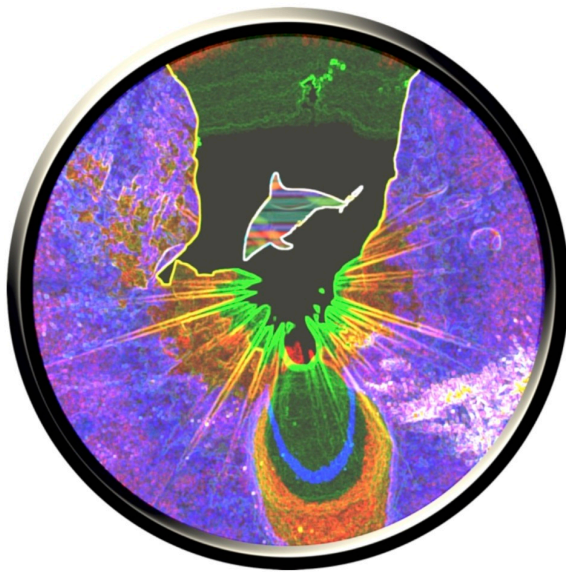


BEING IN BEAUTY

'INTRODUCTION TO SHAMANIC JOURNEYING'



Pete Bengry has been practicing classic shamanism for over twenty years. During his childhood he received an initiation from the drum, which provided a direct connection to spirit. Trusting this guidance enabled him to develop his natural born skills within shamanic practice.

Having received further guidance from respected teachers worldwide, his natural abilities have been refined with the integration of classic shamanic techniques. Shamanic journeying is the core practice to enter the spirit world to receive and deliver healing.

Pete Bengry



Pete's African heritage has influenced his life greatly. Especially when travelling to Africa as a child, where he was introduced to Zulu drummers.



The drum was the first teacher in Pete's life in his childhood. This connection is the primary resource to his shamanic healing work



The importance of connection is crucial within shamanism and all aspects of healing. Without a precise and fluid bond authentic healing cannot occur.



Having practiced his entire life with mastery of the drum, he developed his skills as a professional percussionist travelling worldwide.



With years of experience refining his connection within rhythmic sound healing. He created Being in Beauty, focusing on personal awareness.



To support this awareness, he composes and produces his own music for both therapists and clients. He also creates music for personal request too.

"Listening and learning from all knowing spirits is the key to healing."

Shamanism has been practiced for thousands of years. It is considered to be the oldest form of healing known. The key to shamanic healing exists in the connection between the physical teacher and the spiritual teacher. The shamanic practitioner, i.e. the physical teacher achieves this connection through the art of journeying into the spirit world to meet the spiritual teacher. It is this meeting that is the basis for shamanic healing.

Once the connection has been made, the shamanic practitioner can develop their relationship with the spiritual teacher creating a harmonious friendship. This friendship is the primary resource enabling the shamanic practitioner to perform healings. Through listening and learning from all knowing spirits the key to healing is offered to the shamanic practitioner as they step through the numerous doors of opportunity.

“The shamanic journey is the most sacred path towards ecstasy.”

As with anything in life, practice is the foundation to developing expertise. This of course is the same with shamanic journeying. It is important to note that whilst in the shamanic state of consciousness we perceive the environment differently as we access our different senses. So visual, auditory, sensory awareness are all natural methods of perceiving healing and our spiritual teachers will provide information based on our own perception. So, it is important to trust how we perceive information and develop a harmonious relationship with this awareness. Our spiritual teachers will often recognize this is our own unique way of learning and listening to them and therefore we need to trust our perception.

