

# The Journey Begins: Class Descriptions and Information

Currently there are over fifty classes offered through Shamanscave advancing along a spiral of learning from the first level to the last.

During this next session beginning March 19th, 2008 eight classes will be offered. Four of them for beginning students as an introduction to our course of study and four offered for those continuing students at various levels.

## Special Note:

*We Have changed the list of classes on the website. Only the beginning classes are listed here that are currently being offered. We felt we were causing confusion listing advanced classes along *with the others*. If you have any questions about this please feel free to contact us [HERE](#) and someone will answer your question about classes.*



### Conversations

– Various topics in shamanism from this tradition's perspective

### Recapitulation

– A Journey of Self Healing

**Shamanic Tools** – Reaching Agreements for Shamanic Work

**Spirals** – Intentional Living

**Quicksilver** – Learning to Handle Perception

All classes are taught by Gary Mills (Niteshad), author of the shamanscave website, unless otherwise noted. You can find a brief bio about him at the bottom of this page. Additional teachers in the tradition also teach and are very gifted in their own right. If you are interested in signing up, or have any questions not [answered here](#), please fill out the [class selection/information form](#)

## RECAPITULATION: The Path of Self Healing



Self Healing deals with the techniques of the recapitulation practice and the methods involved in reclaiming your personal energy, healing the wounds of the past and learning to understand what is yours and what is not in the world. All shamanic traditions have some form of a death and rebirth process, each is centered on the simple concept that the way you are now will not work for someone who seeks to practice as a shaman in any of the traditions. Niteshad (Gary Mills) has written extensively about the Recapitulation as practice as well as other methods for healing the self. Self healing is a process and can take time, the class is designed to allow people to move at their own pace as individual needs require.

*Class will be taught by Jean Dengerink.*

Recapitulation meets on Saturdays at 10:00 p.m. Eastern time, U.S.

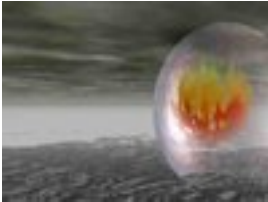
Class will meet from March 22nd - May 10th

The cost for this class is \$75

To sign up click here: [class registration form](#)

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## SHAMANIC TOOLS: Reaching Agreements for Shamanic Work



The Shamanic Tools class will explore the use of various tools and methods in different aspects of shamanism. While using tools is not a necessity in the practice of contemporary shamanism many people find them beneficial as an aid to movement of both their awareness and perception. We will discuss how to use various tools and the process underlying the energy of both the tool and the agreement reached with the user.

*Class is taught by Rose Watabe*

**Shamanic Tools meets on Fridays at 11:00 p.m. Eastern time, U.S.**

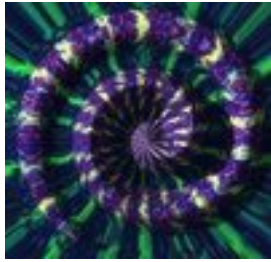
**Class will meet from March 21st – May 2nd**

**The cost for this class is \$65**

To sign up click here: [class registration form](#)

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## SPIRALS: Learning to Live Intentionally



This class examines in detail the ways in which our own intent and that of others impacts us in the world. It begins with an examination of what intent is exactly and how it directs our lives. We will explore the nature of intent itself as an energy and the ways in which shamans handle intent in their own lives and use it to impact the world. Intent is not about wishing upon a star, yet the way in which it impacts everything both in us and around us is vital to understand for anyone pursuing a shamanic path.

Class will be taught by Lucy Vincze

Spirals meets on Saturdays at 10:00 p.m. Eastern time, U.S.

