

A Four-Day Experiential Retreat in Nepalese Shamanism - Spiritual Protection and Resilience in Today's World

In today's world, many people are seeking ways to strengthen their psychic protection, maintain their spiritual balance and develop greater resilience in the face of life's challenges. There is also a growing interest in traditional spiritual practices for addressing curses, black magic and harmful influences.

Within Nepalese shamanism, Bander Deo (Hanuman) is revered as a powerful protector, whose presence is invoked to dispel negativity, overcome fear and restore harmony.

During this retreat, you will explore traditional approaches to spiritual protection, learning how to cultivate inner strength, establish healthy spiritual boundaries and work with the protective qualities of Bander Deo (Hanuman).

True spiritual protection is not about living in fear of negative forces, but about developing the strength, wisdom and spiritual awareness to walk through life with confidence.

These teachings invite us to stand in our own spiritual power, grounded in courage, clarity and trust, and to bring this awareness into our healing work and everyday lives.

What Will You Learn and Experience?

During these four days, you will have the opportunity to:

- **Connect with Bander Deo (Hanuman) as a spiritual ally.** Learn how to invoke his presence and draw upon his strength, guidance and protection in your shamanic work.
- **Strengthen your psychic protection and spiritual resilience.** Explore traditional Nepalese shamanic approaches to protection from curses, black magic and harmful spiritual influences, cultivating spiritual strength, energetic balance and greater confidence.
- **Deepen your understanding of spiritual healing.** Discover how the protective and healing qualities of Bander Deo (Hanuman) are traditionally invoked to restore harmony and support those experiencing fear, grief, emotional unrest and spiritual difficulties.
- **Discover the healing wisdom of plants.** Inspired by Hanuman's relationship with the sacred Sanjivani herb, deepen your connection with the spirits of plants and the healing powers of nature.
- **Work with sacred chanting and traditional practices.** Explore how sound, devotion and spiritual intention can strengthen your connection with Spirit and bring greater focus and power to your ceremonies.

- **Learn ways of transforming fear and negativity.** Call upon the courage and protective qualities of Bander Deo to develop greater resilience and face life's challenges with clarity and inner strength.
- **Enrich your existing shamanic practice.** Discover new spiritual perspectives and traditional teachings that can deepen your relationship with helping spirits and support your healing work with others.

The Mystery of Panchamukhi Hanuman – The Five-Faced Monkey Spirit

Awaken Courage, Strengthen Your Spiritual Protection and Deepen Your Shamanic Healing Practice

Within the ancient spiritual traditions of Nepal, Bander Deo, the Sacred Monkey Spirit, is honoured as a powerful ally for healing, protection, courage and transformation.

Known also as Hanuman, this divine being embodies unwavering devotion, inner strength and a profound connection with the healing powers of nature. His legendary journey to retrieve the sacred Sanjivani herb reminds us of the deep relationship between the spirit world, plants and the restoration of life.

During this four-day experiential retreat, you are invited to step into the living wisdom of Nepalese shamanism and discover how to work with the Sacred Monkey Spirit to enrich your spiritual journey and deepen your healing practice.

Through traditional teachings, sacred chanting, shamanic practices and communion with nature, you will explore how to connect with Bander Deo as a spiritual ally, drawing upon his qualities of courage, truth, devotion and healing.

A special focus of this retreat is the sacred wisdom of **Panchamukhi Hanuman**, the Five-Faced Monkey Spirit.

This powerful form of Hanuman brings together five divine aspects, each embodying distinct qualities of protection, healing, strength and spiritual illumination.

Together, they represent a sacred union of spiritual powers, offering protection in all directions and supporting the practitioner in developing courage, wisdom and inner balance.

During the retreat, you will explore the spiritual qualities of these five sacred aspects and their significance within traditional protective practices.

East – Hanuman: Courage and Devotion

Awaken inner strength, fearlessness and the power of selfless service. Hanuman teaches us to face life's challenges with an open heart, unwavering devotion and trust in the divine.

South – Narasimha: Fierce Protection and Transformation

The powerful Lion Spirit embodies courage and the ability to overcome fear. Traditionally invoked to dispel harmful forces, Narasimha teaches us to stand firmly in our spiritual power and overcome obstacles.

West – Garuda: Liberation, Purification and Spiritual Protection

The mighty Eagle Spirit is traditionally invoked for protection against poison, curses, black magic and harmful influences. Garuda embodies the power of purification and liberation, helping us to release fear, strengthen spiritual boundaries and reclaim our inner freedom.

North – Varaha: Stability, Grounding and Resilience

The sacred Boar Spirit offers strength during difficult times, helping us rise above challenges and restore stability. Varaha reminds us of the importance of grounding, perseverance and our connection with the Earth.

Above – Hayagriva: Wisdom and Spiritual Illumination

The Horse-Headed Divine Being represents higher wisdom, clarity and spiritual understanding. Hayagriva inspires us to deepen our knowledge, strengthen our discernment and bring greater awareness into our spiritual practice.

Through exploring these five sacred aspects, you will discover how their qualities can support your personal development, strengthen your spiritual foundations and bring new dimensions to your shamanic work.

Bringing the Teachings into Your Shamanic Practice

This retreat is more than an exploration of ancient mythology. It is an opportunity to experience the living spiritual wisdom of Nepalese shamanism and deepen your relationship with the sacred forces of nature.

For those already practising shamanism, these teachings offer an opportunity to expand your understanding of spiritual protection, deepen your connection with helping spirits and explore traditional approaches to healing and restoring balance.

For those newer to the path, the retreat offers an introduction to the protective and healing wisdom of Bander Deo, inviting you to cultivate courage, spiritual awareness and a deeper connection with Spirit.

Above all, these four days invite you to remember that spiritual strength does not arise from fear, but from our relationship with the sacred, our trust in Spirit and our ability to walk through life with courage and an open heart.

Join us for four days of sacred teachings, spiritual exploration and experiential practice. Discover the blessings of Bander Deo, (Hanuman) the Sacred Monkey Spirit, and bring greater strength, protection and wisdom into your life and shamanic practice.