



21st Century Shamanism and Energy Medicine™

Guide to LightSong's Bachelor of Arts in Community Shamanism:

Cougar

Developed by the
Advisory Council for LightSong



Greetings Prospective Bachelor Candidates (Interns) of Shamanic Studies!

LightSong and its Council Members welcome you and invite you to inquire for yourself, with the spirits—

What is your deepest desire regarding your relationship with shamanism and energy medicine?

What are you seeking? What do you hope to create for yourself?

Do you wish to be recognized and credentialed for your work in shamanism? Do you wish to be of service to others, to LightSong, and help its community members, students, and teachers, to pursue healing and learning in a powerful way? Do you wish to commit yourself to a life of shamanism, healing, serving, and teaching, and be known for your exemplary success in your own unique area of healing?

At this point, you are aware that beyond the core curriculum provided by the school, LightSong offers three principle programs to deepen your relationship with shamanism and to elevate your vibration as a human being, as a healer, as a teacher, as a vehicle for the divine. The Bachelor of Arts in Community Shamanism Program (BA), Licensed Master Practitioner Program (LMP), and the Doctor of Shamanism Program (ShD). Each program has a particular focus, and is appropriate for people at different places in their shamanic studies.

Since you are in the early stages of shamanic learning, and your deepest desire is to be of service to others, to LightSong, and to expand your knowledge and leadership skills, then the Bachelor of Arts in Community Shamanism Program may be for you. This program is for the motivated student seeking to make a commitment to shamanism and to be in service to LightSong, beyond the casual enrolling in its classes. Interns (Bachelor Candidates) assist during classes and ceremonies, providing an invaluable support system for LightSong students, community members, and teachers. People who complete the Bachelor of Arts program will have an excellent foundation in shamanic practices, finely attuned leadership skills, and a deep connection with spirit and community. Their service is the backbone of the LightSong School, for which we are deeply grateful.

This Bachelor of Arts in Community Shamanism guide is designed to assist you in your inquiry, aspirations and desires with respect to shamanism. The Bachelor of Arts program will provide you with a level of certification that helps advance shamanism as an acclaimed form of healing, and supports a high standard of care for the people seeking healing. This is rigorous, and rewarding.

Please remember that the council is here for you, to be in partnership with you—to help you attain your highest vision for yourself in shamanism, in healing, in life.

Good Luck. Please contact us if you have any questions.

Much love and admiration to you,

The LightSong Council



LightSong's Requirements for Completion of the Bachelor of Arts in Community Shamanism Program ~

COUGAR

Core Courses (All are required)

- 101 Through the Rabbit Hole: Basic Shamanic Journey Skills
- 111 Sweat Lodge (Assist at four separate ceremonies)

- 201 The Practical Shaman: Spiritual Techniques for the 21st Century Shaman
- 211 Telepathic Communication Practicum (Assist in a Medicine Wheel Role)

- 311 Medicine Wheel (CO-)LEAD role(s) at Telepathic Communication Practicum

- 301A The Universal Shaman: Beyond the Personal
- 302B The Universal Shaman: Beyond the Personal

- 303 Soul Retrieval
- 304 Compassionate Spirit Release

- 260 Assistant's Training

- 500 Ongoing Mentorship

Assisting

- **Assist in a total of nine** of the required and/or elective courses.

- Commitment to class schedules for classes in which you are either enrolled as a student, or participating in as an assistant.

- Commit to being available to assist in all LightSong ceremonies for the duration of the Internship period, including assisting in four LightSong sweat lodges.

- Interns must submit periodic written progress reports to the Assisting Program Coordinators.

- Interns are required to pay all standard fees for all classes taken as a student, practicum fees, any ceremony fees and administrative fees that may apply. When interns are in the assistant role, no class fees are required.



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LIGHTSONG VISION, MISSION, GOALS, AND PHILOSOPHY

LightSong's Vision

LightSong School of 21st Century Shamanism and Energy Medicine is dedicated to the cultivation of thriving communities of well-beings through the exploration and practice of shamanism and alternative energy medicine.

