

# BIOSHAMINISM

EMOTIONAL BIODECODING SCHOOL  
COURSE SYLLABUS  
2025/2026



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# THE COURSE

Bioshamanism brings together ancient shamanic knowledge with what we know today about Emotional Biodecoding. This is the medicine that is offered to you throughout the course: the knowledge and the awakening of your wisdom, your shaman within, so that you can consciously create your healing path by decoding bodily symptoms and the symbolism in your own experience and that of your ancestors. Rather than just a learning course, it is more of an opening into the world of Shamanism, ritual, Emotional Biodecoding, and conscious creation. This course is for anyone who has forgotten why they came.

Emotional Biodecoding is the modality we use to connect to the shaman within ourselves, where we use the information in every physical and emotional condition to clear up far more than the condition itself. In the different planes of existence, beyond the physical realm, time doesn't exist, and therefore, every time we clear up a physical symptom or any situation that is disruptive in our lives, we do so for our ancestors and future generations.

The ancestral plane offers so much about the unconscious information that dominates our lives. All ancestors have unhealed memories from war, epidemics, childbirth trauma, territory invasion, incest, and premature death. When we visit this plane, they are present with us, speaking to us and asking for our assistance in returning these trapped energies to a state of comprehension and compassion. With their support, we can release it for them, healing both our physical condition and liberating the collective pain of our clan. During the 12 months, we are together, we will discover which of our ancestors we have affinities with and what these affinities are asking us to heal and recover in this lifetime. This is, after all, what we came here to do.





Emotional Biodecoding is a movement contributed to by many professionals, but most importantly, Dr Hamer who discovered that an emotional bioshock causes every bodily symptom. These bioshocks happen in cycles during our lifetime to communicate a message, and his embryology studies help us discover their essence. When we decode these messages, we begin to 'innerstand' our real purpose in this physical existence giving new meaning to your life experience, the past, the present, and the future. This learning experience will allow you to become an incredible facilitator as, once you have experienced it for yourself, you will naturally want to share it with others in your own authentic way.

Throughout the 12 months we are together, we will incorporate the many aspects of what is today considered Shamanism into our healing and learning. Journeying is the practice of a shaman, and there will be two modules dedicated to working with our power animals, the medicine wheel and soul retrieval. These modules will be given by a guest teacher, Paul Newman, who has many years of experience in these essential shamanic practices. Your power animals and tribe of shamanic guides multiply with each new journey, supporting your journey to self-empowerment.

Ceremony and rituals are excellent shamanic tools that create a bridge between the biological being and the other worlds, the conscious and the unconscious. The unconscious is where stagnant energies can be transformed through feeling our emotions. In these ceremonies, we use the elements reciprocally, taking from the earth and returning to the earth, taking the unconscious, making it conscious, and then returning it.

"Until we make the unconscious conscious, it will direct our lives, and we will call it fate."

– Carl Gustav Jung



# MODULE 1

## THE FIRST EMBRYONIC PHASE (ON-LINE)

September 19th - 21st 2025 (Friday evening - Sunday)

\* We will be together online from Friday 7pm for a few hours and then all day Saturday and all day Sunday.

Here, we will begin our journey into Emotional Biodecoding by looking at the embryonic phases, where life began for all of us. Thanks to the late Dr Hamer, we know that every symptom arising in our bodies is an unhealed memory from our life experience, the womb, or our trans-generational line. We will begin to understand the principles of Emotional Biodecoding, the relationship between each organ's evolutionary purpose, and how to decode disease.

We will delve into how the first embryonic layer develops and how disease manifests in the organs derived from it. The first embryonic layer is called the endoderm, and as it is the first layer, its principal function is to govern all organs related to our first basic need, survival. The brain that develops and governs over this layer is the reptilian brain, and every symptom that manifests in the systems derived in this embryonic layer is telling us something about our emotions and, therefore, our reactions when our basic need to survive is in jeopardy.

Apart from our Emotional Biodecoding classes, we will spend time with each student, getting familiar with each personal story. All that each student brings to the course is a gift for everybody, and here we will begin to resonate with each other as a clan.



# MODULE 2

## THE SECOND EMBRYONIC PHASE (ON-LINE)

October 17th - 19th 2025 (Friday evening - Sunday)

\* We will be together online from Friday 7pm for a few hours and then all day Saturday and all day Sunday.

