



Out of the Blue presents:

Introduction to Shamanic Journeying

Taught by Sarah Finlay and Peter Clark
Friday, March 8, 2013, 7 PM to 9 PM

Registration required: 802-253-7846

or peterclark13@gmail.com

**Location: 78 Cady Hill Road
Stowe, VT**

Shamanism is an ancient spiritual practice in which a shaman connects to a deeper or more expanded level of consciousness, engaging the underlying and foundational intelligence of the universe. He or she can attain these states through many different techniques, but the most common are drumming, rattling, dancing and singing.

In this brief introduction, Sarah and Peter will teach you the techniques of shamanic active meditation, called journeying. Through this process, you will learn to expand past the conventional levels of ordinary reality and begin to understand the realms that lay just beyond our more limited levels of perception. From this expanded consciousness you will be able to engage non-physical energies that can help you elicit emotional, physical and spiritual healing, as well as provide insight into your life's path.

In the workshop you will:

- Learn about shamanic cosmology & the transcendent power of drumming and rattling
- Journey to explore the Lower World and meet a Power Animal spirit helper
- Journey to meet an Upper World teacher

Participants should bring a notebook and an eye covering.

Cost: \$35

About Shaman's Flame

Sarah and Peter have been studying shamanism for many years and have had a healing, counseling and teaching practice since 2005. They have trained with many distinguished healers and completed advanced programs with the Foundation for Shamanic Studies based in California. Sarah and Peter are on the faculty of the Foundation, teaching FSS workshops in the Canadian Maritimes. For more information visit www.shamansflame.com.

