



# The Path of The Wise Woman



An in-depth training in  
Shamanic Energy Medicine,  
Goddess Myths & Seidr Magic

# ~ The Path of The Wise Woman ~

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# The Path of The Wise Woman

An in-depth training in  
Shamanic Energy Medicine, Goddess Myths  
& Seidr Magic



There is an **Ancient Wisdom Within You**  
– a wisdom that knows you are meant  
to shine your light.

This ancient wisdom is your inner wild feminine – the one  
who runs with the wolves and howls at the moon.

She's calling you to awaken, so you can remember that YOU are  
starlight wrapped in a physical body, and you are meant  
to shine like a beautiful star in the midnight sky.



## ~ She Is Your Ancient Mother ~

**Her wisdom** is embedded within your bones, flowing through your veins, and wired into your DNA, as she comes through  
your mother line – your own direct bloodline connecting you with the ancient mother of your ancestral lineage.

**She's the wise woman** who knows how to dance with the sacred darkness and the magical light to birth new life into being.  
She's what the Norse Sagas call 'the ancient witch within wood' – the one who birthed our Universe.

### The Wise Women Were Revered In The Olden Days

In the old days, the women who embodied this ancient,  
wise feminine presence were respected and honoured for  
their knowledge and wisdom as midwives, healers, mystics,  
seers, herbalists, shamans and völvas (shamanic priestesses  
in the Norse tradition, who practiced the art of Seidr).

### It's Time For Us To Embody Her Wisdom Again

As the witch craze swept through Europe, this ancient  
feminine wisdom was pushed underground, as it was  
no longer safe for women to practice their own ancestral  
knowledge.

Many of us, who have heard her call to awaken, have  
worked as midwives, healers, priestesses, seers, mystics and  
wise women in previous lifetimes. And we have now come

back, into this time-space-reality, to take our places and  
help humanity through this collective birthing process we  
are in right now.

To do that we have to go through various initiations,  
where we unlock our deep ancestral wisdom. This takes  
courage, and a willingness to journey into the cauldron  
of the Divine Mothers of Darkness and Light, where we  
awaken the feminine magic, power and wisdom that is  
flowing through our veins and is embedded within our  
bones.

### A Powerful Magic That Is Ours To Embody!

Shamanic Energy Medicine helps you unlock this deep  
ancestral wisdom.

# The Training is Divided into Two Levels

## LEVEL 1

### A Journey of Healing & Transformation

with Lead Teachers  
trained by Cissi

## LEVEL 2

### Master Training in Shamanic Energy Medicine & Seidr Magic

with Cissi Williams  
and her Teacher Team

## LEVEL 1

### Leading to a Diploma in Shamanic Energy Medicine.

A transformational journey, moving through the four directions of the healing wheel, which awakens your inner Mystic, Healer and Wise Woman.

Course material consists of two online courses, and 24 days of live practical training on Zoom, where you practise powerful shamanic healing techniques with other students, whilst being supervised by the teachers.

All the teachers have been personally trained by Cissi Williams.

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**Level 1 is for your own personal development and does NOT lead to certification where you can work with clients.**

### All Courses are Accredited by International Practitioners of Holistic Medicine



The following trainings are  
accredited:

- Diploma in Shamanic Energy Medicine
- Shamanic Energy Medicine Practitioner
- Shamanic Energy Medicine Master Practitioner
- Shamanic NLP Practitioner
- Shamanic Priestess and Tradition Keeper of the Völva, the Path of the Wise Woman in Norse Shamanism & Seidr Magic.
- Teacher Training in Shamanic Energy Medicine, Mysticism and Shamanic Healing.

## LEVEL 2

### Leading to Practitioner and Master Practitioner in Shamanic Energy Medicine, and Shamanic Priestess and Tradition Keeper of the Völva, the Path of the Wise Woman in Norse Shamanism & Seidr.

In this Master Training you learn powerful shamanic tools, such as **Feminine Tracking, Advanced Soul Retrieval, and Seidr** (Norse Shamanism & Seidr Magic).