LightSong's Mission

LightSong's Mission is to provide excellence in shamanic and energy medicine education and to support personal growth for well-being, adapting ancient healing techniques to contemporary life in the 21st Century. LightSong students and staff contribute to the growing body of shamanic knowledge and experience, and assist in the evolution and refinement of shamanism as a contemporary healing art form. Utilizing energy medicine and shamanic practices, all LightSong members participate regularly in focusing the vibration of love towards healing ourselves, each other and the planet.

LightSong Goals

All of LightSong's trainings, workshops and ceremonies seek to:

- encourage people to connect and gain wisdom from compassionate spirits for growth and healing;
- create a safe environment for personal and spiritual growth;
- inspire great acts of love and spread joy;
- invite and encourage the use of conscious intention and prayer;
- encourage people to transcend the limitations of their ego and to live from their true self or divine self perspective;
- help people strive and reach beyond the current paradigms of limitation and scarcity;
- assist people to persevere in difficult times, relying on inner knowledge and experiential strength; and
- create a network of people that are role models for the future of shamanism and energy medicine.

LightSong's Principles and Philosophy

All of the Programs and Practices of LightSong are based on the following values and principles:

- The complete expression of Love is the highest goal;
- Healing ourselves is central to facilitating the healing of others;
- The importance of acknowledging and respecting our teachers, the origins of our practices, and our mentors;
- Belief in compassionate spirits and the divine self as the basis for all healing;
- The united belief in the positive, generative nature of the universe;
- Utilizing the Laws of Attraction as a template for humanities highest good;
- Words and thoughts are always conscious, positive, constructive and respectful;
- Trusting completely in the Higher Power regardless of the name one chooses to call it;
- The willingness to open to spiritual guidance in developing honesty and clarity in one's thinking;
- The willingness to recognize prejudice, bias, or projection in oneself and replace it with truth and love;
- The conscious awareness of tempering the ego with persistence;
- Speaking the truth without judgment or blame;
- Respect for the right of others to form their own values and beliefs;
- Honoring your own learning from experience and inner guidance as well as those of your teachers;
- Basing the value of a theory or technique on the verifiable results it helps one achieve;
- Using negative *and* positive experiences to heal and grow;



- Being open to results rather than attached to them;
- Taking personal responsibility for one’s situation in life;
- Holding compassion for those who have decided not to do this;
- Realizing that transformative experiences are not limited to the course work, and contribute to a well-rounded healer;
- Appreciating the fact that healing and growth is maximized when we transcend the limitations of the ego and live from our true, divine self;
- Understanding that to strive and reach beyond the current paradigms of limitation and scarcity results in miraculous manifestation;
- Recognizing that healing requires a deep belief in oneself; and
- Knowing that there are always internal and external resources available to meet life’s challenges.

LIGHTSONG ORGANIZATIONAL INFORMATION

Our Location

LightSong School operates out of a variety of venues in the Portland, Oregon area.

Our President

Jan Engels-Smith

Our Advisory Council

Colleen Benelli	Pearl Pierce
Karen Hefner	Pamela Rico
Terry Kem	MJ Schwader
Margie McMahan	Lauri Shainsky
Marty Nelson	Sioux Strong

Our Program Director

Margie McMahan
1788 SE Eagle Lane
Gresham, OR 97080
503-516-0360

Our Corporate Office:

Jan Engels-Smith
832 SW Wilson Court
Gresham, OR 97080



BACHELOR OF ARTS IN COMMUNITY SHAMANISM PROGRAM

21st Century Shamanism and Energy Medicine™



Cougar Program



WELCOME

Dear Prospective LightSong Intern (Bachelor Program Candidate):

Thank you for your interest in the LightSong School of 21st Century Shamanism and Energy Medicine Bachelor of Arts in Community Shamanism Program.

The Bachelor of Arts in Community Shamanism Program is for the motivated students seeking to make a commitment to shamanism and service to others and/or LightSong beyond the casual enrolling in LightSong classes. LightSong Interns are essential to the growth, vitality and evolution of LightSong's programs and community. Thank you for your desire to step into this incredible circle of learning, service, deep connection with Spirit, and personal development.

The purpose of this Bachelor of Arts in Community Shamanism Program is to provide a forum for LightSong students to increase their depth of knowledge and understanding of the skills, techniques and art of core shamanic practices, while at the same time providing support to people in the LightSong School. The Bachelor of Arts in Community Shamanism Program provides a rich environment for personal growth and development, and for enhancing many life skills such as communicating, listening and moderating group dynamics. This program is also a place where people learn and grow through the power of community, and learn the deeper truths about being in community by being immersed in it.

