

## **The Shamanic Journey Workshop**

Join us!

An empowering uplifting beautiful, special and insightful circle, connect to your own wisdom and gain support and your own answers as we travel through the relevant season's energies.

This group is for your self-development and for deepening the relationship and understanding of the journey. Through the beat of a drum, each person journeys to connect in non-ordinary reality to profound aspects of themselves. Through this introduction to shamanism there is also a chance to connect to their power animal to gain insight, wisdom and answers.

### About the process

The root of shamanic journeying is ancient and part of many cultures; it is often associated with the Native American traditions although present in other traditions. Through the beat of a drum, which creates a calming meditative rhythm achieving an 'alpha' state, the participants lie down with eyes closed and go through a process which is guided by me through my drumming. Whilst lying down, each person goes through a solo 'journey' which takes him or her into a realm described as non-ordinary reality. This process and realm happen spontaneously, and this ancient practice leads the

person to undergo an experience where in a protective calm and nurturing space they can get their own answers to empowering questions.

The special attributes in nature which we are surrounded by mirror aspects of what we need – for example just as plants have something called a doctrine of signatures (they can at times carry in appearance a clue as to what they are used for in healing), animals also reflect this in the journey, by sharing their unique qualities which communicate what we need at that time. Part of the journey experience is working with a 'Power Animal' whereby an intuitive relationship evolves which strengthens an individual's ability to hone in on what they need without anyone else needing to tell them.

Journeys can be packed with spontaneous and fast flowing symbolism, metaphor and relevant signs, that appear to quickly for anyone to have time to 'will' into their experience, hence any initial thoughts about whether it's all made up by the person's will quickly dissolves, as they experience it for themselves, equally at times they are just a chance for the mind chatter to clear so that we can create space in our lives once more for what is most important.

It is an empowering, therapeutic, relaxing and at times emotionally releasing experience, held by me and guided by me. I have been a therapist and workshop facilitator for over twenty years and find

the shamanic journeying one of the most beautiful and powerful opportunities for self-enrichment I know.

It is not always everyone's experience to see things on their first journey, but that is not the real aim, it is more important to reach a sense of stillness where dialogue can be forthcoming, and where you can begin to explore aspects of yourself in a well-held space.

Beginners to the journey welcome, please read the above information carefully before coming. I also hold advanced groups for experienced shamanic journey travellers.

**To find out more:**

Email me here [angie@angielitvinoff.com](mailto:angie@angielitvinoff.com)

Warmest wishes

Angie x

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