



THE
FOUR
WINDS



Learn how ancient shamanic practices and modern neuroscience can help you transform yourself, launch a successful career, and live a life you love.

"The Light Body School is the Harvard of Neo-Shamanism."

—Harper's Bazaar

LIGHT BODY SCHOOL

CURRICULUM GUIDE
2020

A large, warm-toned portrait of Alberto Villoldo, a man with short, wavy grey hair and a gentle smile. He is wearing a light blue button-down shirt over a dark collared shirt. The background is a rustic wooden wall.

A NOTE FROM OUR FOUNDER

As a medical anthropologist, I traveled the Amazon Rainforest and the high Andes for more than 30 years to work with Native American shamans. In my journeys I discovered how these healers change the energy matrix of the body to create the conditions for health, so that disease does not manifest in the body.

They are masters of the art of prevention, and they learned the secrets to switching on the longevity genes inside every cell.

Today you can discover the shaman's extraordinary tools for healing. At the Light Body School, you will learn how these ancient shamanic practices intertwine with the most recent advances in neuroscience. More importantly, you will learn how to use these millenary tools to create a new life and successful new career for yourself.

At the Light Body School, we are committed to your future as an Energy Medicine Practitioner and Health Coach.

Warmly,

A handwritten signature in blue ink that reads "Alberto Villoldo".

Alberto Villoldo, Ph.D.



EMBRACE YOUR INNER HEALER

BECOME AN ENERGY
MEDICINE PRACTITIONER
AND HEALTH COACH

"The luminous energy field contains a blueprint of how you will heal, how you will age, and how you might die... Energy medicine creates the conditions for health, so that disease goes away, or never happens."

—Alberto Villoldo, Ph.D.

Discover how to...

Clear the imprints of disease from the Luminous Energy Field (LEF), extract intrusive energies and emotions, and heal trauma in yourself and others.

Up-regulate the energy matrix that informs your body.

Switch off the cellular death-clock responsible for premature aging, and the genes that create disease.

Detox the body and brain, and upgrade the LEF in order to grow a new body that ages gracefully, heals rapidly from trauma, and dies consciously.

Help clients and loved ones attain and maintain exceptional health.

Help others die gracefully, and families recover from loss.

At the end of our program, you will have learned:

- The science of energy fields
- How to turn wounds into sources of wisdom and compassion
- How to reset the fight-or-flight system to feel safe in the world
- The shamanic fire ceremony
- The rites of passage and initiations
- The Illumination Process
- Shamanic Tracking Skills
- Soul Retrieval
- The Extraction Process
- The Great Death Rites
- Dying Consciously

You will also receive a Certificate of Completion in Shamanic Energy Medicine from the Four Winds Society.

RESIDENTIAL ENERGY MEDICINE TRAINING

AN INTENSIVE IMMERSION
IN LIVE, ON-SITE TEACHINGS



Our 300-hour residential program consists of 28 days of intensive training. Although the training can be taken in two 14-day periods (Part I and Part II), when you do the full training, you have a complete moon cycle to bring about change in your body, brain, and luminous energy field. Our residential program takes place three times a year in various locations around the world.

In the spring we gather at Joshua Tree Retreat Center, the oldest and largest retreat center in the western United States. A unique architectural landmark and sacred space for learning and healing, the retreat is set in a land sculpted by strong winds and occasional torrents of rain.

In the summer we meet at Jonathan Seminarhotel, located in the Chiemsee region of southern Germany, at the edge of the charming village of Hart, amidst a stunning landscape of mountains, forests, lakes and rivers. Here, we connect with nature while basking in the rich culture of old Europe.

In late fall, our training takes place at Los Lobos Lodge, Sanctuary & Spa. Nestled in Chile's coastal mountain range and adjoining a World Biosphere Preserve, Los Lobos is a health spa and shamanic monastery that offers the unique opportunity to receive your training at our founder's sanctuary.

This is how our residential training works:
In Part I we cover the basic skills for healing

yourself and others. In Part II we delve into the mystery teachings and advanced tools for dreaming your world into being. As you move through the training you will learn how to clear the toxins we are exposed to through pollutants in our air, water or food, and the mental poisons of unhealthy thinking and inherited belief systems.