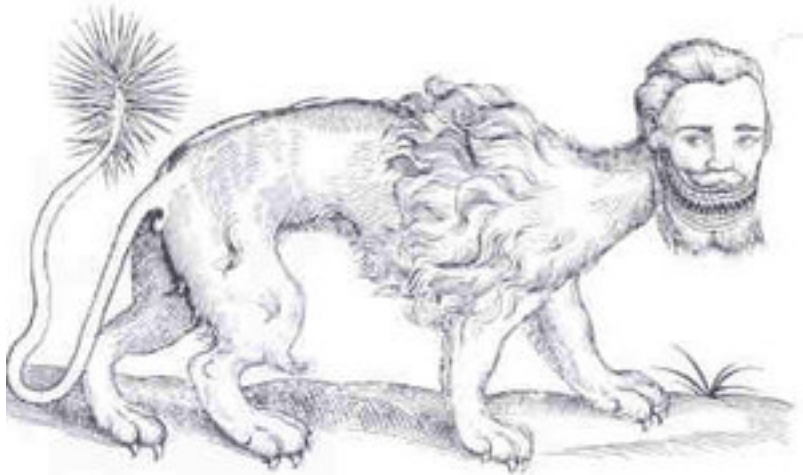
Class will meet from March 22nd - May 3rd

The cost for this class is \$65

To sign up click here: [class registration form](#)

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## QUICKSILVER – Learning to Handle Perception



Two topics are studied that lie at the heart of shamanic traditions, the ability to be aware beyond normal limitations and how we perceive the world. This class on the specific topic of perception will explore: what exactly is awareness as an energy, how is it connected to the world and how can we alter it through our perception. The class includes exercises, practical

applications and various methods for altering perceptual awareness and learning to control it.

*Class will be taught by Jean Dengerink*

**Quicksilver meets on Fridays at 10:00 p.m. Eastern time, U.S.**

**Class will meet from March 21st - May 2nd**

**The cost for this class is \$65**

To sign up click here: [class registration form](#)

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## Class fees and schedules:

The classes will be taught online on a private irc server (internet relay chat) and meet once per week for an hour and half each session. We'll help people get set up to use it if you have no experience with irc. All classes last for six weeks each unless noted, with a seventh meeting as an introductory class for people to meet and get to know their way around. The Recapitulation class last for eight weeks, due to the nature of their practices; our experience with it has shown people need that amount of time to feel comfortable with the process.

Each class will be provided with its own private forum on the Cavelings Forums website for expanded discussion of class topics and communication between members and faculty. Also, a private website has been established for class members only and will have the class log and exercise material available for review after each class. Once the classes end, both websites and additional materials/exercises will remain available to you.

If you are interested in taking one of the classes please respond by filling out the class selection\information form Further information will be provided as to how to register for both websites and make payment.

To sign up for classes [click here: class registration form](#)

## Who is Niteshad?



Now, who is this Niteshad character and why is he saying all those bizzare things? Niteshad is Gary Mills, a 53 year old oddity in the southeastern united states. The Shamanscave.com website was written entirely by him from the variety of his experience both in learning and practice in a specific

tradition passed down through his family known as the makers.

He wears suspenders and has been described variously from looking like a truck driver, to Wilford Brimley, to Jed Clampett on steroids. Fortunately, online students don't have to look at him, only listen. He holds a college degree, but not too closely and a variety of other certifications, kudos and real world pieces of paper which have utterly nothing to do with shamanism or the practice of it. What he does have at this point is 46 years of experience in shamanic practice. He has

translated a primarily oral and hidden tradition into modern terms and brought that back into the world through teaching, workshops and the shamanscave website.

He is not a new age shaman, and rarely what people expect a shaman to be like, which perhaps says more about the perception of shamans than shamans themselves. His methods are quiet, subtle and yet effective. Over ten years of teaching on the internet alone have allowed him to help hundreds of people spread across a number of continents. His interest is in helping those that find their life experience and reality at odds with each other and to help them come to grips with their own talents and use them as skillfully as possible to change their own lives and the world around them.

Thanks for your interest and inquiry, hope to hear from you soon.

*Niteshad*

To sign up for classes [click here: class registration form](#)