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CELTIC SHAMANISM

The Celts were a civilization defined by the use of Celtic languages and cultural ways. They once lived on much of the European continent (Scotland, Ireland, Wales, England, Brittany, Switzerland, Italy and Spain) and in parts of Asia.

The druids, priests and priestesses played a very important role in Celtic society and practiced a form of shamanism. They were ministers of religion, who carried out cultural ceremonies and initiations, being the intermediaries between the Gods and men. They were healers, historians and guardians of the Celtic Knowledge and Ancestral Wisdom.

In Celtic culture, the law was an integral part of theology and so it was natural that the druids, priests and priestesses were not only counsellors to the kings, but served the people as lawyers and judges. As magistrates, they often had to settle significant conflicts between the different tribes as well as arbitrating in disputes between individuals.



The Celts knew how to write and it was they who invented the ogham alphabet based on the wisdom and properties of trees. However, there are very few original texts, because the druids, priests and priestesses considered that the written word had no life. They always favored the transmission of knowledge and tradition orally, primarily through stories and songs. The ability to memorize was highly prized. It was well known that in order to keep remembering something, it is necessary to regularly revise it, and this kept the ancient sacred wisdom and legends alive. Thus Celtic shamanism is primarily an initiatory path that is transmitted orally.

Celtic shamanism, based on druidry, is the very foundation of Celtic civilization. It gradually disappeared from the European continent with Romanization and the massacre of the druids, Celtic priests and priestesses by the Roman legions, and then was further lost through the establishment of Christianity.

Celtic shamanism, as I practice and teach it, is part of an initiatory path indigenous to Wales. Given the difficult climate and the nature of the mountainous terrain that made every journey complicated, Wales developed and maintained a Christianity heavily tinted by older practices and beliefs, and many Celtic traditions and teachings survived. The Celtic ancestral wisdom is embodied in the Welsh landscape, as the country retained its Celtic roots and the use of the Welsh



language survived colonization, even making a come-back in recent years. The history of the tales and legends and the names of the Welsh Gods and Goddesses are kept alive in the names of places which have remained in use to this day. The ancestral knowledge is still remembered and held by the land.



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Celtic shamanism is derived from our ancestral roots and teaches us to live in harmony with the world around us. This ancient wisdom is contained within the land where we live, in our forests, our mountains, our lakes and rivers. It is present in our old customs and beliefs and in our tales and legends. It is primarily a spiritual journey of self-development. It encourages us to honor the cycles of nature and the movements of the stars and moon in order to gain strength and wisdom.

Celtic shamanism makes us aware of the close ties that bind us to the earth and reconnects us with the forces of nature to find a sacred balance. It teaches us how to communicate with the elementals of the fairy realm and the energies of the subtle worlds, such as nature spirits, the guardians of the rivers and the hills, the spirits of plants and animals and rocks, stones and crystals. It teaches us to develop a relationship with our power animal and our personal totem tree, and to use their advice and teachings in our daily lives.

In a Celtic shamanic consultation a range of healing techniques are used, including shamanic journeying, soul retrieval, extraction and use of medicinal shamanic plants sacred to the druids.

Shamanic journeying

Shamanic journeying uses the sound of the drum to travel in non-ordinary reality. The particular rhythm used alters our level of consciousness, inducing theta waves in the brain which is associated with a trance state. This enables us to connect to our inner voice and brings deep relaxation. Shamanic journeying can help to rebalance our energy system, understand our dreams, find answers to everyday problems and communicate with the spirit of plants, animals, and so on. It can help us to become whole and regain our strength and vitality.

Soul retrieval

Soul retrieval is a technique in which the practitioner brings back lost pieces of a person's soul or energy. We can lose such soul parts due to physical, emotional, mental or spiritual shock, or difficult life situations. For example, you could have lost energy and vitality after a long illness, surgery, an accident, loss of a loved one, a separation or divorce, a period of depression, excessive use of alcohol, recreational and prescribed drug use, and so forth. In these cases, we may experience a loss of energy, an inability to concentrate, a lack of attention or motivation, a feeling of hyperactivity and/or a feeling of being disconnected with life. Nowadays, more and more people are faced with an increasingly stressful and alienating world and thus suffer from a loss of spirituality and soul.



Extraction

The shamanic practitioner removes any "intrusion" or energy that does not belong to us, such as illness, thought forms, entities, spells, curses, "aggressive energy", and sometimes even "departed souls" that need help to cross over into the light. Steps are taken to repair the "gaps" that have been caused by these "intrusions".



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CELTIC SHAMANISM

Sacred Plants and Plant Spirit Medicine®

Shamanic medicinal plants can be used to heal the body, soul and spirit of a person. During a consultation, the spirits of various plants are called upon and their properties and strengths are infused into the client. Plant spirits provide us with a renewed sense of equilibrium, harmony and joy in life.



I practice Plant Spirit Medicine® as taught by Eliot Cowan.

Benefits of Celtic shamanism

- Encouraging and promoting innate healing mechanisms.
- Retrieving the parts of your soul that may have been lost through physical or emotional trauma
- Extraction of thought forms and entities
- Rebalancing your energies
- Understanding and interpreting your dreams
- Connecting with plant and animal spirits
- Rediscovering your inner power
- Freeing yourself from old emotional patterns and fears
- Releasing trauma from the past
- Exploring your creativity and experiencing the subtle energies of the natural world
- Meeting your power animal
- Forming healthy relationships
- Discovering the magic of life
- Bringing healing, balance and joy into your life



Note

Celtic Shamanic treatments do not replace modern medicine. Shamanism is a holistic spiritual approach which primarily aids the mind and spirit and can increase the body's innate healing ability. It is often extremely useful and beneficial when applied alongside proper medical care.