Each day will include morning breathing/meditation, teaching segments, skill sessions, demonstrations, practice sessions, and processing time. We rise early for our breathing/meditation, followed by breakfast and the morning teaching segment. We break for lunch and proceed to the afternoon teaching segment. After dinner, we hold indoor and outdoor initiation ceremonies, which conclude late evening.

At the end of the program, you will be fully prepared to launch a successful new career where you make a difference in people's lives by:

- Healing past trauma, whether physical or emotional
- Restoring health and wellness
- Helping others find their life purpose
- Teaching clients and loved ones how to break the toxic cycle of stress



ONLINE ENERGY MEDICINE TRAINING

A MEANINGFUL NEW CAREER
AT YOUR FINGERTIPS



We know that online learning is new for many people, and we want you to know that you will be supported by our faculty and your fellow students every step of the way.

This is how our online program works:
Your training starts with a live welcome session with Dr. Alberto Villoldo and senior faculty, where you will learn about the teachings, the history, and free courses you will have access to as a student of our Online program. During this welcome session, senior faculty will share announcements and other key information, and you will also have the opportunity to meet your fellow students.

During your training you connect with your peers who you'll continue to engage with throughout your coursework.

You join a virtual village, meeting in a password-protected site that can only be accessed by fellow students and your faculty, where you will participate in live Q&A sessions*, meet with faculty, read and post in Village forums, and will also find resources that can help you deepen your studies and research.

Each week you will have access to video-rich chapters; not just talking heads, but virtual visits

to the Amazon rainforest and Andes mountains. You will also receive intensive teaching and demonstrations from Alberto, Marcela, and senior teachers.

Every week, you participate in live Q&A sessions* where our lead faculty discuss the materials reviewed during the past week and provide further insight. Dr. Villoldo joins these Q&A sessions once per month when available. During these weekly sessions you have the opportunity to share experiences and ask questions about the practices and material you studied. At the end of these weekly sessions, lead faculty will tell you what material you are expected to review during the coming week. If you are unable to join a live Q&A session, these will be available in the platform's resource section so you can view at your convenience.

At the end of the six months, you will be fully prepared to launch a successful new career making a difference in peoples' health, and in the world.

Many of our graduates establish successful wellness practices and recover the cost of their tuition even before they graduate!

*The live Q&A sessions take place at 7:00 p.m. EST. Prior to your course start date, you will be notified which day of the week your online class will meet for the live Q&A sessions.



FAQs



1. What is the difference between the residential and the online training?

The teachings, skills, and tools you acquire are the same in both programs. In the residential program, you are removed from worldly distractions and fully immersed in the teachings; plus you can complete your training in just 28 days (if you complete the full program in one session). With the online program, you have the flexibility of studying while you continue your daily activities, and if you already have an active practice, you have the option of incorporating the new skills you acquire throughout the training.

2. Will I have personal time off if I do the residential program?

The intensive nature of this program allows for short breaks during the day. However, you will be using most of these short breaks for homework or practices. We sometimes have a half-day off between Part I and Part II. If you want to do tourist activities, we recommend you plan them before or after the program.

3. Can I have guests or family visit me during the residential program?

We do not encourage visitors while you are doing the program, as you and your fellow students are held tightly in sacred space. Any visitors or guests must be pre-authorized by our office.

4. Who should take the training?

This program is designed for those who wish to practice shamanic energy medicine or integrate the techniques into their existing medical, psychological, health or wellness practice; or for anyone who wants to explore the philosophy, meditations, and healing practices for their own personal growth and learning.

5. I have not been able to find the cost of the training. Do I need to speak to someone to get that information?

Yes. Our Academic Advisors talk to all our prospective students first to determine if this is the right program for them, and then to go over our rates, scholarships, payment plans and other financial incentives.

6. Is there anything I can do to prepare for the course?

Yes. As soon as you sign up, you will receive a list of reading and viewing materials that you can start going through. You can also speak with your Academic Advisor for further recommendations, if needed.

7. In the online program, will the lectures and demonstrations be streamed so I can view them at my convenience?

The video classes are available to you anytime during the course. Live Q&A sessions with senior faculty take place every week, with Alberto joining us once per month when available. You can attend the live video conferences, or stream the recordings at a later time, as they will be available on the platform.

