



Shamanic Journeying Circle
4th Monday of each month
7:00-8:30 pm



Shamanic journeying is the method used by shamans to access altered states of consciousness. Through journeying, the shaman accesses other worlds where our spirit helpers and teachers reside. By connecting with these spirit guides, the shaman is able to find direction for managing life's challenges, retrieve lost items and gain knowledge about healing and empowerment.

During this Journeying Circle you will begin the practice of journeying. You will be guided through a number of journeys for a specific purpose and will receive guidance and support to continue your practice of journeying.

What to bring

Floor mat and/or blanket
Pillow
Cloth to cover your eyes
Journal

2010 Schedule

January 25
February 22
March 22
April 26
May 24
June 28
July 26
August 23
September 27
October 25
November 22
December 27