

Vision Board

Aligning Our Goals with Our Soul's Purpose

Saturday 25 January 2020
10 am – 6 pm

The Healing Den, Hope, BC

\$100 – registration required



The Vision Board is a powerful tool to help plant the seeds of our 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.



In this workshop, we will take a shamanic approach to vision-boarding and determine first what it is that we need to manifest in our life right now to align with our soul’s purpose. We will go on a shamanic drum 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 our 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 Animism, Elder Priestess of the 13th House, and Equine Guided Learning facilitator with certificates in Peer Counselling, Integrated Bodywork, and Trauma-sensitive Yoga.