8. Is there a limit to the number of students that participate in the programs?

Yes. In our residential programs, depending on the venue, we can have between 35 and 60 students. In our online programs, there are approximately 30 to 50 students attending the live Q&As.

9. How much time should I allot for the online course?

You should plan on dedicating 10 to 12 hours a week. Certain weeks may require more time for practicing the skills and processes with your peers, family and friends.

10. Will I have access to the materials after my online course ends?

Students will be able to access the online platform for one month after they complete their online training. So, if your training ends on July 15th, for example, you will have access to the online platform until August 15th of that same year.

11. Will I have access to the faculty after my online course ends?

After you complete your online program, you have a complimentary one-hour mentorship session with one of our Academic Advisors, all of whom are energy medicine practitioners. You can schedule your mentorship session for the full hour, or do two 30-minute sessions, whichever works for you. Faculty will not be available beyond this complimentary time.

12. If I do my training online, how do I know if I'm doing the practices correctly? Will I get enough hands-on experience?

The program has very detailed video

demonstrations of all the practices and you can ask questions during the weekly live Q&A sessions. You will have homework and be required to submit case studies for your teachers to review and provide feedback.

In addition, you can attend any of our Light Body School Reviews, offered tuition-free to all our students and graduates. At these in-person reviews, you will have the opportunity to work on your technical excellence under the guidance of Four Winds Senior Faculty, master the healing practices learned in your online training, and get feedback on your client cases. You will also receive and renew your Rites of Passage, and join your Four Winds Ayllu in fire ceremonies. Dates and locations for the Light Body School Review can be found on the Calendar page of the Four Winds website.

13. What does the training offer participants?

Students who complete the training receive a Certificate in Shamanic Energy Medicine from the Four Winds Society. In addition, and most importantly, you receive a valuable set of skills you can use in your health and healing practice and personal life. Shamanic Energy Medicine offers time-tested technologies for attaining and maintaining optimal health, and helping your clients and loved ones to do the same.

14. Are there graduates I could speak with or hear their testimonies?

Yes, you can view testimonials on our website at <http://thefourwinds.com/our-graduates/>. We will also be happy to put you in touch with one of over 10,000 graduates from around the world who have completed our training program.

15. Are there any opportunities to further my studies?

Yes. We offer an Advanced Master Certification for students who complete five advanced master classes. Three of these are mandatory: Advanced Divination, Advanced Soul and Destiny Retrieval, and Mastery of Time. The other two classes are electives. Visit our website to find out more about our advanced master class offerings.



RESIDENTIAL TRAINING PART I ONLINE TRAINING MODULE 1

Introduction: **The Way of the Shaman**

Shamans believe everything we perceive is a mirror of an internal map or blueprint that we call reality.

These maps are stored in what scientists call neural networks in the brain, and what shamans define as the Light Body or Luminous Energy Field (LEF). The LEF can be thought of as the software that informs your DNA—the hardware—to repair your body.

Ordinarily, your LEF creates your health (and your emotional scripts) following the instructions inherited from your parents—it replicates the heart conditions, the breast conditions, and the emotional dramas that cut across generations.

By working directly with the energetic matrix that informs the human body, and all living things, we can break free of this inheritance and create a new destiny.

Objectives and Outcomes

Understand the fundamental premise of shamanic energy medicine: How we are beings of light tightly bound into matter; how our LEF is an information field that organizes, heals, and maintains the longevity and health of the body.

Recognize our interconnectedness with all life and all beings.

Become aware that we are not our stories or the terrible or beautiful things that happen to us. We are infinite beings on a journey through the stars.

Learn how to break free of the stories handed down to us in our genetics and from our family of origin.



RESIDENTIAL TRAINING PART I ONLINE TRAINING MODULE 2

The Illumination Process: **The Practice of Shamanic Energy Medicine (The South Direction)**

Shamanic energy medicine upgrades the quality of the LEF and instructs your cells and your genes to express health.

The Illumination Process is the core practice of energy medicine. It is systemic healing of your physical body and your emotions. You will learn to clear toxic energies from the chakras and to overwrite the imprints that predispose us to disease. You will learn how the LEF is actually the light body that we bring with us from lifetime to lifetime, and how to clear the karma and history of violence and suffering encoded in the LEF.

