

## *The Dynamic Mythology Experience*

### **The Dynamic Mythology Experience®**

*The Active Exploration Of Cellular Wisdom*



We are born into a body made up of billions of cells. Each cell follows a pattern of expression determined by our particular DNA. How much of this cellular/genetic story do you know... and more importantly how can you 'experience' what your body is trying to tell you? Like all of mythology your body too has a story... a deep story of its own evolution. Wisdom is the gift we receive when we discover the truth about our own personal story.

Shamanic cultures do not limit 'intelligence' to the physical brain... but rather experienced their entire body as a thinking organism. By stimulating the body and mind simultaneously shamans would "journey" to parallel realities where solutions to seemingly unsolvable problems are possible. These 'dynamic vision journeys' are legendary and became the basis for acquiring individual and cultural wisdom. An individual/community's capacity to see the future allowed for the responsible selection of any number of choices... and personal ethics were based on experiences derived from these journeys. Therefore, wisdom is acquired less from 'thinking about' and more from 'experiencing' our own future.

**The Dynamic Mythology Experience®** employs five (5) contemporary shamanic transformational techniques as methods for accessing levels of shamanic "trance"... thereby making it possible to duplicate these visionary journeys. All Dynamic Mythology Experience® Workshop participants will explore the science, psychology & mysticism of various body-centered altered states experiences...

and then explore these realities first hand. The result is the "embodiment" of wisdom and the acquisition of alternative solutions to what was previously a seemingly impossible situation. The answers received from these visionary journeys are frequently among the most powerful experiences in a person's lifetime.

The Dynamic Mythology Experience® is presented in a 2 1/2 day format.  
The 5 Experiential Ritual Modalities presented in this programs are:

