

# The Sacred Trust


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## Betsy Bergstrom

### Workshops and Trainings

Betsy Bergstrom is a full-time shamanic teacher and practitioner, considered by many to be the foremost workshop leader specialising in despossession methods teaching in the world today.

She holds the rare ability to open portals between worlds, archetypes and dimensions for the explicit purpose of gathering knowledge, changing possibilities and attuning to a higher awareness. As a recognised seer and oracle, she brings inspiration and knowledge to her students through constellating mythic landscapes with important stories to tell. For the last decade her gifts have focused on the compassionate release of possessing spirits to create healing for the possessed, the possessor and the world itself.

As well as extensive training with both indigenous shamans and in classical shamanism, Betsy is a lineage holder and dharma protector in the Tibetan Shije tradition of Chöd in the lineage of Machik Lapdrön and Padampa Sangye dedicated to sharing Dakini Wisdom.


[Shamanic Mediumship and Seidr](#)
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## Shamanic Mediumship and Seidr

The greatest spiritual healers of our time are mediums. Many of the greatest artists, musicians, counsellors, oracles and mediators of our time are mediums. And it is without dispute that the greatest shamans and medicine people of our time practice mediumship, for it is a key underpinning of shamanic traditions the world over.

Mediumship is understood to be a partnering of human host and spiritual ally that can facilitate healing, wisdom and knowledge. In the words of the British medium, the late Harry Edwards, mediumship can “host miracles”.

Mediumship, attunement and entraining are natural and daily aspects of our human experience. Consequently most of the mediumship experienced in the world is unintentional and often unconscious. This training is an exploration of intentional mediumship and its practical partnering with ~~shamanism~~ with a wide range of compassionate allies, this experiential training will be focusing on:

- The art of mental and physical mediumship, being the basis for divination, oracular work and the accessing of wisdom and healing.
- Awareness of the body's tendency to attune to emotion and vibration, and the phenomena of exteriorized spiritual substances such as ectoplasm, and materialized objects or apports.
- Grounding and personalising a protocol for staying grounded & aware whilst engaging in intentional mediumship and in daily life.
- Intentional attunement skills for potentialising and empowering mediumistic attunement for speech and healing.
- Exploring conscious versus unconscious mediumship and developing protocols for and explorations with solo, dyad, and group mediumship.
- The Norse shamanic mediumship ways and ceremony of Seidr: Working with song & staff within this Northern European form of shamanism and exploring staff journeys, oracular mediumship and healing.
- The art of skilled embodying and the Cosmic Kiva healing ceremony



**DATES:** Saturday 30th November – Tuesday 3rd December 2013

This workshop is fully booked. [Click here to go on our waiting list for this workshop](#)

**VENUE:** The Sacred Trust Centre, Dorset

**FEE:** £565 inc VAT (fully residential; fee includes accommodation, food and tuition)

Maximum Number of Participants: 22

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