The Bachelor of Arts in Community Shamanism Program is designed to come after students have completed and graduated from LV1 and LV2. The completion of these courses ensures that our interns have had a consistent level of practical classroom experience with the fundamental skills and techniques of core shamanism. Students from other programs are encouraged to apply and will be evaluated for equivalence in training. Interns continue on with their studies in the core curriculum, and assist with classes (among other roles discussed herein). The amount of time needed to complete the Bachelor of Arts in Community Shamanism Program is individual and will be determined by the desire and motivation of each candidate, *not to exceed five years*. During your Bachelor program, and thereafter, it is expected that you exemplify all that LightSong stands for, as discussed in the Ethical Standards and Cultural Norms sections of the program description. Completion of the Bachelor of Arts in Community Shamanism Program fulfills the coursework requirements needed in order to apply for LightSong's advanced educational and practitioner programs--the LMP and ShD Programs.

We recommend that you apply thought, energy and all of your shamanic talents to this application process, including engaging the spirits. The process should be emblematic of your shamanic talents.

The LightSong Council welcomes you. We wish you luck in this endeavor, and look forward to growing and learning with you.

Sincerely, In Spirit,

Jan and the Council of LightSong



PURPOSE AND GOALS OF THE BACHELOR OF ARTS IN COMMUNITY SHAMANISM PROGRAM

The purpose of the Bachelor of Arts in Community Shamanism Program is to provide a forum for students of LightSong School to be of service to the school and its' students, to develop teaching and leadership skills, and to deepen their knowledge, skills and understanding of core shamanic practices, as taught by LightSong. The program provides people who are interested in advanced studies with a structured program that fosters a deepened commitment of service to others and to their own learning and shamanic spirituality. People who complete the Bachelor's Program will have fulfilled the coursework necessary to be considered candidates of the advanced educational and practitioner programs offered by LightSong.

Goals of the Bachelor of Arts in Community Shamanism Program

The Bachelor's Program seeks to cultivate people who:

- have experienced and completed advanced shamanic coursework;
- demonstrate a comprehensive understanding of core shamanic practices as taught by LightSong School;
- connect deeply and work with Spirit in a potent manner on a regular basis and can help create the container for others to connect with Spirit;
- use their experience, understanding and connection with Spirit to effectively serve others through leadership, assisting in coursework, ceremonies, and other transformative shamanic experiences offered by LightSong; and
- exhibit a high level of personal development consistent with the Ethical Standards and Cultural Norms of LightSong and serve the school with integrity and heart.

Toward these goals, LightSong is committed to providing opportunities for Interns to:

Develop a comprehensive understanding of core shamanic practices through classroom and ceremony immersion. Graduates will have completed student coursework in the following LightSong classes: 101 Basic Shamanic Journey, 201 The Practical Shaman, two years of 301 The Universal Shaman, 303 Soul Retrieval Training, 304 Compassionate Spirit Release Training, and at least 2 years of the Telepathic Practicum in lead positions.

Advance their teaching and leadership skills through assisting with classes and ceremonies. Rich opportunities for learning how to cultivate and maintain a healthy, thriving, productive community is a keystone of the Bachelor's Program, and of life in LightSong. Interns assist with many of the above-mentioned classes and play significant roles supporting LightSong ceremonies. Interns take on leadership roles by assisting and by organizing the other assistants in classes, following up with students, and helping to track learning. Interns also play major support roles for LightSong ceremonies such as the Telepathic Practicum, Talisman and Firewalk Ceremony, and sweat lodges.

Deepen their ability to work productively with Spirit, in ordinary and non-ordinary realities concurrently, while maintaining a well-balanced state of being. Interns gain valuable experience listening to the spirits, interpreting their wisdom, channeling their power, and facilitating other's healing and learning. These vital ways of being are continually cultivated through participation in ceremony, active engagement in coursework, listening and watching as assistants in the classroom setting, and through diligent, committed personal practice living a shamanic lifestyle.

