



## Shamanic Journey Circle

Shamanic journeying is the method used by shamans to access altered states of consciousness outside of time and space.

Through journeying, the shaman explores the world of spirit or non-ordinary reality to interact with power animals and other spirit helpers, and to gain knowledge and wisdom. Our spirit helpers show us ways to expand our awareness, meet life's challenges, and to experience healing on a deep level.



Our journeys will take us through a spiritual portal into three different planes within the world of non-ordinary reality:

**The Lower World** is earthy with a landscape that typically includes mountains, jungles, lakes and streams. This is where we meet with our power animals and other spiritual helpers to gain knowledge that will assist with our personal spiritual growth or to bring back information to help others with their healing experience. The lower world is a place of healing and self-empowerment.

**The Middle World** is a parallel plane that mirrors our physical world, but it is the spiritual aspect of our known reality.

**The Upper World** is the area some may call heaven. This is the home to angels, ascended masters and spirit guides. It is bright with a sense of light airiness, like walking on clouds. The upper world is where we obtain guidance and wisdom of a higher vibration.

Come walk with me through a mystical gateway into the fascinating world of spirit, higher levels of consciousness and ancestral wisdom.

Offered by Diane Anderson the second Wednesday of every month at 7:00 p.m.

Donation: \$5.00 per session

### What to bring

Floor mat and/or blanket

Pillow

Cloth to cover your eyes

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