Through the Illumination Process, you can switch off the genes that create pathology and erase the imprints of disease from the LEF.

You will begin to grow a new body that heals and ages gracefully, and be able to help your loved ones and clients to heal from toxic emotions, and prevent disease.

Objectives and Outcomes

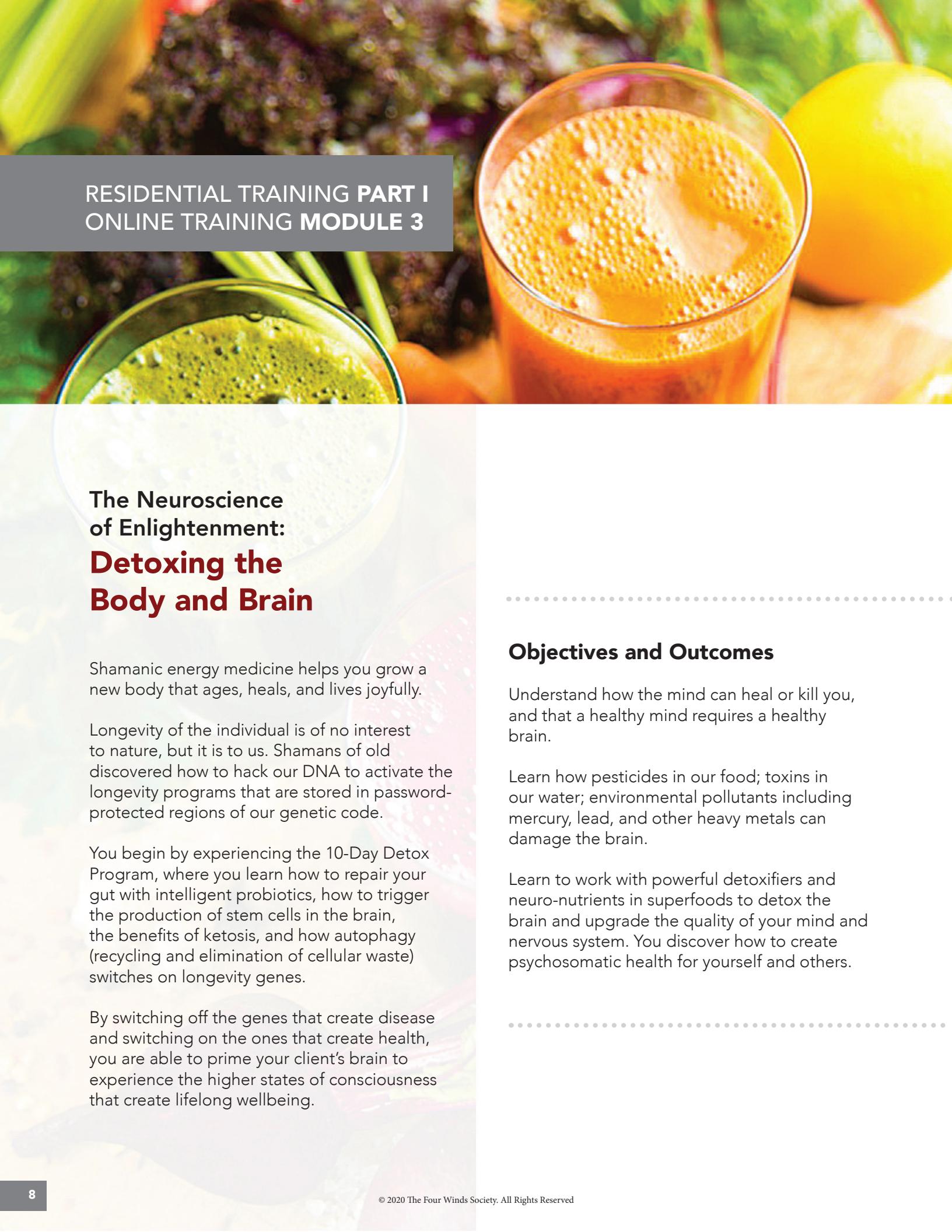
Understand the anatomy and physiology of the LEF.

Learn to track in the invisible world of energy.