**The Trance Dance Ritual Experience:** *Entering Your Body/Mind Consciousness*

**Rites of Passage:** *The 12 Mystical Stages Of Our Spiritual & Physical Evolution*

**The Soul Hunting Ritual:** *Rediscovering The Lost Pieces Of Self*

**The Spirit Animal Dance:** *Journeying For Power*

**The Ancestors Walk:** *Pathways To Forgiveness*

**Wilbert Alix**



**TranceDance.com**

# TranceDance



## **The TranceDance Experience®** *Entering Your Body/Mind Consciousness*

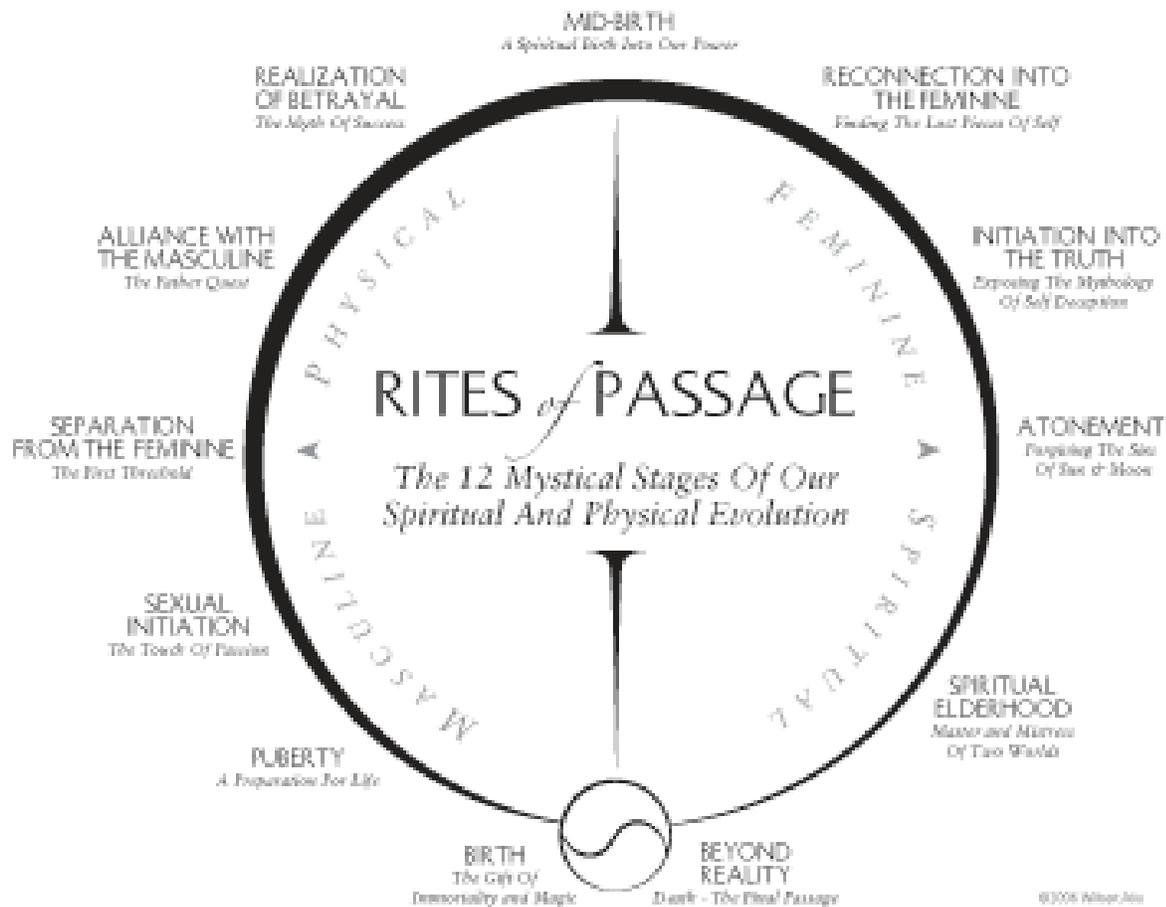
*"Imagine darkness so intense and so complete covering you like a velvet blanket. A blackness that cuts you off from the everyday world, forcing you to draw deep into yourself, a blackness that makes you see with your heart instead of your eyes. You can't see, but your eyes seem open. You are isolated, but you know you are united with all living things. And out of darkness comes the roaring of the drums, the sound of the prayers. And among these sounds your ears catch the voices of the spirits, ghostlike, whispering to you from unseen lips. You feel the wings of birds brushing your face; feel the light touch of a feather on your skin. And always you hear the throbbing drums filling the empty space inside yourself, making you forget things that clutter your mind, making your body sway to their rhythm".*

**TranceDance** is a unique blend of healing sounds, dynamic percussive rhythms, transformational breathing techniques and the innovative use of sensory deprivation - all together stimulating an 'trance' state that promotes spiritual awakenings, mental clarity, physical stamina and emotional well-being. Driven by unique musical soundtracks recorded specifically for this method of healing, TranceDance takes participants on an 'inner journey' not limited to our normal perceptions of space/time. Ritual trance journeys have been a vital part of shamanic and eastern dance cultures for thousands of years. Our contemporary approach to TranceDance brings together the richness of these ancient rituals with some startlingly effective modern techniques. The end result is access into the deeper realms of our self and the universe... a glimpse into the mystical world that lies beneath our normal perception of reality.

**TranceDance's** primary focus is on healing and our relationship with spirit. By dancing within the seclusion of darkness we discover parallel realities where solutions to seemingly unsolvable problems are possible. Through Trance Dance we 'disappear', become more like our spirit, and simultaneously less attached to our difficulties, making it possible at these moments to let these problems go.



# The Dynamic Mythology Experience



## **Rites Of Passage**

### *The 12 Mystical Stages Of Our Spiritual & Physical Evolution*

Rites Of Passage is a study of evolutionary wisdom. Rites Of Passage is based on the dynamic principles of the circle, spiral (spiritual) or sphere. Rites Of Passage is a holistic spiritual model that describes the inevitable journey that we must all go through in our lifetime. 12 Rites of Passage explores the spirituals peaks and valleys in life... the 12 'points of transformation' that guide us towards wisdom and tranquility.

