

SHAMANIC EXPEDITION AND TRAINING

Daily Schedule

March 3-26, 2008

Mon	Mar 3	Depart USA
Thu	Mar 4	Lost to Dateline
Wed	Mar 5	Arrive KTM at 12:40PM. Bus to hotel. Check in and unpack. Group orientation at 4:00 followed by authentic Newari dinner. Story of ShivaRatri
Thu	Mar 6	Morning – meet Aama in her ritual room. Evening – ShivaRatri festival
Fri	Mar 7	Attend Aama’s morning rituals. Lunch in Boudha. Story of the Great Stupa.
Sat	Mar 8	Morning – meet Aama in her ritual room. Circumambulate the great stupa in Boudhanath. The stupa is the largest such structure in Tibetan Buddhism and a very holy site. 5PM group meeting. Stories of Shiva
Sun	Mar 9	Attend Aama’s morning healings; receive healings. Learn about depossession from Aama and about the spirits and sorcerers who are responsible for suffering. Visit Pasupati, home of Shiva Lord of Shamans, with Aama and Ram. Visit a thanka (painted scroll) showroom. 5PM group meeting. Story of the Kathmandu Valley and Swayambu.
Mon	Mar 10	Attend Aama’s morning healing rituals. Visit Swayambunath, home of the 5 self-born Dhyana Meditation Buddhas. 5PM group meeting. Story of Vishnu and work of the Egg Shaman.
Tue	Mar 11	Visit Bhaktapur, the ancient Valley Kingdom capital, and Changu Narayan, Shrine to Lord Vishnu. Meet the egg shaman and receive a teaching and a healing. 5PM group meeting. Discuss Pokhara
Wed	Mar 12	Travel from KTM to Pokhara and stay either in a fine hotel on the shore of scenic Phewa Lake. If we decide to drive instead of fly to Pokhara, we will take the cable car up to the mountain top shrine of Manakamina.
Thu	Mar 13	Meet Migmar, our Tibetan translator. Visit the Tibetan refugee camp at Tashi Pakheil. There are 3 powerful Tibetan shamans residing there. They work very differently than the Tibetan tribal shamans in Kathmandu. Observe them at work. Optional healings. Shop in the lakeside bazaar. 5PM group meeting and late dinner.
Fri	Mar 14	Meet the Magar shamans, Bel and Somendra Thapa. Walk to Peace Pagoda and view the Annapurna range of the majestic Himalayas including Annapurna, Daulagiri, and Machhu Puchare. Receive instruction in shamanic amulet making from Bel and Somendra.
Sat	Mar 15	Return to Tibetaqn Refugee Camp for teaching and healings.

Sun	Mar 16	Return to KTM via air. R&R.
Mon	Mar 17	Walking tour of Kathmandu. Afternoon teachings with Sano Ram.
Tue	Mar 18	Bus trip to Dakshinkali (Kali of the South), Pharping Monastery, Guru Rinpoche Enlightenment Cave and more. Discuss with Aama how she became a shaman!
Wed	Mar 19	Visit Sanku, home of the Blue Taram and Gokarna. Depossession training.
Thu	Mar 20	Attend Aama's morning healing rituals. Dance lessons for the initiation. Evening: attend ritual at Jamacho (TBC)
Fri	Mar 21	Early departure to Aama's for costuming and journey to Nagarkot for the initiation at an important Shiva shrine in the mountains Evening: R&R
Sat	Mar 22	Process initiation with sano Ram. Lunch with the China Lama, Head Lama of Bhoudhnath's Buddhist community. Visit carpet factory and showroom.
Sun	Mar 23	Visit the ancient city of Patan. Depossession ritual
Mon	Mar 24	Morning: free time. Pack and last minute shopping. Time for individual meetings with any of our shamans for healings or divinations. Last night party with our Nepali friends.
Tue	Mar 25	Depart KTM for home. Arrive home.
Wed	Mar 26	Arrive home (depending on flight schedules)