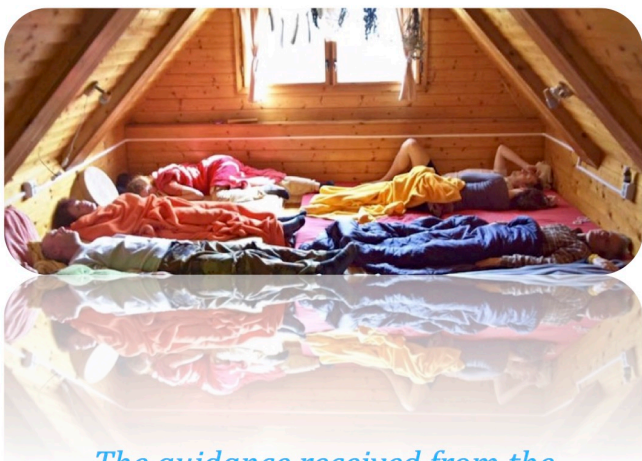
Throughout the training you will be safely guided and receive the opportunity to explore the shamanic worlds. There are numerous techniques to enter the shamanic state of consciousness and for this training you will be guided through the use of the drum. In the photo to the right Pete plays the classic journey rhythm and attains an awareness that exists in both the shamanic and ordinary state of consciousness. It is this trust that enhances the ability to see.

The shamanic journey is often referred to as the flight towards ecstasy. It is the relationship with our healing spiritual teachers that enable this state to occur. Within this state of ecstasy, profound healing is found and received.



The drum is the primary tool used within shamanism. A rhythm of 4-7 beats per second is played enabling the practitioner to travel into the shamanic state of consciousness.

“Awareness for change exists in the centre of both shamanic worlds”



The guidance received from the shamanic journey is the foundation in all-shamanic healing work.

The shamanic journey is primarily the process of achieving a direct and intimate relationship whereby communication occurs with ones own spiritual teachers. The presence of others is an ancient act of support, as the healing is welcomed within the community and nurtured as a whole experience. This is very common within indigenous cultures and is often welcomed within modern day shamanism integrating specific practices. The healing experience is always amplified within a group environment.

“Within classic shamanism, three worlds exist. The upper world, the middle world and the lower world. We primarily exist within the middle world. Our spiritual teachers guide our awareness and behaviors. So the middle world can be viewed as a central presence between the two mirrors of healing.”



“Nature is the visible face of spirit and to witness nature as spirit is the beginning of the journey.”

If you look at the photo above, you may see an eye? Pete took this photograph and he believes it offers a brilliant example of the living spirit of nature. To witness nature as the visible face of spirit is the beginning of the shamanic journey. To learn the art of shamanic journeying is to merge with the essence of natural wisdom within the world of the spiritual teachers. This connection offers an abundance of support throughout our lives as we discover harmony within the world around us and a true balance of existence is created. But rather than it being a one-way journey, our awareness evolves as we begin to nurture this connection by revisiting our spiritual teachers within the shamanic state of consciousness.

I invite you to an opportunity to explore and safely navigate the sacred world of the shamanic state of consciousness. As you receive their guidance you will discover a rich and potent connection between yourselves and your spiritual teachers and learn this

new language of communication. Overtime this connection can be refined as the presence of the spiritual teacher is welcomed into your life. Throughout this interaction a balance exists and rich nurturing relationship begins, which is completely unique to you. Opportunities to receive information and support through this relationship are the absolute key to the art of shamanic journeying.

Throughout the training you will learn how to safely navigate the lower world and the upper world through exploring the shamanic state of consciousness. Receive healing directly from spiritual teachers that offer unconditional love and offer an abundance of transformational information. Begin to feel empowered, as this relationship is refined as your connection evolves through power retrieval in numerous forms.



*Guided by the spiritual teachers
is the bond of healing trust.*



*"My beating heart mirrors my
beating drum. Together as one."*



"Pete Bengry has devoted his life to helping others heal on all levels, emotionally, physically and spirituality. He has such a wealth of information to share with his students. His passion for merging his extensive knowledge in shamanism within his music is possible as he is such an extraordinary musician. I highly recommend his workshops and his work as a shamanic practitioner."

Sandra Ingerman, author of 10 books on shamanic healing including "Walking in Light: The everyday Empowerment of Shamanic Life."



"The loose and rolling grooves produced by the wonderful percussionist Pete Bengry transported the collective psyche towards an altered state."
The Guardian Newspaper

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Photos taken by Pete Bengry, Amiya Bernal, Chandra and Anudeva
