



Shamanic Journey

Come listen to the heart beat of the Earth and venture into the world of the Shaman. There will be an introduction to what journey is about, how to create a sacred garden, and how to travel to the different levels. You may find an Animal Totem, a Guide, a Light being, or possibly an answer to a question.

I will talk about February's Moon and its meaning to our ancestors.

We will briefly touch on the subject of Healing Herbs.

We can drum on the Mother Drum together, you may also bring your own drums or rattles to use. Afterward we will journey with the use of a drumming CD, upon returning to this level we can share what you have seen, heard, or felt. You may bring a blanket or pillow for comfort. A sleep mask or handkerchief to cover your eyes.

Saturday, February 2nd 10:00 am to 12:30 noon, Cost \$20.00

Presented by Judy Premo Reiki Master/Teacher

At Beverly Farris's Reiki Center

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