

# Journey to Meet Your Spirit Guides: *Shamanism 101*

*"One of the beautiful aspects of the shamanic journey is the principle of direct revelation. The practice of shamanic journeying helps us to part the veils between the seen and unseen worlds and access information and energies that can help awaken us and restore us to wholeness."*

~ Sandra Ingerman, M.A., *Shamanic Journeying: A Beginner's Guide* (2004).

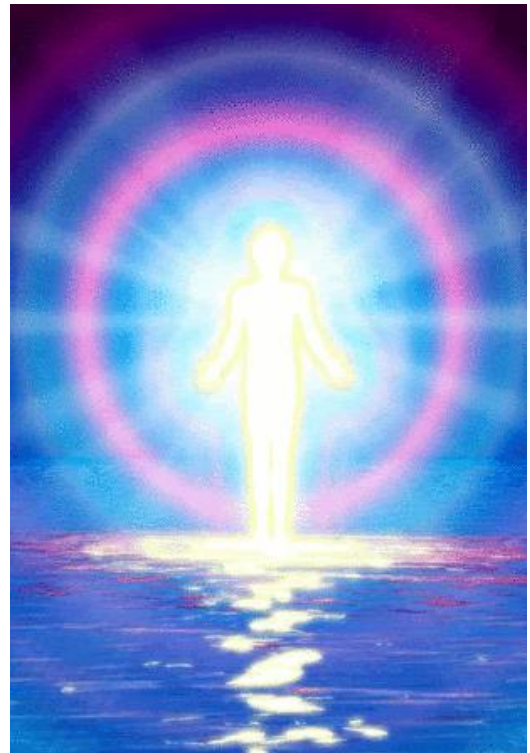
## Learn new ways to explore the unlimited capacity of your consciousness!

In this workshop, you will directly experience the shamanic journey for insight, vision, and healing. Through sacred ceremony, you will meet up with your own helping spirits, and see firsthand how altered states of awareness can help provide answers to difficult personal questions, and mobilize energy for reaching goals in everyday life.

This is a beginning workshop and no prior experience with shamanism is required. We'll guide you through two journeys often taken by shamans in their healing work:

- The first will be a journey to the lower world, the place of soul retrievals, where you will become acquainted with your own 'power animal' guide.
- The second will be a journey to the upper world, where you will encounter the collective planes of stones, plants, and animals, the plane of human ancestors, and the fifth plane of celestial beings. Here you will meet your spirit guide.

*This half day workshop is guaranteed to open new vistas for your own journey of personal transformation.*



**Date: Saturday, February 20th**

**Time: 1-6pm**

**Cost: \$30, *only \$20 if paid in full by Feb. 13th***

**Workshop limited to 20 participants!**

**To register, visit our website or call 505-989-3507.**

*Jim Kinney and Jennifer Peters co-facilitate workshops at the Santa Fe Harmony Center. They are certified practitioners in luminous medicine and healing the light body. As part of their training, they traveled to Peru and worked directly with shamans of the Q'ero people in the Andes Mountains. They consider themselves "human potential" practitioners, providing experiential approaches to healing using music and therapeutic methods from indigenous cultures, western psychology, neuro-linguistic programming, and a variety of spiritual practices.*

