



SECOND SIGHT HEALING

Information Pack 2025 - 2026

FOUNDATION IN SHAMANISM

taught by Jez Hughes

***We're so glad you're here and curious about the
Foundation in Shamanism course!***

This is more than a training, it's a nine-month journey into the heart of ancient practice, a chance to deepen your relationship with the unseen, and a space to connect with a circle of like-minded souls walking a similar path.

Over the months together, you'll explore the foundations of shamanic practice in a way that is practical, grounded, and alive. You'll gain tools and understanding to work with the spirit world, deepen your bond with nature, and open to a richer sense of connection in your everyday life.

ABOUT THE COURSE

This course is designed to offer a practical and theoretical framework to make the path of shamanism accessible and relevant to the modern world, whilst retaining and honouring its authentic, indigenous roots. This means understanding clearly what shamanism is and what it isn't, alongside what its practical application could mean in a modern society, divorced from its hunter gatherer roots. It covers all key tenets of the path over nine month period. Each session is highly interactive with lots of opportunity for questions and sharing of experience. Support is also provided, if needed, outside of the dedicated live sessions from Jez or his team.

This online foundation in Shamanism course operates both as a stand alone course, whilst also preparing students for the extensive Three year Practitioner Course for those that wish to undertake more in-depth work.

JOIN THE COMMUNITY

Throughout the course, you'll be part of a small, supportive group — a place where you can share, be witnessed, and grow together. Many participants find the bonds formed here continue long after the final session.

We also welcome you into our wider Second Sight Healing community, where you can meet other members and learn more about our work via private facebook groups and internal newsletters. These spaces are a lovely way to stay inspired, keep in touch, and feel part of a living, breathing community between our monthly gatherings.

Join us this October



PRACTICAL DETAILS

We'll meet online for 2.5 hours on the first Wednesday of every month, for a total of nine months, starting 8th October 2025 (see full course dates below).

Sessions are hosted on Zoom, with links sent in your welcome pack once you sign up. Before each gathering, you'll receive joining instructions, and every module will be recorded for you to revisit at your own pace, complete with captions and transcripts via a private Vimeo link.

Each module will include detailed information and the learning of practical knowledge alongside experiential ritual and shamanic trance work. In between meetings there will be work and rituals to be done at home and in nature, connecting with your local environment.

At the end of modules 3, 6, and 9, we'll come together for an extra two-hour distant ceremony, creating space for deeper integration and shared ritual.

All teaching is led by Jez Hughes, bringing his depth of experience and passion for shamanic practice to guide you throughout this journey.

COURSE DATES

Module 1: Weds 8th Oct 2025 6.30pm - 9pm*

Module 2: Weds 5th Nov 2025 6.30pm - 9pm

Module 3: Weds 3rd Dec 2025 6.30pm - 9pm

Ceremony 1: Weds 10th Dec 2025 6.30pm - 8.30pm

Module 4: Weds 7th Jan 2026 6.30pm - 9pm

Module 5: Weds 4th Feb 2026 6.30pm - 9pm

Module 6: Weds 4th March 2026 6.30pm - 9pm

Ceremony 2: Weds 18th March 2026 6.30pm - 8.30pm

Module 7: Weds 1st April 2026 6.30pm - 9pm

Module 8: Weds 6th May 2026 6.30pm - 9pm

Module 9: Weds 3rd June 2026 6.30pm - 9pm

Ceremony 3: Weds 17th June 2026 6.30pm - 8.30pm

**Oct 8th is the only time we meet on the second Wednesday. From October onwards all module dates fall on the first Wednesday of the month*





COURSE OVERVIEW

This course introduces participants to the ancient path of shamanism, covering all the key tenets of the path.

Particular focus will be on strengthening participants connection with their spiritual allies, enhancing their ability to go into trance on a regular basis to access wisdom and power from the invisible realms, connecting to and healing ancestral lineages and making strong connections with your local environment and the spirits that reside there, to ground and solidify the work.

The course will include (*but not be limited to*)

Module One: An Introduction to Shamanism

- What Shamanism is (and isn't!) and how it links to Animism- the view that everything is alive and is imbued with 'spirit'
- What are the different types of spirits and how they are defined.
- Different shamanic systems/perspectives/worldviews (Core, Traditional, etc.).
- Shamanism's indigenous roots and how it's manifested in different cultures throughout the world.
- The history of potential Shamanistic and Animistic cultures in Britain and Europe.
- The Art of trance and connecting to spirit allies through the power of the drum.