You dive deep into **Goddess Myths**, journeying with different expressions of the **Divine Mothers of Darkness & Light**, such as **Freya, Hel, Persephone, Hecate, Inanna, Mary Magdalene, Brigid, Idun and Cerridwen**.

Course material consists of online courses in **Advanced Shamanic Energy Medicine, Norse Mythology & Seidr Magic**, and the **Magical Wheel of the Year**, plus 40 days of live practical training (28 days via Zoom and 12 days face-to-face in England).

**This is a VERY intense training, awakening your ancient feminine magic**, so you can share your soul gifts and healing medicine with your world.

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**Level 2 leads to you becoming certified so you can work with clients** with shamanic energy medicine, guiding them into the mythical landscape of their soul.

**Pre-requisites: Level 1**





## LEVEL 1:

# ~ For Your Own Personal Development ~

## A Journey of Healing and Transformation Through Shamanic Energy Medicine

Total of 24 days of live teaching (via Zoom), plus 2 online courses, totalling 300hrs

### DURING THIS TRAINING YOU'LL LEARN

- **How to journey between different worlds of reality** - such as the Lower World, the Middle World and the Upper World so you gain access to more insight and wisdom. This will help you make wiser choices.
- **Healing Linguistics** so you can use your language in such a way that you help others find their own medicine and positive resources.
- **Powerful shamanic tools for shifting your perception** from focusing on the negatives to instead focusing on the positive solutions.
- **How to receive visions and dreams** that are from Spirit, and not from the ego-mind.
- **Different ways of shamanic journeying**, so you can track energies that are invisible to your physical eyes, enabling you to discover what is happening underneath the surface. This helps you make wiser choices.
- **Shamanic tools, such as shamanic healing, soul retrieval**, and how to release the heavy energy of the past, so you have more room to expand into something new.

### ~ WHAT THIS TRAINING INCLUDES ~

### TWO ONLINE COURSES

As soon as you sign up, you gain immediate access to the first part of the online training in shamanic energy medicine called *Become Your Own Mystic, Healer & Wise Woman*, which guides you through the Healing Wheel (south, west, north and east), where you learn the foundations in energy medicine, mysticism and shamanic healing.

You also gain access to an online course in **Shamanic NLP and Healing Linguistics**, where you learn powerful coaching techniques and transformational processes. This online course helps you to prepare for the 4-day live Zoom-module in Shamanic NLP, where you'll practice NLP processes with the other students, under supervision of Karan Maurer, NLP Trainer and Teacher of Shamanic Energy Medicine.

### LIVE PRACTICE DAYS ONLINE

You'll meet up with your teachers and soul sisters regularly online, where you'll then practice various shamanic techniques and processes, such as shamanic healing, soul retrieval, ancestral healing, extraction work, and journeying to find the medicine needed to transform a heavy energy.

Everything is supervised by your teachers so you can practice in a safe setting.

**These live online training days starts at 2pm UK time until 7.30pm UK time** (allowing US students to be able to participate).

### CASE STUDIES

You'll do **6 supervised case studies**, which will deepen your understanding of shamanic energy medicine.

### EXAM

At the end you do a practical exam, and once you've passed, you are awarded a **Diploma in Shamanic Energy Medicine by Nordic Light Institute of Energy Medicine**. This diploma will state that you've done the training for your own personal development, and that it consists of 300 hours of training (so it does not give you a qualification to work with others).

\*\*\* If you want to also become **Certified as a Practitioner and Master Practitioner**, so you can work with clients, you need to continue your training into Level 2 with Cissi Williams (see page 7 for more information on Level 2).



# DATES FOR LEVEL 1 IN 2025

## South Module - Healing

**3-6th October 2025**

Begin your healing journey. Learn how to track in different energetic domains, such as Body, Mind, Soul & Spirit, as well as Lower World, Middle World and Upper World. Experience the power of Shamanic Healing.

## West Module - Transformation

**1-4th November 2025**

Meet the Dark Mothers and journey into the Cauldron of Transformation. Deepen your skillset in Shamanic Healing. Learn how to work with the Tree of Life for healing your nervous system and ancestral roots.

