



8-Week Course in Self-Healing

A shamanic exploration of health & healing

Wednesdays, 5:30-7:30 pm

February 21 – April 18, 2018

Missoula, MT

More and more, chronic illnesses and hard-to-heal conditions are challenging for conventional medicine to address. The same is true in the mental health arena as well. A body of scientific studies and anecdotal evidence is now confirming the knowledge of our ancestors and pointing to “new” ways we can help ourselves heal. This class explores a larger perspective on human health and healing and how we can draw on shamanic practices and ancient wisdom to help engage our body’s self-healing processes.

Some of the tools we will work with are:

- How you can help your body shift from protective mode to growth mode at the cellular level, allowing it to heal
- A new way to understand and negotiate illness
- Improving your physical health by healing relationships of all kinds
- The role of nature and our internal and external ecosystems in human health and how you can begin to use this awareness to your advantage
- Physical-mental health connections, and working with mind, body, and spirit as one
- How you can impact your physical and emotional well-being by honoring your soul
- Going beyond mind-body healing to engage deep belief in your own experience of vitality, wellness, and ability to heal



By the end of the program, you will have a broad understanding of health and well-being from a shamanic perspective as well as a wealth of tools and ideas to keep you moving forward to thrive in the world.



To Register:

Session dates are: Feb 21, Feb 28, Mar 7, Mar 14, Mar 21, Apr 4, Apr 11, Apr 18

Class size for this program will be limited. Prior shamanic experience is not required.

I am offering this class on a sliding scale. Please select your fee based on your resources and value of the program to you. Choose \$320, \$250, \$150.

For more information, please contact me through www.BlueEagleWoman.com or call/text me at 406-241-7260.

[REGISTER ONLINE HERE](#) or send a check to Blue Eagle Woman, LLC, 1077 Aaron Ct., Missoula, MT 59804

Weekly Topics

Activating Body Systems

Feb. 21 – Our Bodies & Beliefs

Tuning into our body's wisdom and needs, resonance, and spirit connections

Feb. 28 – Living in Symbiosis

Learning from companion plants, our internal microbiological friends, and connection with the land

Healing our Body by Healing our Soul

Mar. 7 – Honoring our Soul

Soul loss and the shamanic art of soul retrieval for health and well-being

Mar. 14 – The Trauma Cocoon

The relationship between trauma and physical illness, and a pathway for healing

Mar. 21 – Humans as Social Creatures

The healing power of relationships, boundaries, community, and ceremony

Claiming our Healing Territory

Apr. 4 – Illness that is “Ours” and “Not Ours”

Exploring trans-generational and societal illness and moving from internal war to peace

Apr. 11 – Empowering Illness & Health

Learning how our illness is serving us, how the good can empower the bad, and creating a life well-lived

Apr. 18 – Choosing to Thrive

Trusting our healing process, managing cycles of illness and health, and building “spiritual muscle”



Marge Hulbert, MS, holds degrees in biology, geology, and hydrology. She is a graduate of the Foundation for Shamanic Studies 3-year program in Advanced Shamanism and Shamanic Healing taught by Michael Harner and Alicia Gates. She has also studied shamanic healing of cancer, chronic illness, psychosis, and trans-generational trauma with Myron Eshowsky of Madison, WI. She is the author of Finding Eagle: A Journey into Modern-Day Shamanism and has been practicing shamanic healing for 15 years. Her personal path has included her own challenges with healing Hashimoto's disease, an autoimmune form of low thyroid function.

Photo by Olivia Vanni