

Vision Board Aligning Our Goals with Our Soul's Purpose

Saturday 27 January 2018
10 am – 5:30 pm in Hope, BC
\$100 in advance



The Vision Board is a powerful tool to help plant the seeds of your goals and intentions for the year ahead. “The Secret” people were right when they said that we have the power to manifest anything. However, they didn’t tell us that we can only manifest that which is aligned with the greater Truth for the highest good of all beings, otherwise, what we manifest comes at a very high price and doesn’t last.



Ulrike takes a shamanic approach to vision-boarding and helps you determine first what it is that you need to manifest in your life right now to align you with your soul’s purpose. She will drum you into a guided meditation (or, shamanic journey) around the Wheel of Life to find out what needs to “die” in order to make room for something new to be born, what needs to be nurtured to grow and mature, and what is ready to be shared in your community.

This process will take place in the morning, followed by a brown-bag lunch, and in the afternoon we will share the fun of happily ripping and cutting images and words out of magazines and gluing them onto our poster boards to serve us as beautiful reminders throughout the year. Please call or email to register.

Ulrike is a shamanic healer and teacher, initiated into 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.