## North Module - Magic

**6-9th December 2025**

Journey to the Divine Source to receive new visions, dreams and healing medicine. Learn Healing Linguistics, Transformational Questions and Mythic Mapping. Discover the initial steps for how to do a Soul Retrieval.

## NLP and Healing Linguistics

**14-15th February, and 21-22nd February 2026**

Learn powerful linguistic tools for transformation and healing. Discover the power of artful questioning and mythic mapping. Learn processes for shifting your perceptions and inner programming.

## East Module - Rebirth

**14-17th March 2026**

Meet the Light Mothers and journey into the Cauldron of Rebirth. Release what has blocked you from being the truth of who you are. Deepen your understanding of Soul Retrieval and for how to work with the Tree of Life.



## Clinical Module

**17-20th April 2026**

Practice all your shamanic skills, whilst being supervised (you'll be both practitioner and client during this module).

### PRICE FOR LEVEL 1 starting in 2025

You can choose to study in a small group of students, or 1:1 with a teacher.

#### Small Group Teaching: £2,575

You pay an initial non-refundable deposit, and then the rest in instalments (one payment for the home-study materials, and then you pay per module).

#### 1:1 Teaching: £5,000

You pay an initial non-refundable deposit, and then the rest in instalments (one payment for the home-study materials, and then you pay per module).





## LEVEL 2:

# ~ Master Training in Shamanic Energy Medicine and Seidr Magic ~

with Cissi Williams

## Awakening Your Ancestral Feminine Power and Magic

Total of 40 days of live teaching (on Zoom and face-to-face) plus 3 online courses, totalling 450 hours

### DURING THIS MASTER TRAINING YOU'LL LEARN:

- **Masterful shamanic techniques**, such as Feminine Tracking, Advanced Ancestral Healing, and Advanced Soul Retrieval.
- Dive deep into various **Goddess Myths**.
- **Seidr** (Norse Shamanism and Seidr Magic).

### WHAT IS SEIDR?

Seidr is an ancient form of Norse shamanism, which is VERY powerful. It was practised by the ancient Norse shamanic priestesses, called völvur, who were wise women, working as healers, shamans and priestesses for their community.

### WHAT YOU'LL LEARN:

- **You'll discover how to work in close connection with Spirit** through trance work, vision quests (utesita), embodiment, oracular prophecy and journeying into the World of Spirit to retrieve lost soul fragments, find the healing medicine needed to transform a heavy energy, or find new solutions.
- **Different types of Seidr**, such as the High Seat Seidr, and Seidr for Healing, Prophecy and Divination.

### SEIDR WORKS IN DIFFERENT WAYS

Seidr journeys with us in different ways, depending on our own skill-set, energy, ancestral wisdom, and how Seidr wants to work through us. Cissi will adapt the different forms of Seidr so as to make sure the students can journey with it in a way that's safe - both for them individually, and for the group.

### LEARN SEIDR TO AWAKEN YOUR FEMININE MAGIC

Seidr is deeply rooted in the wild feminine, so it can't be tamed, or put into a box. This means you don't learn Seidr to later work with Seidr with others.

**Instead, you learn Seidr to awaken your own inner feminine magic!** It's a gift you give to yourself - just for you! And as you awaken this ancient feminine power within you - your inner shamanic-witch-priestess - she will guide you to how she wants you to weave this magical wisdom into your life.

**Whilst the rest of the Master Training in Shamanic Energy Medicine is more structured, so it will teach you various ways for how to masterfully guide others through shamanic healing sessions, Seidr is the magical wild feminine here to masterfully guide YOU!**

For this training you'll need a staff, a drum, and a handmade rattle, sourced from natural materials.



# THIS MASTER TRAINING INCLUDES



## ONLINE COURSE IN ADVANCED SHAMANIC ENERGY MEDICINE

You'll gain access to an online home-study course, which features several advanced shamanic tools, such as feminine tracking, healing linguistics, working with the chakras, organs and energy-field around the body, ancestral healing, how to structure a session depending on your working diagnosis, as well as when to treat, and when not to treat.

This material is based on Cissi's experience of working with shamanic energy medicine, as well as her understanding of how the mind, body and soul connection work, from her training in Osteopathy, NLP, Naturopathy and Hypnosis.