Understand the relationship between the chakras, the nervous system, and endocrine system. Learn how imprints are bundles of information stored holographically in the LEF, and how they download their limiting beliefs through our chakras and can hijack the nervous system.

Learn to reset the fight-or-flight system to help your clients live in a world that is safe again.

Understand how we are not our stories, and how we can become the storytellers—not the pitiful or heroic characters that have been dreamed up for us by our family or our culture.



RESIDENTIAL TRAINING PART I ONLINE TRAINING MODULE 3

The Neuroscience of Enlightenment: **Detoxing the Body and Brain**

Shamanic energy medicine helps you grow a new body that ages, heals, and lives joyfully.

Longevity of the individual is of no interest to nature, but it is to us. Shamans of old discovered how to hack our DNA to activate the longevity programs that are stored in password-protected regions of our genetic code.

You begin by experiencing the 10-Day Detox Program, where you learn how to repair your gut with intelligent probiotics, how to trigger the production of stem cells in the brain, the benefits of ketosis, and how autophagy (recycling and elimination of cellular waste) switches on longevity genes.

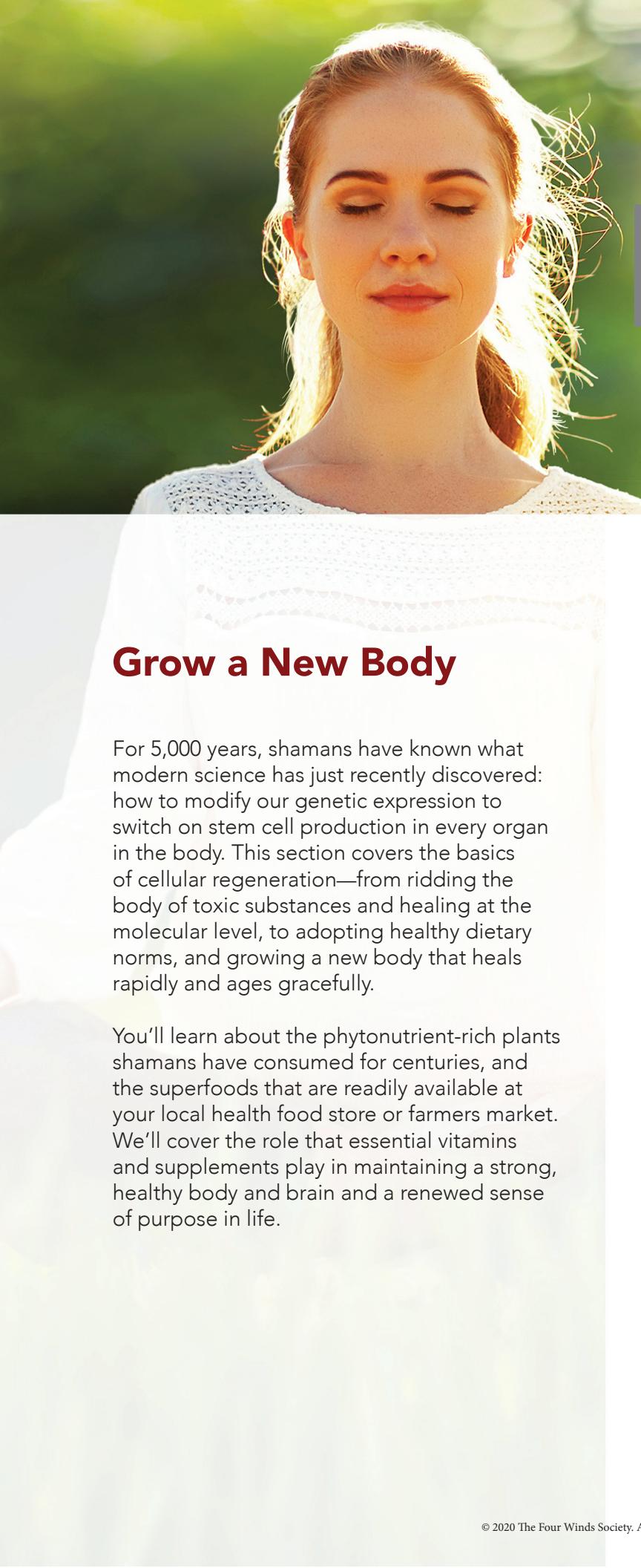
By switching off the genes that create disease and switching on the ones that create health, you are able to prime your client's brain to experience the higher states of consciousness that create lifelong wellbeing.

