Shamanic Journeying for Personal & Community Guidance

Course outline

Session 1: Journeying for personal guidance (Jan. 8)

Pre-work: Reflect on a question or challenge in your life that you want guidance on. This could be something connected to your relationships, your work life, or anything affecting you personally. During the session, you'll learn basic journeying skills and try a journey to seek guidance on your question or challenge.

Session 2: Journeying for community guidance (Jan. 22)

Pre-work: Choose an issue or challenge that a community you belong to is dealing with. The community could be your neighborhood, your congregation, an organization you volunteer with, or any other group you're involved with. During the session, you'll learn more basic journeying skills and try a journey to seek guidance on what you can contribute to this community challenge.