Actualize self-determined personal goals and manifest their dreams for themselves on their path. Active pursuit of personal growth is supported throughout the Bachelor's program through initiations with the spirits, learning from instructors, each other and students, and through navigating ordinary and non-ordinary reality while assisting and pursuing advanced knowledge in shamanism. Interns will enjoy a rich support network composed of LightSong mentors, teachers, program coordinators, the broader LightSong community and their own direct connection with Spirit. They are encouraged to be empowered creators of greatness in their lives through shamanic living and committed practice of shamanism and energy medicine.



INTENTIONS FOR SKILLS DEVELOPMENT IN THE BACHELOR OF ARTS IN COMMUNITY SHAMANISM PROGRAM

The Bachelor of Arts in Community Shamanism Program offers people an opportunity to expand on the many gifts they already have, while advancing their skills in energy work, teaching and leadership, personal development and empowerment. We hold very specific intentions for the blossoming of these skills as described below.

Energy Work

As a result of your participation and commitment during your Bachelor's program, LightSong holds the intention for you to achieve enhanced abilities to:

- cultivate a rich and safe environment for spiritual work, charging and keeping the learning environment with light, love and benevolent energy;
- create a powerful vehicle for shamanic journeying through drumming;
- be present in ordinary and non-ordinary realities concurrently, maintaining a balanced state of well-being;
- communicate telepathically with compassionate loving spirits, and bring the communications through to ordinary reality and to the people with clarity and purity;
- hold conscious awareness of spiritual energies, and energies that are broadcasted by others such as students in classroom or ceremonial settings, and be able to discern between the two;
- formally call in the spirits through powerful invocation, and set intentions in classroom, ceremonial, and personal settings; and
- learn and confidently work with healing and ceremonial songs—both your own personal given songs, and those songs shared within the LightSong School community.

Leadership and Teaching

As a result of your participation and commitment during your Bachelor's program, LightSong holds the intention for you to achieve enhanced abilities to:

- facilitate groups;
- listen and communicate clearly and compassionately;
- retain information and wisdom through focus, immersion, and documentation (note-taking);
- truly serve, be a compassionate witness, and act with humility;
- observe and discern at various levels of consciousness and awareness;
- observe and assess student learning;
- adapt explanations in classroom situations to meet the needs of individual students;
- assist students in clarifying and interpreting their own journey experiences; and
- aid others in their discovery of shamanism and their personal gifts.



Personal Development and Empowerment

As a result of your participation and commitment during your Bachelor's program, LightSong holds the intention for you to achieve enhanced abilities to:

- connect with Spirit;
- interpret and act from the perspective of the greater good;
- be fully present and heart-centered;
- create and work with your own altar;
- connect with others and be a strong link in community;
- confidently lead others in spiritual settings;
- be proactive in your endeavors;
- live from a place of integrity;
- be dependable and follow through;
- perform the basic business and computer skills needed for group and class management; and
- organize and facilitate classes and ceremonies.

ETHICAL STANDARDS

LightSong promotes and upholds the following ethical standards, and requires its Interns and Practitioners to do the same:

1. Be in agreement with and working to fully express LightSong's Philosophy and Purpose.
2. Respect Shamanic practitioners and masters regardless of lineage or organizational affiliation. Refrain from making negative statements about other Shamanic practitioners or masters.
3. Actively work to create harmony and friendly cooperation between all Shamanic practitioners and masters regardless of lineage or organizational affiliation.
4. Encourage all clients to use their own inner guidance in deciding who to receive Shamanic healing from or who to study Shamanism with, including the possibility of receiving healing from more than one practitioner.
5. Openly encourage all practitioners to do the best job possible.
6. Always work to empower your clients to heal themselves and to encourage and assist them in their personal growth.
7. Always treat clients with the greatest respect. Avoid all illegal or immoral activity with your clients; never touch their genital area or breasts, never ask them to disrobe, or never make sexual comments or references.
8. Abstain from the use of drugs or alcohol during all professional activities.
9. Practice Truth in Advertising. Be willing to openly discuss shamanic methods and practices, the fee that is charged, and the amount of time spent in sessions with any prospective clients. When listing your Shamanic training and/or qualifications in a bio or advertising for clients, include that you are enrolled in or have completed the Bachelor of Arts in Community Shamanism Program with LightSong School.
10. Be open to the continuing process of enhancing your professional qualifications, training, experience and skills.
11. Be actively working on your own healing so as to embody and fully express the essence of a shamanic lifestyle in everything you do.