Objectives and Outcomes

Understand how the mind can heal or kill you, and that a healthy mind requires a healthy brain.

Learn how pesticides in our food; toxins in our water; environmental pollutants including mercury, lead, and other heavy metals can damage the brain.

Learn to work with powerful detoxifiers and neuro-nutrients in superfoods to detox the brain and upgrade the quality of your mind and nervous system. You discover how to create psychosomatic health for yourself and others.



RESIDENTIAL TRAINING PART I ONLINE TRAINING MODULE 4

Grow a New Body

For 5,000 years, shamans have known what modern science has just recently discovered: how to modify our genetic expression to switch on stem cell production in every organ in the body. This section covers the basics of cellular regeneration—from ridding the body of toxic substances and healing at the molecular level, to adopting healthy dietary norms, and growing a new body that heals rapidly and ages gracefully.

You'll learn about the phytonutrient-rich plants shamans have consumed for centuries, and the superfoods that are readily available at your local health food store or farmers market. We'll cover the role that essential vitamins and supplements play in maintaining a strong, healthy body and brain and a renewed sense of purpose in life.

Objectives and Outcomes

Understand the seven key detox principles, and how gluten, dairy, corn, and peanut allergies affect the body and the mind.

Learn how to switch on autophagy and how ketosis causes our higher brain to manufacture bliss molecules.

Learn how the shaman's pathway—the NRF2 detox pathway—switches on the production of new mitochondria and longevity genes, and the role of resveratrol, curcumin, and sulforaphane in turning on free radical scavengers.

Understand how organ regeneration is possible when we switch on stem cell production.



RESIDENTIAL TRAINING PART I ONLINE TRAINING MODULE 5

One Spirit Medicine: **The Extraction Process (The West Direction)**

Shamanic energy medicine allows you to leave behind the tired, worn-out stories and illnesses of your family of origin.

The shaman learns to shed the death that has been selected for him by culture and genetics. In this part of the training you learn to break out of the bell curve, and not become a statistic.

The Extraction Process clears the biological and karmic imprints of your family of origin and the emotional legacy inherited from your ancestors and former lifetimes. It clears the intrusive energies of earthbound spirits that are trapped between this world and the next, and which can attach themselves to a person, expressing their ailments through them.

Through Shamanic Journeying, you visit three former lifetimes. You learn to clear the karma brought into this lifetime in order to help ourselves to die peacefully and consciously. In this section, you also learn the journey beyond death.

Objectives and Outcomes

Learn that we are not our stories, no matter how tragic and painful, but we can become the storytellers.

Understand the two types of intrusive energies, cultivate your shamanic tracking skills to find intrusive energies, and learn how to extract them.

Learn how intrusive entities operate. These are earthbound spirits and hungry ghosts trapped between this world and the next, and can attach themselves to a loved one and express their ailments through them. You will learn how to extract these entities and send them to healing centers in the Spiritual world.

Practice shamanic family constellation, where you come into right relationship with your ancestors, help them make their way to the light, and make sure they no longer haunt your health or home.



RESIDENTIAL TRAINING PART I ONLINE TRAINING MODULE 6

Walking with Protection in the World

Shamanic energy medicine shines light on the dark shadowy elements of life so we can walk with beauty in the world.

In Walking with Protection, you come to understand the high level of integrity and ethics that come with stepping into the role of the shaman.

You see how the unhealed parts of your being make you vulnerable, and learn how to clear these imprints so that you no longer fall victim to abuses of power in the world.

You learn how to create a safe world for yourself and your clients.

Objectives and Outcomes

Learn to reset fight-or-flight to help your clients and loved ones live in a world where they feel safe.

Develop strategies for protecting yourself from psychic attack.

Tame your demons, the unconscious forces within that we misinterpret as evil.

Discover the fruitful shadow, with its dark and hidden faces.

Break free of generational curses and explore your family secret.



RESIDENTIAL TRAINING PART II ONLINE TRAINING MODULE 7

The Way of the Ancient Wisdom: **Soul Retrieval** **(The North Direction)**

Shamanic energy medicine teaches us how to master time and step into infinity to fix things before they are manifest in the world.

