

# Shamanic Journeying

*A Weekend Retreat of Spiritual Discovery with Ana Larramendi  
January 20-22, 2017, Dodgeville, WI*

The Shamanic Journey is the spiritual state, a trance-like state, that enables the shaman to communicate with helping spirits and receive spiritual information. Hank Wesselman, PhD,--a Paleo Anthropologist, wrote in his book, *Awakening to the Spirit World*, "All true shamans... possess the ability to go into trance very easily, which allows them to make contact with the Hidden World. Trance in this sense is not an unconscious state, but rather a state of expanded consciousness in which the individual intentionally 'shifts' his or her focused attention away from the everyday world and enters into the alternate realm of the Spirits"

The practice of shamanic journeying is an ancient method of accessing spiritual wisdom by developing a means of communication with helping spirits and animal allies. In this expanded weekend retreat we will learn certain core principals of shamanic journeying which will enable us to meet with our helping spirits, communicate with them, and receive personal and profound information for guidance and inspiration. These tools can be used for personal growth as well as healing of the self and others. We will explore how to integrate Shamanism in everyday life and empower ourselves to live a life of Spirit. This class will include fire ceremonies and divination.

If you are curious about shamanism and would like to have an opportunity to learn this ancient meditative practice, join us for a wonderful weekend of journeying and exploration!

## What to expect:

- An overview on the history of shamanism and understanding the cosmology of the spiritual realm from a shamanic perspective.
- Discussion on creating sacred space and ceremony.
- Guided journeys to meet your Power Animal and Spirit teacher.
- Learning your personal journeying style.
- Learn how to decipher symbols and messages in your journeys.
- Practice simple divination journeys for a partner.
- Explore journeys for spiritual protection and simple healing methods.
- Learning various traditions of the sacred directions and calling sacred space
- Choosing or creating power objects or Medicine objects. How to imbue them with power
- Journeys for protection, grounding and personal healing
- Preparing a Fire ceremony

**No prerequisites:** *This foundational training prepares you for advanced shamanic workshops.*

**Please call or email Ana if you have any questions:** 608-255-4333/inomoxo@tds.net

**Dates:** Friday, January 20<sup>th</sup> at 5:30pm. We start with dinner. Circle starts at 7:00pm. Gathering ends on Sunday, January 22, 2017 at 3:00pm.

**Cost:** \$320 includes 2 nights shared lodging, instruction, and 6 meals. \$100 reserves your space.

*There is a reduced rate of \$295 for early registrations postmarked by January 9, 2017.*

Space is limited. Last day to sign up is January 18, 2017.

Payment can be made with check, VISA, MC, AMEX, Discover & PayPal.

**Registration for Shamanic Journeying:** Fill out this sheet and mail a check or call in a credit card with either a full payment or \$100 deposit made out to: The Hollow Bone. Mail to:

The Hollow Bone, 1225 E. Dayton St. Madison, WI 53703. ***Balance is due at check in January 20<sup>th</sup>.***

NAME \_\_\_\_\_ ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

EMAIL \_\_\_\_\_ PHONE \_\_\_\_\_

PAYMENT (circle one) For Credit cards, please phone Ana (608-255-4333)

VISA, MC, AMEX, DISCOVER, CHECK or PayPal (account is [inomoxo@tds.net](mailto:inomoxo@tds.net)) event: Journeying 2017

DEPOSIT \_\_\_\_\_ BALANCE DUE AT CHECK-IN \_\_\_\_\_

FOOD PREFERENCE (circle one): CHICKEN or VEGETARIAN

PLEASE LIST ANY DIETARY RESTRICTIONS \_\_\_\_\_

**Once your deposit and registration information is received you will be sent an supply list, and a map with directions. Dorm rooms have 4 beds to a room. I try to put no more than 2 people per room. Please specify on the back of this sheet if there is anyone you wish to room with. We cannot guarantee private rooms.**

Cancellation policy: A full refund will be paid for cancellations up till January 9, 2017. Afterwards cancellations will be charged a \$50.00 processing fee. The difference will be returned. If the class is cancelled you will receive a full refund.