

ORACULAR SEIDH TRAINING BACKGROUND AND SELF-EVALUATION

(These answers will help me to focus the training, and help you to figure out what you need to work on. They will be kept entirely confidential. DLP)

1. Communications

Name: _____
(Norse or Magical name, if used) _____

Address: _____

Phone:(Home) _____ (Work) _____
(hours to call?) _____

E-Mail Address: _____

URL of online journal or other relevant forum:

2. Support Systems:

Married or partnered? _____
children or dependents? _____
Do they support your spiritual practice? _____

To what Heathen or Pagan Organizations (if any) do you belong?

Are you working with a kindred, coven, or circle, and if so, is the group or some of its members willing to assist you in oracular work?
(leader) _____ (group) _____
(address) _____

If there are others doing oracle work in your region, could/would you travel to meet with them once every few months? _____

Do you have a power animal or totem? what? _____

Do you have a strong contact with/devotion to specific god/esses?
who? _____
Do they talk to you? _____

3. Background

Job_____

Hobbies./Skills_____

Academic training? _____

degree_____ major_____

Briefly, what strengths or skills do you already have which will help you work as a seer/ess? _____

What do you think will be hardest to learn?_____

4. Physiology/Psychology

birthdate:_____

General state of health?_____

Where would you rate your temperament on a continuum in the following areas?

calm_____lively

forceful_____responsive

robust_____sensitive

How do you react to stress?_____

Any chronic or cyclical problems or conditions?_____

(especially heart, blood pressure, diabetic, menstrual or menopause,etc.)

Are you on any medications?_____

How do you react to alcohol, drugs?_____

How much and what kind of exercise do you get?_____

Have you ever had a life-threatening accident or illness?_____

Have you been in counselling? what kind and for what?_____

5. Skills/knowledge

How would you rate yourself on the following?

need to learn

adequate

excellent

relaxation_____

breath control_____

visualization_____

lucid dreaming_____

self-hypnosis_____

shamanic journeying_____

sensing and moving energy_____

divination (runes or other)_____

spellcraft_____

counseling_____

performing ritual_____

folk magic_____

world mythology_____

Norse myth & religion_____

Norse seidh practices_____

Greek or Celtic myth & religion_____

Shamanism_____

Jungian psychology_____

6. Vision

Briefly, describe how you see yourself functioning as a seer/ess when you have finished this training, and what changes in your own spiritual development you hope will occur.

Send completed questionnaires to
or bring them to the workshop.