The mystery teachings become available to us once we start our healing journey. You discover the practices of Invisibility, Mastery of Time, and Keeping a Secret.

In this section, you learn how trauma can cause soul loss, where a part of our essential self leaves, and the “wounded self” remains behind. When this happens, our destiny is derailed and we fall into the grip of fate. The problem with fate is that it is pre-ordained—we are no longer free, and we become victims of our genetics, our karma, or the tragic stories from our childhood.

Mastery of Time teaches us how to step into infinity to fix things before they are born. Just as a person is able to track a deer through the forest, you learn to track into the past to discover an ancient wound that needs to be healed today. Or to track into the future to find a healed state that can reach back like a giant hand and guide your client to the health and wellbeing they seek.

Objectives and Outcomes

Learn the shaman’s art of journeying into the past and future, that time is relative and it pretzels and figure-eights onto itself.

Break free of linear time, of cause-and-effect, and step into synchronicity.

Shed the limiting roles that keep you from living a fuller, richer life.

Learn to renegotiate ancient soul contracts that are still operant in your life.

Meet the gatekeeper to the lower world, and the collective unconscious of humanity.

Learn the “beginner’s mind,” and the practices of living consequently.

Discover the shamanic teachings of hummingbird—of drinking only from the nectar of life and practicing stillness even in flight.



RESIDENTIAL TRAINING PART II ONLINE TRAINING MODULE 8

Working with the Sacred: Engaging the Ancient Archetypes

Shamanic energy medicine trains you to work at the level of myth and archetypes—a level beyond psychology, beyond the mind.

The archetypes are the gods of old. They are the forces of nature that shape and mold our lives in the same way the wind and tides shape the landscape.

In Working with the Sacred, you will acquire tools that allow you to honor the mythic, including the seemingly “negative” elements, so that you can draw lessons from them and bring healing, transformation, and balance to every life situation.

We explore the shaman’s archetypes, and how to interact with them creatively. We learn about the masculine and feminine journeys for becoming whole by following the stories of the ancient gods and goddesses.

Objectives and Outcomes

Learn the journey to wholeness for men and women.

Psyche: The tests and trials of the feminine.

Parsifal: The tests and trials of the masculine.

Learn the techniques of shamanic dreamwork.

Understand the Hero’s Journey.

Learn how healing entails saying yes to your calling.



RESIDENTIAL TRAINING PART II ONLINE TRAINING MODULE 9

The Way of the Visionary: **The Journey beyond Death (The East Direction)**

Through shamanic energy medicine we can dream our world into being.

For the shaman, the world is always mirroring back to her the condition of her love and her intent. When your love and intent become pure, the world reflects this back to you perfectly.

This is what we call reality. We learn that everything we perceive is simply a reflection of the condition of our love. So to change the world, we change the map of reality within.

Full of energy, we want to change the world... full of wisdom, we want to change ourselves.

The journey beyond death is central to shamanic teachings around the world. You learn practical tools to help a loved one or client who is passing to return to the world of spirit consciously, with no unsaid "I love you's" or "I forgive you's."

We learn to set the luminous body free and how to bring consciousness with us at the moment of death—a practical skill we will all need someday.

Objectives and Outcomes

Master the art of sand painting and mandala making as a tool for bringing spirit into matter.

Master the art of helping a client or loved one die consciously.

Learn the practice of Indigenous Alchemy.

Learn to create huacas, or sacred spaces.

Learn how all perception is a projection of an internal map we carry within us.

Turn your sacred cows into hamburger.

Learn to set your intention and let Spirit take care of the details.



RESIDENTIAL TRAINING PART II ONLINE TRAINING MODULE 10

Reading the Signs of Destiny

Shamanic energy medicine shows us how to dialogue with nature, where we are able to discern her many signs and read her symbols.

In Reading the Signs of Destiny you learn to recognize the messages provided by nature, randomness, and chance events. As you practice the art of shamanic seeing and perceive the world of energy, you heed the cautions and seize the opportunities that Spirit offers you.

When we left the Garden of Eden we stopped speaking to the rivers and trees. When we lost our dialogue with Mother Nature, we lost her protective embrace. When you return to nature, you are able to discern her many signs and read her symbols. You can heed cautions and seize opportunities.

