

A One-Year Course in Land Healing, Northern Animism and Inner Contemplative Arts with Andreas Kornevall and Special Guests.



# WELCOME

I am inviting you into a yearlong immersion of land healing arts, ecological restoration, storytelling, Norse myth and magic, and contemplative practices with rune chanting, meditations and ceremonial blots (blessings).

This course aims to deliver a positive impact to the well-being of the landscape, yourself and the larger community.

The course has an ancestral Northern focus, but it also ventures into the Vedic traditions and Buddhist explorations.

Each session is two hours per month and will be recorded.

There is also a lively international community providing support and fellowship.

The last session is held in-person over a weekend in Sussex (UK) in a beautiful ancestral re-wilded landscape and retreat centre named the "Wilderlands."

For those who can't be there in person that weekend, we are offering an alternative online event





# THE WILD FALCON COURSE SYLLABUS

28th October, 7-9pm (UK time)



#### THE BLESSED HORIZON:

#### INTRODUCTION TO THE ART OF RUNE CHANTING, DIVINATION AND THE OPENING OF NEW AND OLD WORLDS

Exploring the art of rune-chanting as a means of enhancing, shaping and preparing the mind for meditation, land healing, insight, opening of worlds and ceremonial practice. We will look at how the sound of letters affect our body and mind. Inquiring into how language is an organ of perception and how letters and runes are used for accessing worlds in the Tree of Life. This rune-magic radically affects our creativity and storytelling, we will be using examples of JRR. Tolkien and how his Elvish language opened the gates to Middle Earth.

19th November, 7-9pm (UK time)



# THE HAUNTED HORIZON: NARRATIVE CHARMS AND SPELLS

Following from the rune chanting practice, this is an introduction to the ancient practice of narrative charms (rhyme chronicles) both as a method of healing and transforming the mind and as spell casting. We will discover the mythstructures and the narrative charms from the Swedish Trolldom tradition and the Noituus charm-spells of the Finnish Kalevala. Narrative charms will be used as vehicles of transformation and you will learn how to apply this to benefit the larger ecology and community.

#### 11th December, 7-9pm (UK time)



#### GATHERING THE BUNDLES: TABULAR CORRESPONDENCES

Creating and starting a set of personal tabular correspondences with runes, gematria, pantheons, plants, perfumes and incenses. Introducing the art of sigil crafting. Correspondences here will be used cross-culturally using sources and knowledge from Vedic, Egypt, Norse, and Greek systems.

## 8th January, 7-9pm (UK time)



# THE STAFF AND THE SONG: VISIONARY JOURNEYS INTO THE TREE OF LIFE

Introducing visionary journeys of contemporary core-shamanism as a means to explore the Northern soul perception and the worlds in the Tree of Life.

Tracking the life of the traditional Völva as an oracle. Working with the traditional wooden or iron staff as a means of grounding and navigating our inner worlds, discovering rune songs to bring altered levels of consciousness and learning our staff-song. Settling into a meditative practice for a stability we will practice both still meditation and movement based.

## 5th February, 7-9pm (UK time)



# EARTH SERPENTS AND SKY EAGLES: THE INNER LABYRINTH - INANNA - THE STORY OF THE FEMININE

Working with the labyrinth, how can it be used for psychological and spiritual integration? Can labyrinths in the landscape benefit the community where you live? You will learn to create your own labyrinth to use in ceremonies for positive impact purposes. The labyrinth will also introduce shadow work integrating the sky eagle and the earth serpent as a reconciliation and integrated force within ourselves. We will follow the ancient Sumerian story of Inanna as a liberating force of the feminine and how it guides us through the darker parts of our labyrinth journey.

## 12th of March, 7-9pm (UK time)



# WATERING THE WELL OF MEMORY: THE BLOT PRACTICE

The performance of a blot (blessing) is made to ensure the fertility of the land, to ensure a good harvest and peace. This will be an in-depth practical session of making blots and following a blot calendar, and how they relate to other rituals world-wide such as Indian pujas. We will work with the practical side of how to "do blots" and how they can help us in assisting the most vulnerable in society, human and non-human. Comparative studies of the Indian puja will be worked with to strengthen our blot understanding.

### 9th April, 7-9pm (UK time)



#### HEARING THE CALL: SPIRIT, PRAYERS AND PRACTICE

Enter our calling. What can you do to help an endangered species in practical terms? How can your practice become a blessing? What are the tools that you have that can start an impactful project? How can you make this into a reality? We will focus on real life situations and how we can be aligned to our values and ethics. As a group we will support each other in this practical effort. Andreas has years of experience with volunteer projects worldwide and is passionate in connecting people with activities benefitting local ecologies, especially in the field of Earth restoration.