## THE HEALING WHEEL OF THE YEAR

You also gain access to a second online training, which follows the Healing Wheel of the Year, as it dances with the changes of darkness and light. It starts at Samhain in October, and incorporates ancient wisdom from the Norse and Celtic Wisdom Traditions, as well as from Greek Mythology - with the intention of you finding your own way of relating to the seasons, the Goddess, and the World of Spirit.

## ONLINE COURSE IN NORSE MYTHOLOGY & SEIDR MAGIC

Learn about the Norse Creation Myth and the Norse goddesses. Go on shamanic journeys with the divine-witch-priestess Freya, the dark mothers Hel, Ran and Skadi, the powerful Valkyries, and the Spirit Weavers, the three Norns, who are sisters of time - past, present and future.

## GODDESS MYTHS

You'll dive deep into various Goddess Myths, so they can become your teachers, such as Inanna, Persephone, Medusa, Kali, the Black Madonna, Hel, Ran, Skadi, the Valkyries, Freya, Isis, Brigid, Idun, Saga and Mary Magdalene.

**They all represent different expressions of the Divine Mothers of Darkness & Light**, and as you get to know them, they'll start to show you how you can journey into the mythical landscape of your soul.

**This is when you really begin to awaken your own ancestral wisdom, magic and intuitive knowing** - it's already wired into your DNA, embedded within your bones and flowing through your veins.

## MEET UP LIVE ON ZOOM FOR SHAMANIC ENERGY MEDICINE TRAINING

You'll meet up with Cissi and your Soul Sisters regularly online, where you'll then practice various advanced shamanic techniques with each other.

Everything is supervised by Cissi and her Teacher Team, so you can practice in a safe setting. These live online training days starts in September (we meet up via Zoom in the afternoon UK time (2-7.30pm), so US students also can participate.

In total we meet up for 28 days on Zoom.

## CASE STUDIES

You also do 10 supervised case studies, and one written assignment.

## TWO MAGICAL LIVE MODULES IN ENGLAND

You'll experience two intensely transformational modules in England, where we'll spend time in Glastonbury, considered by many to be the heart chakra of the world.

During our final module, you'll also experience a ceremony at the Inner Circle at Stonehenge.

## THIS TRAINING LEADS TO THE FOLLOWING CERTIFICATES

- **Practitioner of Shamanic Energy Medicine** - you'll do a practical exam after the first Glastonbury Module, after which you'll receive a Certificate as a Shamanic Energy Medicine Practitioner. You can then start seeing clients.
- **Master Practitioner in Shamanic Energy Medicine** - you do another practical exam after the second Glastonbury Module, after which you'll receive a Certificate as a Shamanic Energy Medicine Practitioner.
- **Shamanic Priestess and Tradition Keeper of the Völva, the Path of the Wise Woman in Norse Shamanism & Seidr Magic.** You receive this certificate at the end of your training.



# LEVEL 2 STARTS IN SEPTEMBER 2026

Cissi is the teacher, being supported  
by her Teacher Team



## Feminine Tracking

26-29th September 2026

### Dive into the Cauldron of the Feminine

Let the feminine guide your tracking into the mythical domain of the soul.

## Heart Chamber 1

10-12th October 2026

### Releasing, Shedding and Healing

Advanced Ancestral Healing, healing your bloodline (past and future).

## Seidr and Clinical Module

24-26th October 2026

### Deepen Your Shamanic Skills

Practice your advanced shamanic healing skills, and get a gentle taste of the magic of Seidr.

## Seidr Magic In Glastonbury

11-16th November 2026

### Being Transformed by the Divine Mothers

This is a VERY intense module in Glastonbury, where you are introduced to different forms of Seidr, such as Healing Seidr, High-Seat, Prophecy and Divination. You'll also be working with arrows to help shift energy.

## Heart Chamber 2

5-7th December 2026

### Transform Deeply with the Dark Mothers

Advanced shamanic work with the Dark Goddesses, such as Inanna, Hel, Hecate, the Black Madonna and Persephone. You will here journey DEEP into the Cauldron of Transformation, letting the old you die, so you can be reborn with the returning light.