In our Emotional Biodecoding class, we will explore how the second embryonic layer develops and how disease manifests in the organs derived from this layer. The second embryonic layer is called the old mesoderm; its principal function is to govern all organs and linings in their protection role. The cerebellum is the brain that develops and governs over this layer. Every condition arising in these protective linings of our bodily systems tells us something about our childhood conflicts around feelings of protection or the lack of protection in our family home.

We will learn how an emotional impact creates a defence system in our bodies, leading to specific allergens in our biology. These allergens react to physical and symbolic external factors; it is fascinating to observe allergies being decoded.

Panic attacks and phobias are also related to a particular life experience which detonates a chain reaction in the biology and can be decoded very simply when we can comprehend how to think in a quantum way and by using symbology. This type of decoding takes practice, and we will begin the process of learning in this class.

Laterality is important in Emotional Biodecoding. We will look at how archaic roles have impacted us in our biology and how, with knowledge, we can differentiate between how a symptom impacts a right-hander and a left-hander. This is the key to discovering the treasure in specific symptoms.





## MODULE 3

### THE THIRD EMBRYONIC PHASE (ON-LINE)

November 14th - 16th 2025 (Friday evening - Sunday)

\*We will be together online from Friday 7pm for a few hours and then all day Saturday and all day Sunday.

This module will explore the symptoms derived from the third embryonic stage during our Emotional Biodecoding class. This phase is called the new mesoderm and is governed by the medulla. The organs that are developed during this phase in embryonic evolution are about territory and providing for ourselves in our territory through hunting. During this module, we will discuss how conflict around our role as the hunter and our capability of movement and providing for ourselves affect us in the bones and muscles. We will cover conditions such as broken bones, osteoporosis, fibromyalgia, Parkinson's, multiple sclerosis, and general deficiencies in the muscles. We will also cover the symbology of each vertebra.

We will also cover diseases of the circulatory and lymphatic systems. Blood symbolizes family, and we will discuss the different blood irregularities and what they tell us about our family history. The lymphatic system is about how we feel about perceived attacks from the outside and having to defend ourselves.

The way that each of us manages the minerals in our body is different and, like everything else, is related to our ancestral stories and the symbology lying in the collective unconscious. The symbology of the minerals is a fascinating aspect of this work and we will incorporate this learning during this module.



## MODULE 4

### THE FOURTH EMBRYONIC PHASE (ON-LINE)

December 12th - 14th 2025 (Friday evening - Sunday)

\* We will be together online from Friday 7pm for a few hours and then all day Saturday and all day Sunday.

This month's Emotional Biodecoding class will be about conditions of the fourth embryonic phase. Here, we are faced with bodily conditions from a much more advanced system than all previous symptoms studied so far. Therefore, we are looking at bodily symptoms arising due to our surroundings and social systems. These social conflicts relate to separation and boundaries.

We will cover how the brain sends messages through its relays to the specific hormones, and students will understand the relationship between these hormones, polarity, and the respective organs. We will revise laterality and the archaic role and examine how this differs from polarity, both important aspects of bodily decoding.

The Mayan timeline is the most essential tool for any Emotional Biodecoding facilitator, and this month, we will talk about its origins and how to use it. For the unconscious, time does not exist; there is only innocence and no difference between reality and virtuality. The Mayans knew this, referred to this space as the galactic portal, and used it to go to other planes of existence and consciousness. Every time we do a timeline to release memories, and thus our symptoms, we go through this portal to one of these planes of existence, the emotional plane.





# MODULE 5

## PROJECT PURPOSE

January 15th - 18th 2026 (Thursday evening - Sunday)

\* We will be together from Thursday evening until Sunday lunch time.

In this module, we will learn about the memorised biological cycles discovered by psychologist Marc Fréchet, which he called our Project Purpose. This concept helps us discover the essence of our incarnation, and his work has hugely enhanced the work of all Emotional Biodecoding consultants. Every scenario with our parents before conception, during gestation, and in infancy is memorised and kept in the unconscious to be played out during our lives. There are specific programs, or soul contracts, which speak to us directly of the purpose of our incarnation. This module delves into all of these programmes that are being played out in our life experiences.

Congenital conditions such as spina bifida and multiple sclerosis are covered, as these indicate something particular in the family unconscious and the Project Purpose of those suffering from them.

Because this module is dedicated to the womb and the mother, in our process, it is essential to acknowledge that without the mother, the possibility of life does not exist. We chose everything, and during this weekend together, we will do some systemic dynamics around the mother with the great intention of connecting to her energy.