12. Educate the client regarding the value of shamanism and energy medicine and explain that it does not guarantee a cure, and is not a substitute for medical or psychological treatment. Acknowledge that Shamanism and Energy Medicine works in conjunction with other forms of medical or psychological care. If a client has a medical or psychological condition, suggest, in addition to giving them Shamanic healings, they see a health care practitioner if they are not already seeing one.

13. This licensure does not qualify you as a counselor or therapist, or any other kind of practitioner. Thus, you should never diagnose medical or psychological conditions or prescribe medications. Never suggest that a client change or end dosages of substances prescribed by other licensed health care providers or suggest the client change prescribed healing or interfere with the healing of a licensed health care provider.

14. We commit to assisting in advertising and promoting each other, realizing that gain for one is the gain for all.

15. To advance the healing art of Shamanism, we are also committed to establishing a standardized, organized and consistent method of documenting learning and evolutionary changes in people, their spiritual practices, and world views.

CULTURAL NORMS OF LIGHTSONG

Members of the LightSong community reflect the high vibration requisite for proficient 21st Century shamans and Energy Medicine Practitioners.

When you involve yourself in LightSong, you are expected to:

- be in alignment with LightSong's Philosophy and Purpose;
- agree to honor and abide by the Ethical Standards set by LightSong;
- trust shamanic energy medicine to always provide the perfect healing result for the highest good of all concerned;
- place no expectations or limitations on Shamanism, serving simply as a pure and open channel for the power and information to flow through you, with no attachment to the outcomes;
- to be actively working on your own healing and personal growth—taking workshops and engaged in a spiritual practice as part of your lifestyle;
- promote harmony in the LightSong Community; and
- honor and respect students and clients, encouraging their independent growth, and to freely share information with them.

BENEFITS OF THE BACS PROGRAM

Through participation in your Internship, we hope you will experience:

- deeper healing for yourself and others;
- an in-depth and productive understanding of shamanic techniques;
- a greater understanding of how Spirit works through you;
- a more potent personal connection to Spirit;
- enhanced personal development, growth, and empowerment;
- the joy of exchanging knowledge and experience through service;
- heartfelt fulfillment in building relationships with and observing growth in, LightSong students; and
- a true sense of belonging and community.



APPLICANT REQUIREMENTS

The requirements as an Applicant—to be considered for entry into the Bachelor of Arts in Community Shamanism Program—are the first to make note of, and are listed in a checklist format below. Upon completion of the checklist, you will have fulfilled all the requirements to be considered for admission into the Bachelor's Program. The LightSong Program Director will evaluate your application upon receipt of all required submissions. After we thoroughly review your application and make a determination, you will be advised of your status.

To apply for the program you must:

- _____ Submit an application.
- _____ Pay a one-time, non-refundable application fee of \$75.00 to the LightSong Program Director.
- _____ Have a deep abiding commitment to learning –one's own and the learning of others.
- _____ Have completed 101 and 201 trainings as a student.
- _____ Have attended 260 Assistant's Training, and assisted in at least one LightSong class.
- _____ Submit a copy of your certificate of completion for 201 course with your application.
- _____ Attend the Program Initiation/Commitment Ceremony (January 1st Ceremony or at Practicum)

CANDIDATE REQUIREMENTS

Upon acceptance into the program, you will be asked to fulfill the required elements of the program. These requirements as a Candidate are listed below. Interns who are accepted into the program will work closely with the Assistant Program Coordinators. These people will be a valuable resource for you as you progress through the BACS program. They will assist you in the **Candidate** phase of your program as an experienced colleague.

Below you will find the requirements to fulfill as a Candidate; these must be completed within a 5-year period.

Requirements for completion of internship program:

- _____ Pay a monthly fee of \$50.00 to the Advisor assigned to the Intern for the duration of program.
- _____ Complete 301A and 302B trainings (12 months each).
- _____ Complete one 303-Soul Retrieval course
- _____ Complete one 304-Compassionate Spirit Release training.
- _____ Assist in three LV1 courses.
- _____ Assist in one LV2 series of classes (18 months).
- _____ Assist in one 301A/302B course (12 months).