## 7th May, 7-9pm (UK time)



# OPENING THE SENSES: THE BLOT AS A LAND HEALING ART FORM

Together we will support each other in developing large, complex and beautiful land healing ceremonies, using ancient sources with new ideas from the deep imagination. Fresh practices which flower from our own senses and voices.

Expect crafting personal rituals in "fearless abiding" to enable this to flourish into our lives and to challenge the stories that are holding us back to get this work done.

#### 11th June, 7-9pm (UK time)



# THE CROSSROAD OF LIFE: PREPARING FOR THE UTISETA

The Utiseta practice is a contemplative practice rooted in Norse traditions, created for seeking personal growth and to carry our questions deep into the night. In this practice, the forest with its language and expression becomes the oracle and the teacher. We will weave all our rune chants, staff songs and narrative charms together to transform as tools to bring when we carry out our Utiseta or other contemplative and ritual practices.

## Weekend 3-5 July, (Fri 5pm - Sun 3pm)



# THE CLOVER HONEY MEAD: UTISETA IN THE WOVEN FOREST

An in-person weekend and a night of Utiseta, sitting from dusk to dawn. There will be blessings and ceremony for having completed the 10 month journey and companionship under the stars by leaping flames.

Expect stories, music and singing. Please note that If you are not able to attend in person an alternative session will be made online (27<sup>th</sup> June) for those living abroad.

Each person completing the year course will be given a full endorsement and a signed letter of recommendation.

Join us in dreaming to sow new flowering fields and woodlands, to revive our ancestral practices and to find a life long fellowship in this work.





#### What you will receive

There will be a live 2 hour session each month with Andreas Kornevall as the main teaching following the syllabus, you will also have access to a premium online platform at the Northern Spirit House where you can connect with other participants and engage with a variety of content such as videos, essays, gatherings and podcasts. Archived materials will be also available alongside a full updated bibliography.

You are also encouraged to contribute your own writings and thoughts onto the platform.

Guest teachers will be invited to offer stand-alone sessions (times will vary) in the field of Northern Myth, Storytelling and the Contemplative Arts.

There will also be an in-person weekend retreat in Sussex, UK at the end of the course.

For those living abroad or those who are not able to attend in person an online alternative will be held.

Each participant that completes the course and the last assignment receives a full endorsement and a signed letter of recommendation from the community.



#### PRACTICALS AND COSTS

Each Wild Falcon Session is £79 per month for 9 months in total with a final event for the 10<sup>th</sup> session.

To book your place on the course, please pay for the first session (£79) either by bank transfer or PayPal using the details below.

Payments will need to be made before the start date. If you can pay 3 months at a time, then you have a £17 discount, so for three months you pay £22O instead of £237 (as it helps to ease our admin work).

For the final in-person Utiseta weekend, the cost is £225 and includes camping facilities (in communal yurts, or in your own private tent which you have to bring) within a beautiful natural sanctuary in Sussex. Wholesome food will be provided.

You can stay in Airbnbs locally if you are in need of more comfortable accommodation for the Friday night.

For those abroad or those who cannot make the in-person weekend, a final online gathering will take place on Saturday, 27th June, 7pm (£79 for the online session)

Payments and reservations are made either through paypal to: mythandstories@gmail.com

or, bank transfer to:

K.A. Kornevall30-95-0102932678

I am delighted to welcome onto the Call of the Wild Falcons.

For contact, inquiries and questions write to me

Andreas Kornevall `mythandstories@gmail.com

#### PREVIOUS FEEDBACK

"Andreas has a gift for storytelling, and for teasing deeper meanings out of things you thought you were already familiar with. His breadth and depth of this subject made for mesmerising evenings."

"There are teachers and there are practitioners. Andreas is both. Thanks to his competent and generous approach, this class was just what I was looking for, and more."

"Andreas gracefully and mysteriously wove a web of diverse threads into the magical tapestries of Norse cosmology, mythology and magic, revealing a new world of imagination for both spirit and soul. This was my first experience with Zoom in the context of a multi-week class like this, and I was surprised at how little this affected the quality of intimacy - as I experienced it - with the group. I feel fortunate to have found this class when I did and look forward to joining the intermediate course, gods willing, when the time comes."

"Andreas Kornevall offers a powerful immersive experience of travelling into Norse mythology and Runic divination, food for both soul and intellect. Understanding Runic script as mythic symbols opens a door into the archetypes that inform all human existence, and Andreas' deep knowledge and love for his subject is truly inspirational." - Professor Angela Voss, Christ Church University

kornevall.com

