

Clarity and Balance in the Middle World

With Betsy Bergstrom

*Oak Park, IL
October 23-25, 2009*

Practitioners of shamanism live and work in the Middle World. This program is designed to provide a structure and framework for developing personal shamanic integration, self-authority and clear congruent connections with personal helping spirits. The training includes many techniques, skills and practices for successful shamanic practices and personal well-being. This program is dedicated to helping shamanic practitioners to serve others with more power and awareness. The content of this course will enhance shamanic practices with powerful healing, clearing, and protection techniques, as well as enrich the personal spiritual life of the practitioner.

This workshop will help us reconnect to our life's purpose, reclaim our gifts and integrate them into our lives with balance.

The program will serve both as an introduction to Betsy's work, and as a supplement to other work she does, so that her former and current students will also benefit from new material provided in this training. (If you have studied extensively with Betsy, you will have the option to do more advanced journeys during times when the new students are meeting their Middle World allies).

ANTICIPATED MATERIAL COVERED [Please note that Betsy's workshops are Spirit-guided. The compassionate spirits may vary the content of the class]:

- **The nature and possibilities of the Middle World.**
- **Creating sacred space and connecting with protector spirits and power animals prior to doing any shamanic work.**
- **Merging with our own Divine, True Self – the Divine Light that protects us -- and seeing how that True Self appears to others.**
- **Discovering the gifts, dreams, and contributions we came to this life to manifest.**
- **Attunement to deities, angels, compassionate spirits, and our highest vibration possible.**

- **Personal protocol, ethics, and tools for discerning appropriate spiritual teachers and helpers.**
- **Working in harmony with the spirits of where we live.**
- **Strengthening our connections with helping spirits, meeting new compassionate spirits who want to help us, and balancing the Divine powers available to us.**
- **Helpful skills for empaths and sensitives to use in daily life.**

ABOUT THE TEACHER

Betsy Bergstrom is a full-time Shamanic Practitioner and Teacher who has studied with shamans and healers from many cultures. She is a graduate of the Foundation for Shamanic Studies 3-Year Program. She has been trained by a number of indigenous shamans and healers who have encouraged her and shared with her their wonderful teachings. She has worked in various fields of Alternative Healing for over 20 years. Her calling is to work in partnership with the Helping Spirits, to help both the living and the dead. If you would like more information about Betsy, please visit her website, www.betsybergstrom.com.

Sandra Ingerman says, "Betsy Bergstrom is a brilliant teacher and healer. She is clear, grounded, authentic, and teaches from a place of integrity. Betsy is a true shaman, and I highly recommend her work."



Betsy Bergstrom

Clarity and Balance in the Middle World

DATES: October 23 to 25, 2009: 8:30 am - 5 pm [optional after 3:30 p.m. on Sunday, to accommodate those who must travel].

FEES: \$100 deposit and the registration form reserve your space. Full payment of workshop fees is due no later than registration on the first day of the workshop. **Workshop fees are discounted to \$340 if payment in full is received on or before September 8, 2009, and \$375 thereafter.**

A limited number of partial scholarships is available. If you wish to attend but really cannot afford to pay the workshop fees, please contact Julia Sherwin for a confidential scholarship application form.

WHERE: Oak Park, Illinois. When you register, you will receive directions to the workshop site and further details.

REQUIREMENTS: There is no specific course prerequisite for this training. **However**, since we will be working with Middle World healing and protections, confidence in your relationships with your helping spirits is essential. There will be a lot of material to cover, and Betsy will not have time to help people with basic journeying skills. She is, however, having a beginner's class in Oregon a few weeks before the workshop [see her website, www.betsybergstrom.com for more information].

CONTACT: Please mail your registration form and check, **payable to Betsy Bergstrom**, to:

Julia Sherwin
505 Seventeenth Street
Oakland, CA 94612
Cell: (510) 484-6051
Office: (510) 452-5500
Fax: (510) 452-5510
juliasherwin@yahoo.com

If you prefer to pay by credit card, please fill out the authorization information on the registration form. The form may be sent by mail, fax, or e-mail to Julia Sherwin.