Rites Of Passage clarifies when and why we experience life crisis, and more importantly offers alternative approaches to transforming these dilemmas. It makes no difference who you are or where you are; these passages are experienced by everyone. Through Soul Hunting, Trance Dance and other ritual techniques we can intentionally journey through these 'passages' to discover the deeper purpose and meanings within life. As each stage is experienced and understood, we develop a growing wisdom and intelligence that serves as the foundation for living an enriched life and creating a balanced society.



## *The Dynamic Mythology Experience*



### ***The Soul Hunting® Ritual*** *Finding The Lost Pieces of Self*

Soul Hunting is a contemporary shamanic integration ritual. It is a journey into the deepest aspects of your spiritual world (psyche)... a place where the parts of the soul retreat to overwhelmed by power. The purpose of Soul Hunting is to release our resistance to feeling our full life force, and then to retrieve the damaged pieces of our life that reside beneath these overwhelming events.

***The Soul Hunting Ritual*** is rooted within one of the oldest forms of shamanic transformation known to humans. The literal translation of the term shamanic means "the ability to see through the dark"... to find perspective again. Soul or shadow journeys are legendary. Participants are transported on a journey into an alternate reality or a 'shamanic trance' where it becomes possible to re-unite with these damaged pieces of the soul. The Soul Hunting Ritual energizes the spirit because it resuscitates the deepest parts of our psyche... and renews aspects of our personality that manifest wisdom, strength and spiritual well-being. Soul Hunting Ritual participants report that they are able to reconcile previously irresolvable difficulties and illnesses and achieve a state of integrity, wholeness and well-being. Participants frequently report that their Soul Hunting journeys are among the most rewarding events in their lives.



## *The Dynamic Mythology Experience*



### ***The Spirit Animal Dance*** *Journeying For Power*

Spirit Animals are elements of the natural world which guide us through complicated growth experiences... revealing insights into how to best manage matter with energy. What this means is that Spirit Animals illuminate the spiritual side of our life, guiding us through complicated life circumstances that our linear, logical mind could never resolve.

The Spirit Animal Dance is an experience of being possessed by power. In order to achieve the authentic 'revelation' of a spirit guide we must first surrender our ego-self for the flame of trance. Then like the Phoenix that rises from the flames our spirit guide can appear. Shamanic cultures worldwide acknowledge the relevance of surrendering our body/mind to the guidance of nature... animal spirits that show us the way towards wisdom and truth.

Spiritual transformations are based on experiences that first overwhelm, with understanding coming later. This is particularly true of shamanism and the Spirit Animal Dance. This ritual journey is a doorway through the shadow side of life... a journey that ultimately illuminates a pathway to a unified soul. Through the Spirit Animal Dance each participant's unique relationship with a spirit guide will be revealed, thereby creating the foundation necessary to achieve authentic spiritual transformations.