_____ Assist in four other LightSong courses from the required and/or elective curriculums. The courses are listed on the web site at www.lightsong.net. At least two of these assistant posts should be in a Lead Assistant role, one of which is in a 201 or 301 course.

_____ Perform a Lead role at two 311-Telepathic Practicum programs (one week each.) This includes significant time commitments for organizing and preparation. (Lead positions counting towards your Bachelor's program should be approved by the Council.)

_____ Commitment to class schedules for classes in which you are either enrolled as a student, or participating as an assistant. Assistants arrive early for class set-up and stay afterwards for clean-up and debriefing; Assistants are also asked to stay in touch with students in between classes to provide student support.

_____ Commit to being available to assist in all LightSong Ceremonies for the duration of Bachelor's program period, including assisting in four LightSong sweat lodges. This includes participating in advance preparations, arriving early for set-up, and staying afterwards for debriefing and clean-up. Refer to the information at the end of this program document titled, **Assisting at LightSong's Sweat Lodge Ceremony**.

_____ Interns must submit periodic written progress reports to their Advisor. At various points throughout the year, Interns may also be given assignments that require written responses to facilitate their learning and provide LightSong with additional means of assisting interns in their development.

_____ Interns are required to pay all standard fees for all classes taken as a student, practicum fees, any ceremony fees and administrative fees that may apply. When Interns are in the Assistant role, no class fees are required.

_____ Interns are required to schedule quarterly meetings with Jan. Standard appointment fees for Jan's time are the responsibility of the Intern.



**APPLICATION FOR ADMITTANCE INTO LIGHTSONG SCHOOL
BACHELOR OF ART IN COMMUNITY SHAMANISM PROGRAM**

Please attach a letter of intent that briefly describes why you are interested in entering the program, and what you wish to gain from your involvement.

Contact Information

Name _____ Date of Birth ____/____/____

Mailing Address: Street _____ City _____

State/Country _____ Zip/Postal Code _____

Office Address: Street _____ City _____

State/Country _____ Zip/Postal Code _____

Home phone _____ Office Phone _____ Cell Phone _____

Fax _____

Email _____

Personal website _____

List Your Shamanic Training in Detail

101 or equivalent: Dates _____

Teacher: _____

201 or equivalent: Dates _____

Teacher: _____ *Certificate Enclosed ___Yes ___No

** Certificates must be submitted for these classes before your application can be considered.*

PLEASE ANSWER THE FOLLOWING QUESTIONS ON A SEPARATE PIECE OF PAPER

Shamanic and Spiritual Training with other Schools

Please list classes, dates, and teacher of all your previous Shamanic training and hours of training at each level. Copies of your certificates (if you have them) should be sent to LightSong's Corporate Office (Page 7).

Please include other spiritual healing training you have attended: address and dates of attendance, teacher/facilitator, certificates or degrees awarded.



General Health/History

Have you ever undergone psychotherapy or counseling for emotional or mental reasons? ____yes ____no
If yes can you say a few words about this?

If yes, do you feel that the situation was resolved? ____yes ____no. Are you currently undergoing healing? ____yes ____no. Please comment on your progress.

Do you currently have a medical condition, which in any way impairs or limits your ability to practice shamanism with reasonable skill and safety? Please explain.

Are you currently free of disease that could be transmitted by giving or receiving a Shamanic healing? ____yes ____no. Please explain

Have you ever been convicted of a felony or a misdemeanor other than a minor traffic violation? If yes, please explain.



ACKNOWLEDGEMENT OF UNDERSTANDING

I, _____, affirm that I have read and that I understand the guidelines for admission into LightSong School of 21st Century Shamanism and Energy Medicine Bachelor of Arts in Community Shamanism Program. Upon completion of the requirements to become an Intern, I agree to and abide by the items listed in the Professional Contract. By signing this contract, I agree to the Ethical Standards as outlined. I state my intent and commitment to uphold LightSong’s Purpose and Philosophy in my Shamanic Practice and Teaching.

Therefore this _____ day of _____ 20_____

I so affirm by my signature.

Signature

Printed Name

Signature of Witness

Print Name

Please enclose this with your application.