## Dreamweaver

9-11th January, 2027

### Using Your Time, Energy & Focus Wisely

Work with the Norse goddess Skadi, to strengthen your energetic boundaries, so you can Journey to the Divine Source and receive new dreams and visions. You'll also be working with the Spirit Weavers.

## Seidr and Clinical Module

6-7th February 2027

### Deepen Your Shamanic Skills & Seidr Magic

Practice your advanced shamanic healing skills, and discover how the power of Seidr wants to flow through you in sessions.

## Heart Chamber 3

5-7th March 2027

### Ignite Your Magic with the Light Mothers

Advanced shamanic work with the Light Goddesses, such as Freya, Brigid, Idun and Saga to ignite your inner magic.

## Heart Chamber 4

9-11th April 2027

### Rebirth with Mary Magdalene

This is a very intense module, where Mary Magdalene helps you to release the bondages from the past, so you can be reborn into the truth of who you are.

## Seidr & Clinical Module

30th April -1st of May 2027

### Deepen Your Shamanic Skills & Seidr Magic

Practice your advanced shamanic healing skills, and discover how the power of Seidr wants to flow through you in sessions.

## Clinical Module

14-16th May 2027

### Advanced Shamanic Energy Medicine Work

Practice everything you've learnt, from Feminine Tracking, Tree of Life, Soul Retrieval, Shamanic Healing, and Seidr Magic, letting it flow through you, so you become the embodiment of the Wise Woman you are.

## Seidr Magic In England

8-13th of June 2027 (these dates are preliminary)

### Become Initiated by the Divine Mothers

Dive deeper into Seidr, awakening even deeper layers of the ancestral medicine that you are meant to embody. You'll do an utisetu (vision quest), Seidr ceremonies, and you spend time in Glastonbury and Stonehenge.

# Spiritual Mentoring and Shamanic Healing Sessions



## Spiritual Mentoring Sessions

As part of the Master Training you'll receive 3 spiritual mentoring sessions (30 minutes) for free, with someone from the Teacher Team.

## Shamanic Healing Sessions

You are also required to book 3 shamanic healing sessions (up to 2hrs for each session) with a practitioner from the Teacher Team. You'll receive a heavily reduced price for these sessions.

### PRICE FOR THE MASTER TRAINING starting in 2026

There are two payment options: paying over 11 months, or 21 months. Total price for both is £5500.

#### OPTION 1: Paying over 11 months

You first pay the non-refundable deposit of £500 (which equals the first month's payment).

Then you pay **10 x £500 per month**. You only pay the deposit to secure your place, and then you start the monthly payments in August 2026.

#### OPTION 2: Paying over 21 months

You first pay the non-refundable deposit of £500 which is the first month's payment.

Then you pay **20 x £250 per month**, You only pay the deposit to secure your place, and then you start the monthly payments in July 2026.



### Your Teacher for Level 2

#### Cissi Williams

Cissi trained in Osteopathy and Naturopathy in London (she qualified in 1997 with First Class Honours), in NLP and Hypnosis (she's an NLP Trainer), and she's done various shamanic trainings, such as from the Norse, Celtic and the Incas wisdom traditions.

Cissi has given more than 25,000 healing sessions, helping her clients, patients and students tune into their inner wisdom and connect with Spirit's guidance. She's the author of *Transformational NLP* (Watkins Publishers, 2012) and *Your Heart Knows How to Heal You* (to be published in 2025 by Inner Tradition/Findhorn Press).

Her absolute passion is to help you tune into your inner wisdom, as she knows there is an incredible power embedded in your bones – the power of the Wise Woman - who is longing to be awakened and rise once more, so she can share her medicine with the world.





## Testimonials

### **The Most Transformative Time Of My Life**

The Master year with Cissi has been the most transformative time of my life. I've learned so much and for the first time truly stepped into my power. I've been deeper down and higher up than ever before. I've awakened the wise woman, the queen and the goddess in me. It's been intense for sure, but the reward when you put in that effort is so magical.

The module at Glastonbury was the most transformative, filled with sacredness and sisterhood. I can't express my gratitude for the things I've experienced during these days. It was beyond anything I've ever experienced before.

