

Introduction to Shamanism & Shamanic Journeying

One Saturday every month 2-6 pm
in Hope, BC

13 January, 10 February, 3 March
\$60 in advance



Shamanism is the oldest spiritual tradition on Earth, a living wisdom without doctrine that honours all life as sacred. It is one of the great spiritual systems for awakening, healing, and transforming our lives and can be practiced by anyone of any spiritual or religious faith.

In this workshop you will learn about Shamanism and the roles of the Shaman historically and in our modern world.

We will discuss how we can live shamanically today and return our lives to balance: to honour the sacredness and connectedness of all living beings and our planet; to gently walk

in oneness with all kingdoms and beings, both physical and non-physical; to live in harmony and respect with Nature and the Divine.

Journeying is the ability to enter into an altered state of consciousness and to access the alternate reality of the Otherworld or spirit realm. You will learn to journey to the beat of the drum, enter the Otherworld, and meet your Power Animal (or Animal Spirit Guide). We will discuss how you can connect with your guide later at home to gain insight into important life issues.



Ulrike is a shamanic healer and teacher in ancient North-European forms of Shamanism, Elder Priestess of the 13th House, and Equine Guided Personal Growth facilitator with certificates in Peer Counselling, Integrated Bodywork, and Trauma-sensitive Yoga.

