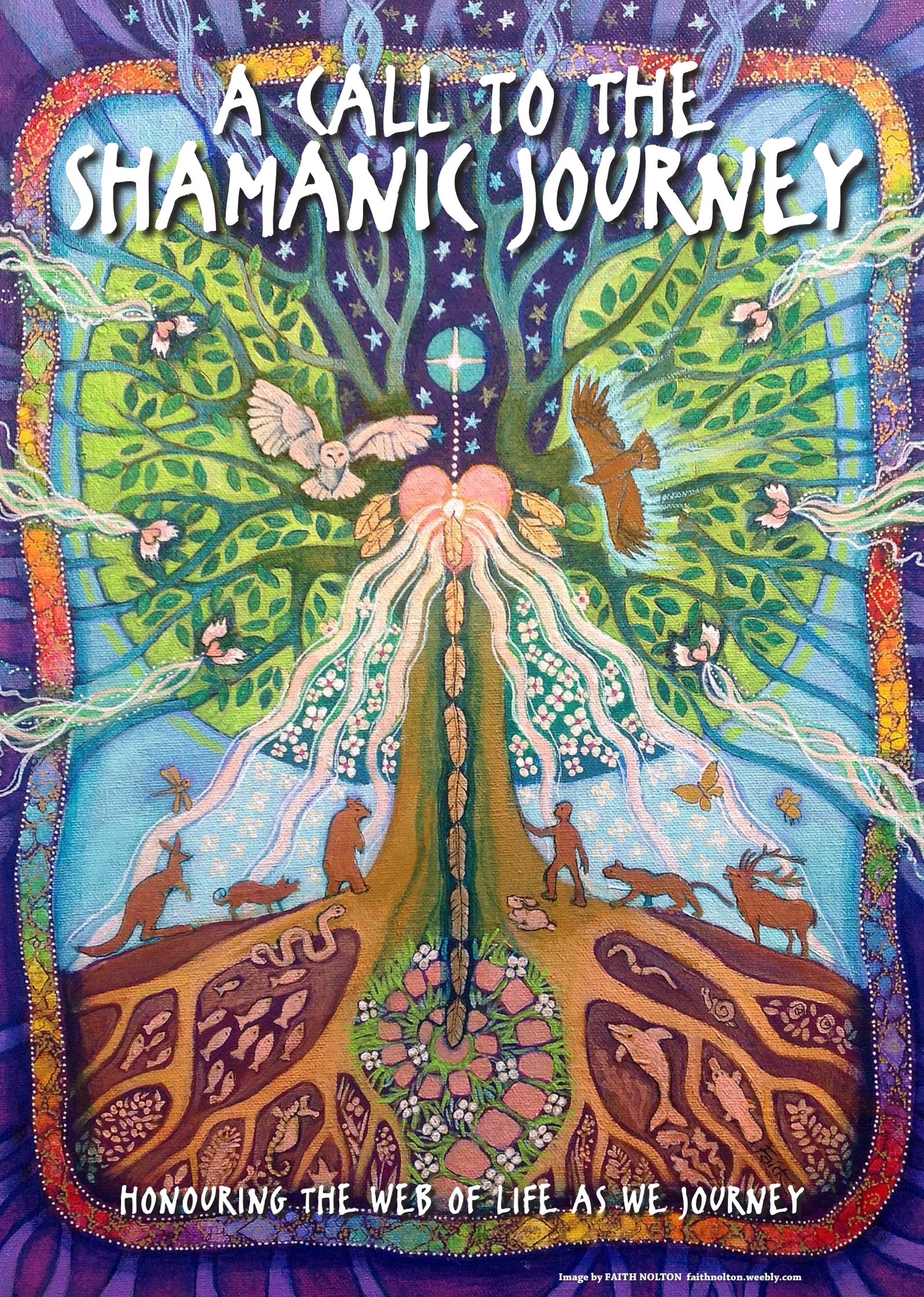


# A CALL TO THE SHAMANIC JOURNEY



HONOURING THE WEB OF LIFE AS WE JOURNEY

# Shamanic journeys to enchant & 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.

## How will it work?

**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 key principles 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
- Journeying to meet with those who have passed who wish to connect
- Retrieving lost power
- Journeys of initiation and acquisition of gifts

**There will be opportunities to further deepen and integrate your experiences through sound healing.** 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. This journey has been inspired and derived from the work of indigenous shamans and healers.

**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. This may include journeying into the future and into the multi-verse, middle world journeys, connecting with the 12 masks of the shaman, deepening our dreaming work and many other beautiful and compelling journeys and ceremonies that will bring healing and inspiration.

*'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

**WHEN: First Saturday meeting:  
15 October 1.00-5.00pm**

**Followed by weekly meetings:  
Thurs 20 October 6.00-9.00pm  
Thurs 27 October 6.00-9.00pm  
Thurs 3 November 6.00-9.30pm  
Thurs 10 November 6.00-9.00pm  
Thurs 17 November 6.00-9.30pm**

**COST: \$385**

**Payable by 1 October 2016**

*'Since we met I have been practicing feeling into my heart space which has given me wonderful gifts and insights as well as showing me unhelpful habits/patterns which no longer serve me. I have been changing or completely removing some of these habits which has been liberating. I have been asking for assistance through my dreams and what keeps coming through is I don't have to do it all by myself. I usually find this difficult as I need to trust very deeply with being vulnerable and open with someone and know what they are all about. This is my way of saying I have absolute trust in you and your supportive practices. I see and feel the way you work from your heart space and how you gently support people with great integrity, walking very gently on the earth whilst being incredibly grounded. You meet people without judgement and support them onwards to their next adventures. You are truly gifted.'*

— Gemma

*'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

**For more information about Mirella and Wendy please go to [www.bluespirtiyoga.com.au](http://www.bluespirtiyoga.com.au)  
To book a place please call Mirella on 0451 473 168 or email [mirella@bluespirtiyoga.com.au](mailto:mirella@bluespirtiyoga.com.au)**

**10% of the course fee will go towards the Blue Mountains East Timor Sisters**