In the evening, we will use the drums to journey to Mother Earth's womb, experience the stirring of new life and then awaken to rebirth ourselves with a powerful psycho-magic act.



# MODULE 6

## THE ANCESTORS PART 1

February 19th - 22nd 2026 (Thursday evening - Sunday)

\* We will be together from Thursday evening until Sunday lunch time.

In this module's Emotional Biodecoding class, we will delve into the world of ancestral programs, those situations that keep arising and seem impossible to get past. We will discover how the mirrors we repeatedly create are not just our childhood memories being played out but the forgotten traumas of those who came before us.

Bruce Lipton's discoveries on cells and epigenetics are part of our understanding of trans-generational programmes, and this is also covered during this weekend. Bioshamanism approaches this by looking at the logic of our seemingly impossible situations or unexplainable "blockages" to discover our ancestors' hidden trauma. These ancestral experiences manifest in territorial conflicts, infertility problems, infidelity, poverty, abuse, violence, and betrayal.

Everyone will draw their family tree and be shown how to use specific symbology that the unconscious can understand. Once we have drawn our trees in this way, we can learn how to look for the ancestors who have treasures for us by looking for those with whom we have affinities.

This weekend includes our first demonstration of the special ceremony that we call the Family Tree Ceremony, where we enter the world of our ancestors and become one with them, their trauma, and their emotions. After the demonstration, the students will split into pairs and practice themselves.





# MODULE 7

## THE ANCESTORS PART 2


March 12th - 15th 2026 (Thursday evening - Sunday)

\* We will be together from Thursday evening until Sunday lunch time.

Understanding the planes of consciousness and how we choose our specific ancestral programmes is also integral to our work. This module will discuss our journey into the physical world and the significance of everything chosen on the ancestral, or the akashic, plane. In the previous module, we would have already drawn our family trees, and students should have spent some time at home adding more information to their trees. This data forms part of what we chose and its profound significance for our life's path.

This weekend includes our first demonstration of the special ceremony, which we call Beyond the Family Tree Ceremony, where we step into the unconscious and ask for the support of all those ancestors beyond those we have identified in our family trees. Here, we enter the world of our unknown ancestors and become one with them, their trauma, and their emotions, and we will also learn how to do a powerful ritual to cut the chords with our ancestral programs. The students will use this time to continue practising their skills by working with their partners.

We will also carry out exercises for the students to find their place in the clan. To do this, we use methods derived from Bioshamanism and Family Constellations.





## MODULE 8

### THE JOURNEY

April 15th - 19th 2026 (Wednesday evening - Sunday)

\* We will be together from Wednesday evening until Sunday lunch time.

This module is about journeying to other worlds, a different aspect of Shamanism from what we have learned. It will be led by Paul Newman, a well-versed shamanic practitioner who teaches techniques such as journeying, animal empowerment, and the medicine wheel. Journeying will be the weekend's main activity, and there will be many journeys to the lower and upper worlds, all with different and specific intentions.

Every time we journey, we expand these worlds further, discovering spirit guides, our shamanic guides, and how to work with the animals of empowerment. Journeying the medicine wheel means learning to discover what lies in the four main cardinal points and to travel to these points with specific intentions. We will collect treasures of information about the kingdoms, the aspects of self and their gateways, the elements, the seasons, and our talents that we can share with the world. This weekend commences a lifelong journey to these worlds and a step forward on an intimate healing path.

On one of the nights, we will celebrate the arrival of our power animals in a celebration around the fire, incorporating these animals into our consciousness by "dancing them" in a fun and creative ceremony.

This weekend is intense, which is why we start a day earlier!





# MODULE 9

## MENTAL & BEHAVIOURAL DISORDERS

May 14th - 17th 2026 (Thursday evening - Sunday)


\* We will be together from Thursday evening until Sunday lunch time.

Mental and behavioural disorders are the subject of this module. In Emotional Biodecoding, these arise from Schizophrenic Constellations on a physiological level but also from ancestral stories of violence, alcoholism, and secrets in the clan. These disorders express themselves because of loyalties to these clan members who suffered such traumas, and decoding them through the information from the ancestors is imperative to healing mental disorders.

All the different labels, such as Autistic Spectrum Disorder, Bipolar, Borderline Personality Disorder, and Attention Deficit Disorder with and without Hyperactivity diagnoses, will be discussed and understood from the Emotional Biodecoding viewpoint. The different types of diagnoses within depression and anxiety will also be covered, and these have their roots in womb stories as well as ancestral territorial conflicts. In short, this module aims to give actual logic to diagnoses based on ever-changing protocols in mainstream medicine.