*Frida Alsterlund, Sweden*

### **You Will Not Be The Same Person As You Started**

Having studied various healing pathways both in the UK and as far as Peru, I can honestly say her teachings go far and beyond anything I have ever encountered. It is a deep dive and journey into the world of spirit where I have been able to reconnect with my higher self, the wise woman within as well as call upon my guides and spirit when something within me, a wounding, a block is to be alchemised and used for medicine.

*Joanna Brodie, UK*

### **There Was This Deep Calling In Me**

There was this deep calling in me. I did not know what it was, nor what it wanted from me. All I knew was that I had to follow...

I found Cissi who was the right teacher for my mind to heal from the conditionings and old programmings and my old wounds started to heal one by one. My heart reawakened in joy when I met the Divine Mother for the very first time. It was the most grandiose encounter and as I bathed in Her unconditional love, I never felt so loved in my entire life!

If you hear the call of the Divine Feminine and you are ready to take the next step, Cissi and her compassionate heart will take you on an incredible and mysterious journey towards wisdom, love and magic that will change your life forever...

*Lenka Werdenich, Austria*

### **Finding The Gold In The Darkness**

It is extremely rare and a favour to meet a teacher who takes her task so seriously, who genuinely wishes the student's best. What Cissi wants more than anything else is to see the people around her grow, find their light, their love and become whom they are meant to be. She gives such security that there is no journey I would not dare to make together with her all the way down into the darkest darkness - in order to find the gold. I have every time felt totally safe under her guidance.

But what I appreciate most is that she's mirroring me with absolute honesty and clarity no matter what.

*Regina Schwartz, Germany*

### **Transformational, Magical, Powerful!**

Transformational, magical, powerful...the journey Cissi will take you on in her trainings are all of these but so, so much more....if you are willing, really willing, to surrender your old stories, false beliefs and your ego - and instead discover who you truly are and the path you are meant to follow.

My journey with Cissi and being in Glastonbury surrounded by a powerful circle of sisters has been life changing.

*Karan Maurer, US*



### Being Reborn

“It’s been an amazing journey with you and my greatest healing has been surrendering, and trusting, and being open to expansion, and my greatest medicine has been discovering ME! Who I truly am, connecting with my soul! I feel like I’ve been reborn, finally feeling lighter, stronger and more whole than I have ever felt before.”

*Petra Carroll, UK*

### Finding Our Own Medicine

Cissi brings such a rich variety of knowledge (from osteopathy, naturopathy, NLP to Energy Medicine), into her courses which means they are delivered within a safe structure, allowing us to dive deep into our own darkness, to find our medicine and healing and fly higher than ever to discover the power in the light. And finally, from this strong foundation, develop our own spiritual wings with which to fly and share our gifts.

*Debbie Price, UK*

### Love For The Healing Process

Cissi’s absolute dedication and responsibility towards the transformation of students through the deep healing process is an inspiration and a unique example.

Her immense energy and dedication towards the healing that needs to take place in this “out of balanced world”.... brings forth the collaboration in the feminine and the love for the healing process that needs to take its beginning in each individual.

*Laila Sorensen, Denmark*

### Expands The Students Awareness

Cissi’s superpower is that she has a lot of knowledge of medicine, incorporated with science, and awareness of the feminine rising and the problems with patriarchy, and she has studied spiritual philosophy. All of that is weaved into her energy medicine.

Her work is grounded in both wisdom traditions, science, aspects of transpersonal psychology, NLP which expands the student’s awareness and knowledge. The student, then, is able to communicate to their clients how energy medicine can heal and is a great bridge for those new to energy medicine or to spiritual healing.

*Roxane Geller, US*

### Transformed My Life

I have never met anyone quite like Cissi. Her ability to hold space and compassion while also helping to unravel energy held onto for so long is done powerfully and also with grace. She has shown me it’s ok to be in your power and grace at the same time.

It’s quite remarkable how tuned in to spirit she is- one of the reasons I have taken her training. I trust her and it has allowed me to feel safe with other women. Cissi has really helped transform my life.

*Kayla Klock, US*