Later, as you master the art of journeying, you will be able to track along a client's timeline into the future to retrieve a desired destiny, or future state of health, and learn to install this into their life.

Objectives and Outcomes

Learn to track through time, and journey to view and select alternate destiny lines.

Learn divination arts, including the I-Ching, the Tarot, leaf and stone reading.

Learn how the future can inform the present, and how we are not only the product of the past.

Discover how time is linear and flies like an arrow, but there is another kind of time that turns like a wheel.

Meet our faculty

At the Light Body School, we are dedicated to training wise and ethical practitioners of Shamanic Energy Medicine and to giving them the tools to launch a meaningful new career doing what they love.

Over the course of 25 years, we have trained and mentored over 10,000 students and graduates from all walks of life—scientists, construction workers, nurses, doctors, psychologists, massage therapists, and others—to dream their new world into being.



Alberto Villoldo, Ph.D. is a psychologist and medical anthropologist who has studied the shamanic healing practices of the Amazon and Andes for over 30 years. At San Francisco State University, he directed the Biological Self-Regulation Laboratory to study how the mind creates psychosomatic health and disease. He is also the founder of the Four Winds Society, an organization dedicated to bridging ancient shamanic traditions with modern medicine and psychology.



Marcela Lobos, M.A. has been initiated in the healing traditions of the Amazon and the Andes. She was born and raised in Chile where she worked with shamans that belong to a matriarchal society that holds the wisdom of the feminine and the passion of Mother Earth. Marcela is dedicated to helping women by crafting rites of passage that allow them to find their power, grace, and wisdom.



Stephen Feely is a passionate shamanic energy medicine practitioner through his healing practice, Pure Revitalizing Energy. He supports individual clients, as well as organizations, as they take their healing journey and begin to live forth into the abundance of their dreams with grace, empowerment and wisdom. Stephen's added expertise as a biodynamic organic farmer and environmental educator allows him to guide clients into a deep connection with the healing forces of nature.



Karen Johnson is a retired federal administrative law judge who practiced criminal and energy law for more than 30 years. She is a graduate of Georgetown Law Center, a former Fulbright Scholar in Afghanistan, and a former hospital administrator with Masters Degrees in Public Health and Public and International Affairs (JD, MPH, MPIA). Today she is a happy nomad who practices shamanic healing, showing people how to dream their world into being.



Dean Taraborelli has traveled to sacred sites in over 30 countries to study and experience the wisdom of ancient cultures. His interaction with people from many nations has given him insight into world religions, beliefs, mythology, rites of passage, rituals and spiritual healing. Dean is the founder of the Sanctuary, A Life Transformation Center, in Sedona, AZ., where he is actively and daily engaged as an energy medicine practitioner.



Ruby Parker's career in the healing arts spans over 20 years and includes work as a massage therapist, Reiki master, personal counselor, and energy medicine practitioner focused on the connection of mind, body and soul. Ruby is Assistant Director of Alternative and Complementary Health at The Sanctuary at Sedona. A graduate of the Four Winds with master certification in energy medicine, she is also part of the faculty of the Light Body School.



Dirk Zschocke is a trained biologist, artist, and world citizen. Building from this scientific and creative background, he entered into the field of healing work, starting with holistic massage. From there he thoroughly trained and experienced all levels of healing—from the physical to the energetic, including body psychotherapy and Gestalt therapy before joining the Four Winds in 2011. Dirk dedicates his work to land, nature and the collective, based on intuition, trust, love and compassion.

When Spirit calls, answer.

You'll find that things
start falling into place . . .

- ...Your schedule suddenly frees up
- ...Your budget plan comes together
- ...Your spouse/family pitch in
to give you time to study
- ...You can now train online from
anywhere in the world

There comes a time in our lives when we are presented with the opportunity to effect positive change—in ourselves, our community, our world.

Over the past 25 years, the Four Winds Society has supported students to create extraordinary health for themselves and others.

Reach out to one of our academic advisors today—they are all FWS graduates and energy medicine practitioners whose journey began much like yours.

Contact us today, we are here to support your journey:

fourwinds@thefourwinds.com
(877) 892-9247 or +1 (435) 647-5988

Say yes!
It's easier than you think.