ASSISTING AT LIGHTSONG'S SWEAT LODGE CEREMONY

A Bachelor's Program Requirement

The lodge ceremony is a potent place of prayer, healing and purification. The sweat lodge ceremonies offered within LightSong are wonderful opportunities to apply and observe shamanism in action. LightSong lodges are most often poured (facilitated) by Marty Nelson and Lauri Shainsky; Jan Engels-Smith pours the pre-practicum lodge. As part of their extensive study in shamanism and service to LightSong, Bachelor's Program candidates are required to assist the water pourer and fire tenders at four sweat lodge ceremonies. There are a wide variety of duties and ways to be of service at the sweat lodge, all of which give the much-needed support it takes for the creation of ceremony.

The following information will assist you in determining how you can be of service. This information is also on the website at the Sweat Lodge 111 link.

Helping with Ceremony

Some of the roles that need to be fulfilled to make the ceremony possible include: hosting, parking assistance, lodge dressers, kitchen assistance, fire building and fire tending. There are two lodges that serve the LightSong Community. There are a few differences in protocol at these two locations, so the roles for each are described below.

At Hidden Lake:

This lodge is open to LightSong students and community members, and to friends & guests of Hidden Lake. To participate in any of the lodges all that is required is that you RSVP at least 5 days before the lodge is to occur. Women who are on their moon time are kindly asked to be in your ceremony from the comfort of your home, or from outside the lodge.

For Lodges at Hidden Lake, you can RSVP by emailing lauri@shamanicsoundhealing.com. You will then receive directions on how to get to the lodge if you have not been there before. You will also be asked how you would like to help with the ceremony.

West Side:

To participate in the LightSong Lodge on the West Side, all that is required is that you RSVP at least 5 days before the lodge is to occur by contacting Marty at marty.nelson@yahoo.com or 503-609-0505. You will then receive directions on how to get to the lodge if you have not been there before. You will also be asked how you would like to help with the ceremony.

At Both Locations:

The **Host** supports the ceremony by greeting people when they arrive, and orienting them as where to put their food, where to dress, as well as connecting new people with those who know about the ceremony. The host should arrive at least 2 hours before the ceremony begins.

Lodge dressers help clothe the lodge—putting blankets on her, preparing her for the ceremony. They should arrive no later than 1.5 hours before the ceremony begins.

Kitchen assistants are needed to help set up the celebratory feast that follows the lodge, and then to help clean up after the feast. Many hands make light work! You will need to arrive 1 hour before the ceremony begins and plan on staying for an hour after the feast (at the most).



Fire tenders work with the stone people and the fire. It is a beautiful part of the ceremony. They also help people dress the lodge. Fire tenders need to arrive at least 3 hours before the lodge is to begin. This role is typically set in advance by the water pourer, who makes a special request and offering for the fire tender to do this sacred service. People interested in learning how to tend fire can inquire.

The **Parking Assistant** helps people make the most efficient use of available parking space, and arrives 1.5 to 2 hours early.

We ask that ALL other people participating in the ceremony arrive at least an hour ahead of time. Arriving early allows you to slow down, connect with the land and the people, make prayer ties if you have not made them already, and help with preparing the site and lodge for the ceremony. The ceremony begins well before the time “doors” (the time that we go into the lodge) is scheduled to occur. In fact, many say that the ceremony begins 4 days before the lodge, and lasts for 4 days after the lodge. We have noticed that when people arrive early, the ceremony is richer and much more grounded. Preparing for ceremony is shared, and the energy and power of the lodge are more buoyant and potent.

As an Intern assisting the lodge ceremony, please contact the presiding water pourer of the lodge for which you would like to assist at least one month in advance of the lodge date. Lodge assisting positions may often be filled several weeks in advance so planning ahead will allow the water pourer time to thoughtfully plan his or her team.

When you contact the water pourer, please ask how you may assist in the sweat lodge ceremony, express any areas of assisting that are of special interest to you, and be willing to help in whatever way is most needed. Assisting in this sacred ceremony is a privilege, and a blessing. We appreciate your willingness to assist, and your dedication to honoring Spirit, in this way. It is also best that the internship paperwork not be a part of the ceremonial day’s concerns or activities. The process for verification of your lodge assisting roles is given on the Lodge Assisting Verification Form on the LightSong website.

