



HERMITAGE FARM CENTER FOR HEALING

6415 West River Road NW
Rochester, MN 55901
(507) 281-2791
www.hermitagefarm.org

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

Schedule for 2012

January 23
February 27
March 26
April 23
May 28
June 25

July 23
August 27
September 24
October 22
November 26
December 17