## *The Dynamic Mythology Experience*

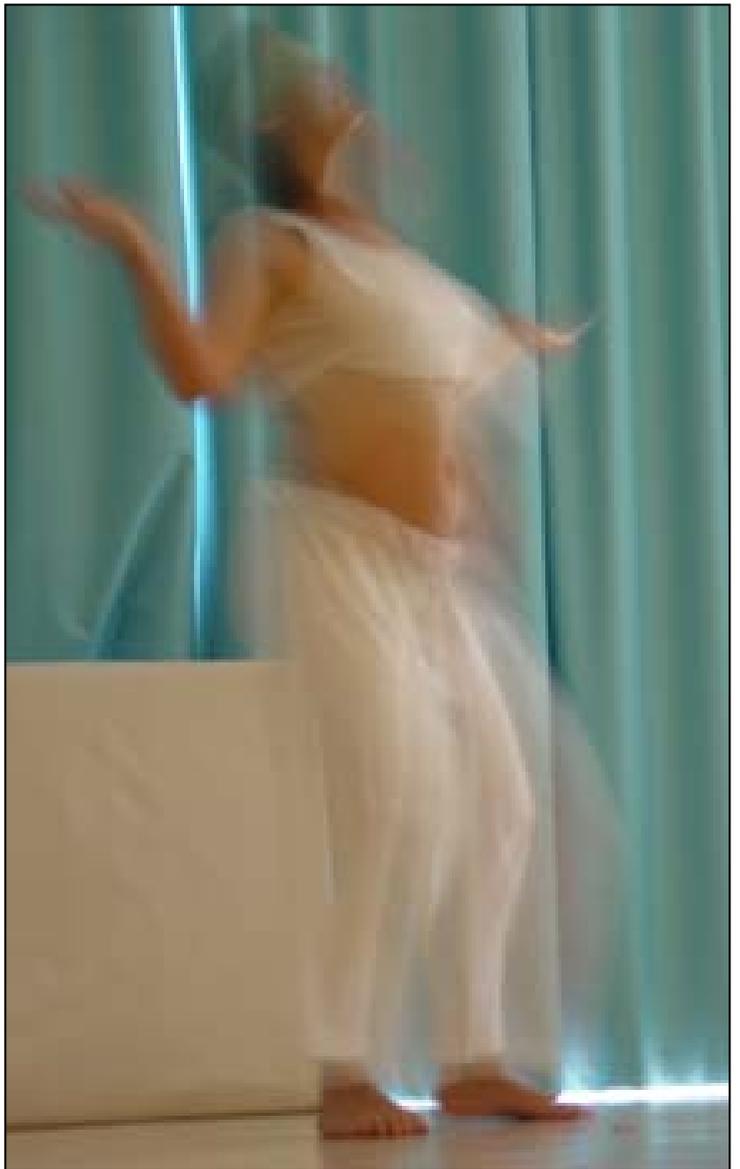
### ***The Ancestors Walk®***

#### *Pathways To Forgiveness*

Shamanic cultures are rooted in the reality that their ancestors continue to live through to this very day as reflections of a past that shine a bright light on the lives of their descendants. Shamanism's view is that 'spirit' and 'ancestors' are synonymous... one and the same, bound together by a timeless evolutionary line that governs all aspects of nature. Somewhere in the evolution of western culture we moved away from the importance of these genetic connections.

For generations, contemporary humans have existed 'independent' of this ancestral wisdom... instead looking forward through religious beliefs which promise a future time beyond death when spirit arrives as a gift for having lived a good life. Simultaneously, in this life we frequently struggle to feel spiritually whole and complete. Believing in a future concept of spirit has slowly eroded our connection to deeper wisdom. And this deeper wisdom seems to be related to our ancestral connections. Perhaps the 'self' we seek is not one self but rather a deep evolutionary 'self'... an organic wisdom which appears when we embody within ourselves the spiritual lives of our ancestors. Recent DNA research validates our physical connections to each other. It suggests a relatedness between all human beings, a common genetic code alive within everyone.

In the Ancestors Trance Journey participants will explore their personal connection to this evolutionary wisdom. By deliberately altering consciousness beyond a three dimensional reality participants will 'walk' down a long path... encountering buried aspects of their ancestral story... revealing a deeper understanding of how evolution can answer important questions about our own existence and enhance our capacity to find wisdom in everyday life.



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## **Testimonials**

A 'walk' on the wilder side, a different portal into shamanic experience that triggered integration of my current path and exploration. This was my second Soul Hunt Ritual experience... quite a different experience than the first, opening my 'higher heart' or expanding my capacity for compassion.

**Jennifer Young** Sedona, Arizona

An amazing ride full of emotions that I have yet to fully understand. I feel healed and comfortable in my skin now. This is the start of my new life.

**Hillary Moore** Temecula, California

I experienced a depth and type of healing that I have never before experienced. It calls to my soul in a very primal way that my soul has been searching for. It's very me if that makes any sense.

**Patricia Eschuk** Winnipeg, Canada

I've done a lot of work before but this experience took me deeper into perception and understanding about my soul in ways that I've never experienced before. I found pieces of myself that were long buried and discovered a connection to my ancestral past.

