

PORTLAND, OR, October 13, 2013 **/24-7PressRelease/** -- Streaming live on the Co-Creator Radio Network on Tuesday, October 15, at 11am Pacific/2pm Eastern on "Why Shamanism Now? A Practical Path to Authenticity," shaman and founder of the Last Mask Center for Shamanic Healing Christina Pratt talks about Lessons in Courage, by Don Oscar Miro-Quesada -- guide for changing our lives and bringing much needed healing to ourselves and our planet through the applied wisdom of Peruvian shamanism. This book offers us challenges, insights, and daily practices to aid us in becoming the people the New World needs us to be.

In this episode of "Why Shamanism Now?" titled "Lessons in Courage with Don Oscar Miro-Quesada," Pratt explores this new book with the author.

Miro-Quesada talks to Pratt as part of a series of "Why Shamanism Now?" interviews sponsored by the Society of Shamanic Practitioners. Throughout this series, Pratt explores how contemporary shamans are meeting the challenge of their world where the relations of things—the living and the dead, the humans and nature, and the technological world and the spirit world—are profoundly out of balance. It is the ancient role of the shaman in all cultures to tend the balance of things, and the question is asked: how are these shamans meeting this extraordinary need today?

Christina Pratt is a contemporary shaman specializing in mending the soul and transforming the parts of life that feel impossible. A teacher of exceptional clarity, humor, and inspiration, Pratt brings the power of shamanism into the practical grasp of anyone willing to take responsibility for improving the quality of their life. Her book *An Encyclopedia of Shamanism* clearly discusses the basic concepts of shamanism, methods, and traditions of over 50 different shamanic peoples. Pratt is the founder of the Last Mask Center for Shamanic Healing, creator of the original Foundations of Shamanism and Shamanic Healing course at the University of Minnesota, and a frequent and honored speaker for the American Holistic Medical Association.

Don Oscar Miro-Quesada Solevo is a respected kamasqa curandero and altomisayoq adept from Peru. His apprenticeship in northern coastal huachuma curanderismo and initiation into the southeastern Andean paqokuna shaman/priesthood, formally took place between the years 1969 and 1986. Don Oscar has been facilitating experiential workshops and apprenticeship programs around the world since 1979 that integrate millennial and contemporary healing practices and Earth-honoring ceremonial traditions with a focus on the creation of heartfelt sacred communities around the world. Don Oscar is the originator of the Pachakuti Mesa Tradition of cross-cultural shamanism, a soul-infused vehicle for deep personal and planetary transformation, that blossomed organically from Oscar's practice and fulfills the noble intentions of both venerable elders who bequeathed don Oscar with the oral sanction to preserve Heart Island's (South America) ancestral healing traditions as Peru's legacy to all future generations. He is also the visionary founder of The Heart of the Healer Foundation (THOTH) whose mission

is preserving indigenous wisdom and restoring our earth. He is the author of Lessons in Courage: Peruvian Shamanic Wisdom for Everyday Life. <http://www.heartofthehealer.org>, <http://www.mesaworks.com>

"Why Shamanism Now? A Practical Path to Authenticity", a live internet talk radio show with host Christina Pratt, airs Tuesdays at 11am Pacific/2pm Eastern time on co-creatornetwork.com/hosts/shamanism/host_bio.htm. Each week host Christina Pratt and guests explore the practical application of shamanic skills in our contemporary lives to create robust well-being, strong and clear community connections, and life enriching spiritual maturity. Listeners can ask questions by calling 512-772-1938 or via Skype. Prior episodes from "Why Shamanism Now" can be downloaded for free by visiting whyshamanismnow.com. Pratt also talks about Shamanic Healing on YouTube.

Upcoming Last Mask Center programs with Christina Pratt in Portland, OR, include Shamanic Journey Circles the third Wednesday of every month, monthly Wisdom of the Shaman talks and a monthly "Becoming a Person of Power" teleseminar series. Pratt will also be offering Actual Energy Clearing in Rowe, MA, January 10-12. For more information on Christina Pratt, the Last Mask Center for Shamanic Healing, and workshops and classes with Pratt, or to order An Encyclopedia of Shamanism at a special discounted rate, visit <http://www.lastmaskcenter.org>. For additional information or to arrange an interview with Pratt, please contact Linda Woznicki, 845-417-8811, marketing@lastmaskcenter.org