

# A CALL TO THE SHAMANIC JOURNEY

*Listen to the whale's song*

**10% of the course fee  
will go towards  
the Blue Mountains  
Conservation Society**

***a six week course***

***Honouring the web of life as we journey***

# Shamanic journeys to enchant and heal

**Offering a deeper connection to self** and the world around you, through shamanic journeying together as a community. Learn how to drum the shamanic beat to support a Shamanic State of Consciousness.

**Reflecting Spirit through the gift of our imaginations.** A practical and spiritual tool for all. Restoring wholeness and healing for ourselves, community and the earth through this exciting and sacred practice.

**Prepare to immerse yourself** and come away feeling touched and transformed by the beauty, love and wisdom that you will encounter. The shamanic journey is a powerful and transformative tool that can be utilized in many profound ways and for an entire lifetime. The learning will never stop.

*'I feel incredibly fortunate to have been a part of the Shamanic Journeying Group, Mirella creates a powerful and sacred place for deep healing and transformation, and I've been able to experience some incredible insights and shifts during the course, more than I could of anticipated, even big changes around things that I've been working on using traditional counselling and psychotherapy for a long time now. What a blessing!'*

— E. Mann, Family Support worker and counsellor

## How will it work?

*'The experience of 'being' in your Shamanic Journey group has been quite amazing for me – words won't work here – impossible to convey, all I can say is that some kind of shift seems to have taken place & perhaps is still moving on different levels of this being – a mystery to me but somehow almost palpable, we are so blessed to have you & Wendy share with us your beautiful space, your love, your wisdom your kindness and generosity. Many many thanks and much gratitude dear ones.'*

— Leone

*'My totem is my heart and my calling is to share this medicine so that others may honour the wisdom of their hearts and the healing and potentials it brings. Everything we do we must endeavour do with love and from the heart always.'*

— Mirella

**Mirella will give a brief introduction and overview of Shamanism and then teach you how to do a Shamanic journey to meet with Power animals, teachers and guides.** The worlds you encounter will be explored through the use of a classic and ancient shamanic cosmology that has been used by shamanic practitioners and shamans the world over.

Acquire knowledge of power animals, teachers and guides and how these can be a valuable source of protection, healing and guidance. Distance work will be included and discussed. The ethics of journeying will be explained in great detail. You will come away equipped, confident and empowered to journey for yourself or another and how to get the most of this sacred ceremony with practice and time.

Mirella will be assisted by Wendy who herself has come to love this work.

In addition you will be engaged in the wisdom of the Dreaming Wheel that has been created for use on the East coast of Australia.

**The following are just a few examples of the types/ways of journeying:**

- Journeying for social and community issues
- Requesting a healing
- Divination journeys i.e. what type of job should I be looking for?
- Journeying to connect to the natural world
- Journeying for one another
- Journeying to release unhelpful patterns in our lives
- Journeying to explore our dreams
- Journeying to support difficult times/challenging situations
- Journeying with movement

*'The shamanic journeying course that I completed last year was just what I was looking for, allowing me to explore, within a safe and welcoming setting, the path that was calling to me. It has opened up new ways of seeing and thinking, the capacity for healing, and has also enabled me to begin to nurture a closer relationship with the world around me, something that I believe is essential for learning to live gently and justly on this Earth.'*

— Therese D.

**After journeying there will be opportunities to further deepen and integrate your experiences through sound healing.** At the end of the course (optional supplemental session – see below) there will be an opportunity to learn about initiation from a shamanic perspective and to reflect on its relevance in our lives and to be led on a unique initiatory journey.

During this supplemental session there will also be time to practice a simple yet exceptional journey that Mirella has only recently come to share. It can be utilized anytime to enhance our awareness and growth, at the same time profoundly affecting everything and everyone around us... Your light will shine even more brightly.

**There will be an opportunity to do an extra optional session SWEET LIGHT - INITIATION AND THE SHAMANIC JOURNEY (date to be confirmed) 1.00pm-5.00pm COST: \$45.**

**Once the course is finished participants may then join Mirella's ongoing shamanic circles.**

During these meetings a warm and nurturing environment is created in which much is inquired into and shared by Mirella. This may include practicing soul retrieval for the land, middle world journeys, connecting with the 12 masks of the shaman, as well as journeying to the past and future and many other beautiful and compelling journeys and ceremonies that will bring hope and inspiration.

Come and join us with this heart led practice that carries us like a wave as we look towards the horizon of our dreams.

**For more information about Mirella and Wendy please go to [www.bluespiritryoga.com.au](http://www.bluespiritryoga.com.au)  
To book a place please call Mirella on 0451473168 or email [mirella@bluespiritryoga.com.au](mailto:mirella@bluespiritryoga.com.au)**

**WHEN: 1st Saturday meeting:**  
10th October 1.00-5.00pm

**Followed by weekly meetings:**  
Thurs 15th October 6.00-9.00pm  
Thurs 22nd October 6.00-9.00pm  
Thurs 29th October 6.00-9.30pm  
Thurs 5th November 6.00-9.00pm  
Thurs 12th November 6.00-9.30pm

**COST: \$380**  
Payable by 1st October 2015