**C. Kane** Arizona

It's too big for words, but let me try anyway. My life has completely changed since our weekend together in Vienna. Suddenly I understood (not only mentally, but with my whole body) that indeed it is not about what happens to you, but what you do about it. For as long as I can remember I've felt a victim and full of self pity, but I feel now like a new person: powerful and in charge of my own life. Moreover I have the feeling that some very traumatic experiences which dominated my life for the past twenty years, have been erased from my cell memory. No need to say all this feels very liberating!

**Sophie Sleenckx** Antwerp, Belgium

Since the Soul Hunting Ritual I have been experiencing sooooo much energy and want to put out a big hug and much thanks to you and your staff. I feel like I released 10 years of therapy in one night thru this process. My body released remnants of early childhood and some linear memories and other times... it was amazing AND last time I released this level of trauma it started me on this path at 16.

**Julie Thomas** Queens, New York

Additional Programs by Wilbert Alix

**TranceDance Ritual Facilitator Training • Body Wisdom Retreat • Soul Hunting Ritual Healers Training • The Way Of The Energizer • The Touch Of Passion • Soul Hunting For Lovers • The Pure Bali Retreat • Hawaii Shamanic Retreat • Alma De Aqua: Soul Hunting In Liquid Sound • Mastering Alive Relationships • Effective Communication • The Self Esteem Course • The Vision Quest Retreat • Results Course • Honorable Sexuality**



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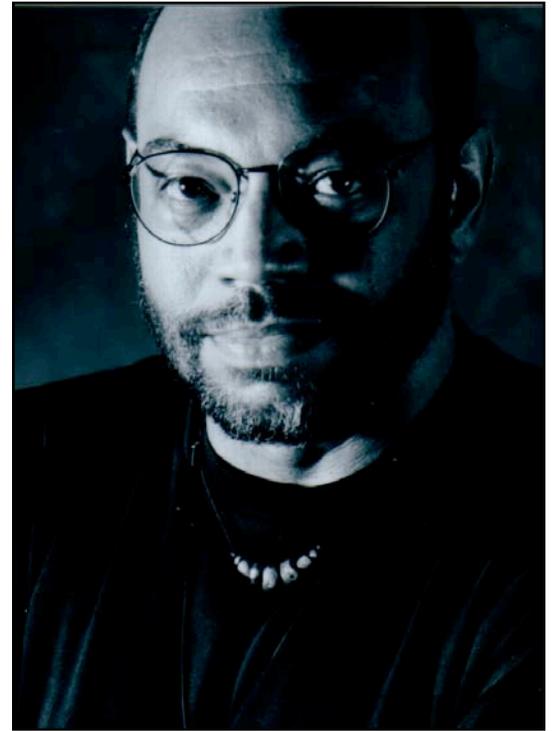
### **Wilbert Alix**

***"My intention is to bring into simple and clear focus the enormously complex worlds of mysticism, psychology, shamanic spirituality and science resulting in clear direction and achievement"***

Wilbert Alix has earned international recognition as a contemporary healer and teacher of progressive psychology and neo-shamanic studies. A prominent figure in the emerging science of body-centered psychology his presentations are accentuated with intellectual depth, humor and a unique insight into the relationships between traditional shamanic healing, western science and eastern mysticism.

Wilbert Alix is a 7th generation native of New Orleans... born into a culture rich in shamanic tradition, ritual trance, sacred music and ecstatic dance. Also a trained academic, Wilbert has explored eastern transformational mysticism, contemporary psychotherapy, western medicine and shamanic ritual healing techniques... all beginning in 1968.

For over 30 years Wilbert Alix has pioneered the professional application of Trance Dance and other contemporary shamanic techniques as legitimate healing and therapeutic tools. He conducts workshops and trains professionals throughout the USA, Europe, Canada, Mexico, Australia and South America. He frequently appears at professional conferences and expos, as well as teaching educational 'mind/body science' programs to individuals and corporations.



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***Wilbert Alix***



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