Working with people with mental disorders is tricky, and we can sometimes put those people at risk if we work directly with them. Therefore, students must learn to work indirectly with these disorders and through a third person.

This weekend, we will also address the tyrant and victim within each of us with a powerful psycho-magic exercise to confront, recognise, and release some complex emotions arising from the metal plane of existence.







# MODULE 10

## OBESITY


June 18th - 21st 2026 (Thursday evening - Sunday)

\* We will be together from Thursday evening until Sunday lunch time.

Obesity is a condition that can be decoded, just like all physiological conditions, with Emotional Biodecoding. What students will learn during this module is that underneath all weight loss problems lies the abandonment syndrome, the biggest of all childhood traumas. Those who unnecessarily retain fluid, converting it to fat cells, hold a deep-seated fear of being abandoned by the mother, which impacts their biology in this manner. The mother's role is to nurture and protect. When these primordial needs are lacking during infancy, one way it manifests is for the biological unconscious to form a layer of protection as a survival mechanism later in life and at key moments.

Students will be shown how to work with obesity, a complex subject with many aspects, mainly relating to the maternal line.

Grief, an integral aspect of this module, must be experienced to support others in theirs. We all hold grief over interrupted projects in our lives, all those things that never came to fruition. On the last day of this module, all the students will bring their grief to a beautiful ceremony where we will explore the five stages of grief in person.



# MODULE 11

## EATING DISORDERS

July 16th - 19th 2026 (Thursday evening - Sunday)

\* We will be together from Thursday evening until Sunday lunch time.

As a continuation of our work around the mother and how our relationship with her could affect our relationship with food, this module addresses eating disorders. Bulimia and anorexia are emotionally very painful for the person who suffers from them as they usually feel that no one understands them; this is especially true for the person with anorexia.

Bulimia is a conflict of the area between the mouth and the stomach, as the person with bulimia simply doesn't want the stomach ever to be full because what they are looking for is to be eternally connected to the source of nourishment, the mother. These episodes occur due to a sudden separation between the mother and baby suffered at an early age. It is the work of an Emotional Biodecoding facilitator to find that exact moment and release the feeling of abandonment within that.

Anorexia is also an eating disorder, but here we must talk about Freud's psychic inversion and how we relate this to the unconscious of the person with anorexia. It is essential that the person with anorexia finally feels as though they have been understood. When the consultant feels this acknowledgement, they can comprehend the essence of their symptom.

As this module is centred around the mother, we will spend one day involved in dynamics based on systemic therapy and the interrupted reaching-out movement.



# MODULE 12

## SOUL RETRIEVAL

August 12th - 16th 2026 (Wednesday evening - Sunday)

\* We will be together from Wednesday evening until Sunday lunch time.

The module on journeying opened the door to other worlds for the students, and in this module, we will move on to the next stage, which is to work in the middle world. Working in the middle world means accessing other people's worlds and retrieving lost fractals of their soul in a powerful modality called Soul Retrieval.

The purpose of retrieving someone's soul is to assist them in integrating their essence, which was lost during a particular childhood trauma. When someone experiences trauma, they disassociate from themselves completely to survive the experience, and in this process, fragments of their soul are scattered. When this happens, the person suffers from anxiety, depression, addiction or doesn't feel whole or grounded. This disassociation from themselves makes it too difficult for them to retrieve those parts of themselves for themselves. They, therefore, need an experienced shamanic practitioner to intervene for them, to find and negotiate with the spirit of this little girl or boy. It is beautiful work when we allow our shamanic guides, helpers, and power animals with whom we have developed a relationship over time to come through us and do the work they have been waiting to do. When we do this work, we are laying the groundwork for the child to come home safely back into the body, like preparing the soil for planting.

Being the end of the course this is also the weekend where we will hold our special ceremony for the students to receive their certificates, and all family and friends are invited.

This weekend is intense, which is why we start a day earlier!



# A TRIP TO THE AMAZON JUNGLE

**November 2026 (exact dates to be decided)**

This optional module involves spending 11 nights and 12 days in the Amazonian jungle. Old Mocoa is our destination, and this village lies in the Sibundoy Valley in High Putumayo. Putumayo means gushing river in the Quechua language, and, as its name suggests, the Putumayo River is one of the main tributaries of the Amazon. Putumayo has an indescribable energy with its deep nights and the relentless sound of the many nocturnal insects, frogs, and birds. Here, the essence of exchange between ourselves and Mother Nature is alive; it vibrates from the soil and invites you to become a part of its essence.

