the eyes of the busy younger ones. As the accepted ways of upkeeping the world now grow stale, as seemingly age-old sureties crack and crumble, the long-lived ones await your visit.

Greet the seven directions: East, South, West, North, Above, Below, Within and centre yourself in the place of your true abiding. In this timeless time and placeless place, you may meet one or more of the long-lived ones as you breathe out three times and in three times. Sense, see and feel one of them before you now: don't be surprised at how the long-lived one looks – it may not be humanoid at all or it may include some human features. Feel the wonder of being in their presence, whether it be one or many. Who is/are your long-lived one/s? Ask them to show you how they see the world and what is most important.

As you ask this, there is no sense of distance or difference between you. One of the long-lived ones and yourself may now be in the same place: you as the smaller one who is inside the bigger one, or you as part of the bigger one in some way.

Slow your breathing down to the rate of the wise long-lived one you are with and just be with them. Stay in this state of oneness for as long as is good for you. If you have an issue that arises to distract you, give it into the keeping of the wise one. Be at peace and in communion with the power of life with your whole body and soul; it is a power that flows through the wise one, and you also feel that life flowing through and out, in and through you like your breath. It gives you sustenance and calm, peace and joy.

Accept peacefully whatever you are shown. If you have questions or are uncertain about what is shown, give your queries over to the wise one again. If you are shown something that isn't what you expected, let it be as it is without changing or dismissal.

When it is time to return, the long-lived one will let you know. You will feel a sense of separation as you step back into your own space again. Any questions you had about your experience, the wise one has already given you a perspective on – it may not be in your mind but more like an understanding in your body. This is fine, however you experience it. Your dreams may show you more. Thank the seven directions and reestablish your presence.

As you go through your days the following week, look for the long-lived ones wherever you are – they may be physically about you, they may be near you unseen. Find their wisdom wherever you go – it is your heritage also.



FOUNDATION FOR INSPIRATIONAL & ORACULAR
STUDIES

**WALKERS BETWEEN THE WORLDS
SHAMANIC PRACTITIONER
TRAINING PROGRAMME**

BCM Hallowquest, London WC1N 3XX, U.K.

We receive many enquiries about the structure of our *Shamanic Practitioner Training Programme*, which can be seen in full on our website. Here it is outlined for clarity. Training is based on course modules taken over a period of 4-5 years minimum. Each student is required to fulfill the Foundation Course and work through the levels B- D. We only list & refer practitioners who complete our training to level E, remain in good ethical practice, & who maintain peer review and tutorial supervision with Fios tutors.

LEVEL A: FOUNDATION COURSE: WALKERS BETWEEN THE WORLDS

Two weekends over six months with additional practice given to maintain proficiency. Students consolidate foundation skills from learning to journey to gaining familiarity with the otherworlds and their allies. Occasionally we run other one-off courses which teach students to journey: these are not part of the practitioner training.

LEVEL B: INTERMEDIATE COURSES FOR PRACTITIONER TRAINING

Intermediate courses teach the basic components of shamanic healing as well as consolidating journeying skills. **Only people of serious intent & commitment may apply for practitioner training which is unsuitable for the merely curious or those with serious mental or behavioural problems.**

1. THRESHOLDS OF POWER & HEALING: a 4 day course which covers the wider field of shamanic healing, diagnosis, power-retrieval, spirit-intrusion extraction, plant-spirit healing, and partake in embodiment of personal allies and the creation of simple customized shamanic rituals for the benefit of clients

2. MIDWIFING THE SOUL: a 4 day course in which students learn the principles of diagnosing, finding and restoring soul-fragments ejected through past; spirit-intrusion extraction, as well as how to receive, treat and care for clients is taught; guidelines for suitability of clients are given; aftercare of clients and their reintegration to improved healthy living are fully discussed. Peer-support is encouraged.

LEVEL C: ADVANCED COURSES FOR EXPERIENCED PRACTITIONERS

Advanced courses are for experienced practitioner of more than 3 years. Journeying skills should be second-nature and applicants have been practicing shamanic healing. These courses may be taken in any order. Students must take Level B first. There are further courses on this level: only two shown here.

VOYAGES OF THE SOUL : The Shamanic Wisdom of Death : a 4 day course which explores the nature of death and how to assist the passage of the soul by finding special spiritual allies who can guide this process.

BLESSING ANCESTRAL HEARTHS - Healing Our Bloodlines: a 4 day course on which we heal and reconnect with our ancestors. This course teaches how to identify ancestral blockages and discover how to clear these on behalf of both forebears and descendants. It concludes with an ancestral celebration of all our bloodlines .

LEVEL D: PRACTITIONER PROBATION & LEVEL E: THE CO-WALKER SESSIONS: PROFESSIONAL SHAMANIC TUTORIALS

These levels underlie professional practice in the community. Supervision & peer-review prepare and uphold the way. No exterior applicants are considered. Interviews are held for Level E.

HEARKENING TO THE HORSE'S MOUTH: a 5 day course instructs students how to teach clients shamanic spirit-consultation, Pair-sessions are supervised. Preparatory instruction on setting up a practice is given. The **Co-Walkers Review Scheme** is offered to graduates of module D.

CO WALKER SESSIONS: Three intimate tutorial sessions lead to professional standard of work where probationers may be listed as FiOS practitioners. It is open, subject to interview, to those completing level D. Peer-review groups meet between sessions & supervision is intensified: all three residential modules must be completed within 1-2 years.

BOOKS AND RECORDINGS BY CAITLÍN & JOHN MATTHEWS.

LIST no. 67 MARCH 2009 VALID BETWEEN FEBRUARY-SEPTEMBER 2009 ONLY

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