Module Two: An Introduction to the Medicine Wheel

- What the Medicine Wheel is and how it provides both a framework and container for the shamanic work.
- The relationships within the Wheel, including the four directions, four elements, four seasons and four stages of life.
- Working with the elements as ancestors.
- Working with the spirit representatives of each direction.
- How to call in the directions and begin to make a Medicine Wheel on the land where you reside.



Module Three: Connecting to the Land Spirits

- Cultural appropriation and the importance of Shamanism being rooted in the environment within which it is being practiced.
- Methods and rituals to connect and form a relationship with the spirits in your local environment.
- The necessity of honouring and feeding the land and making offerings.
- The intention and purpose behind such offerings.
- Finding and feeding a 'power place' in nature.

Ceremony One: Connecting to the representatives from the local environment

Module Four: The Power of Intention and Prayer

- Why intention and prayer are so important to the work.
- Learning the art of them both.
- Working alongside spirit to power up the prayers.
- The importance of reciprocity.
- What gets in the way of intention and blocks manifestation.
- How unconscious belief systems can interfere with living a good life and deprive people of their power.
- Making an arrow of intention

Module Five: The Art of Dreaming

- How different cultures work with their night dreams.
- Different dreaming traditions.
- The power of dreams to effect and alter day time reality.
- Looking for omens and signs.
- Scouting out potential futures.
- Dream oracles and their role in healing.
- 'Waking up' in the dream.
- Working with spirit allies and/ or ancestors through dreaming.
- Receiving visions and prophecies through dreams.
- Re-entering dreams through shamanic trance work.



Module Six: Connecting to the Ancestors.

- Ancestral wounding and the passing down of destructive patterns.
- Diagnosing these patterns.
- Ancestral healing, how it is possible to heal these wounds and curses.
- Feeding the ancestors, so that the ancestral gifts and blessings have chances to come through.
- Practising shamanism in connection with your ancestral roots.

Ceremony Two: Feeding and embodying an ancestral spirit

Module Seven: The Purpose of Ritual and Ceremony

- How ceremony is at the heart of all shamanic practice.
- The purpose of ceremony - bringing the community together, cleansing the social body, healing individuals, rebalancing natural energies, renewing sacred contracts with the land.
- Different ceremonies and the underlying themes that connect them.
- Transformation and healing within ceremony.
- The difference between ritual and ceremony.
- The purpose of ritual as the bridge between invisible and tangible reality.
- How to work with ritual to communicate with spirit and heal.

Module Eight: Death, Transformation and Initiation

- Shamanic perspectives on death and what is beyond.
- The rituals and ceremonies associated with death.
- The initiatory nature of the journey into the next world.
- Small deaths that occur in life.
- The importance of initiation to mark these passages through life.
- Death as renewal.
- Death, rebirth and renewal as central to most shamanic healing ceremony.
- The art of letting go and surrender.
- Death as ally and teacher. Moving through the gateway of fear.

Module Nine: Integration

- Why integration is so important.
- How do we integrate everything we have learnt from the spirits and ancestors so far.
- The consequences of not integrating messages and guidance from spirit.
- The need to ground healing in this reality.
- The importance of gratitude and celebration, to praise the spirits and praise life.

Ceremony Three: Ritual embodiment and celebration



PAYMENT OPTIONS

INSTALLMENT PLAN

£169

5x monthly payments

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ONE OFF PAYMENT

£795

one-off payment

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“ I really enjoyed the content and felt I've come away with a really good grounding in shamanic history, ethnology and practice along with practical and tangible teaching to continue using in my own life and professionally. The course was a really great foundation for the current shamanic practitioner training I started alongside this at the start of the year and gave an extra layer of context to my studies - Liz Warnoc ”



“ Before the Foundation course, my understanding of shamanism was fragmented and vague. The course offered a clear structure that helped me piece things together into something coherent. What stood out was that it was not just theoretical. It gave me practical tools I could actually use. Through the practices, I noticed subtle shifts in my psychological state. It was not dramatic, but something reparative did happen quietly and steadily - Ziwei Tang ”

“ I would describe my experience as getting hooked onto the mother and shown the world from the animistic perspective - course participant ”