Here, the medicine men and women are referred to as Taitas and Maimas (father and mother), and we will be drinking the medicine with the Taitas and Maimas of different ethnic backgrounds, including the Inga, Kamsa & Cofán tribes. During the ceremonies, the maloca becomes our anchor, a haven in a world of immense energy. The hypnotic sounds the Taitas produce are an essential ingredient and are unique to this part of the Amazon, and many laborious hours are spent engrossed in this important ritual. Maracas, harmonicas, and cascabels are used to varying degrees by the Taitas and their apprentices.

Our lodgings are in a beautiful valley surrounded by natural waterfalls and swimming holes. There are abundant hikes and adventures right at our doorstep when there are no planned activities. The hostel also has a swimming pool and a natural swimming hole.

This trip is a beautiful way to finish the course for those who wish to dig deeper into their emotional process and learn the Amazonian Shamanism.

There is a separate brochure for this experience with the prices and the logistics.





# PRICES AND BOOKING

The price for the course is €5,450.

For anyone wishing to pay for the course in one sum, there will be a 10% discount, meaning that the total cost will be €4,905.

Anyone wishing to pay for the course in instalments can do so. The final date for the payment to be completed is the **18th of September 2025**, before the course's first module. Any students who have a sincere desire to partake in the course, but are having problems completing payment before the required date are invited to propose a financial plan to complete their commitment.

At the end of the course, there is the opportunity to join us on a trip to the Amazon Jungle, which is not compulsory to certify in Bioshamanism.

**To book your place, you can transfer your first instalment or the total amount to:**

Permanent TSB  
Mullingar, Westmeath  
Ireland

Joanne Melissa Shilson  
Bishopstown House  
Streamstown Mullingar  
N37 X430  
Ireland

IBAN: IE67IPBS99073330626776  
BIC: IPBSIE2D





## FREQUENTLY ASKED QUESTIONS

### **What are the times for each module?**

For the first four (online) modules, we will start at 7pm on Friday. The majority of the residential modules will run from 7pm on Thursday until Sunday at around midday. The only exception to this rule is module 8 and module 12, where arrival will be on Wednesday at 7 pm.

### **Do I stay overnight?**

Modules 4 to 12 are residential, and we are in a wonderfully comfortable house. All meals are provided and are vegetarian.

### **Will there be homework?**

All the students will be given a textbook on Emotional Biodecoding, and it is advisable to revise this book throughout and do extra research on Emotional Biodecoding. However, this is not necessary to certify as this path is a lifetime of learning and students are not expected to know everything before certifying at the end of the course.

All students will be expected to develop their family tree throughout the course to get the most out of their process.

Students will need to continue their practice with journeying.

In our Emotional Biodecoding class, students will be given 2 case studies to complete by the end of the course. These case studies are not written but rather a series of practices with a fellow student. You will be assessed on these practices for your own learning and your certification will not be pending on this assessment.





## FAQS

### **Will I get a certificate?**

You will be certified in Emotional Biodecoding, Shamanic Practitioner, and Soul Retrieval.

### **What if I can't make it on one of the weekends?**

The 12 Modules are compulsory for certification in our Bioshamanism course and it is imperative for anyone who wishes to embark on this journey to ensure that they can attend all these modules. However, unforeseen circumstances arise and non-attendance can happen. If you do miss a weekend, you will be allowed to make up that module in the following course year. You will not be given your certificate, but will be able to carry on as a shamanic practitioner in the meantime.

For anyone missing module 8, the journeying weekend, you will be required to make up this module before the soul retrieval module 12. There will be opportunities to do this as these weekends are run throughout the year on Paul Newman's premises in the UK.



### **A MESSAGE FROM JOANNA**

To expand consciousness, we must share what we know with others and support them in embracing their self-empowerment. My most heart-felt desire for all of humanity is that they can become emotional beings because when we do this, there is nothing to fear and nothing we cannot do.

Bioshamanism is for anyone who sincerely desires to evolve to a new way of being. After our first three years of Bioshamanism and witnessing our students' rise in consciousness, it is my great pleasure to share this revised syllabus with you.

I hope that you will join us!

