

Shamanic Journey/Healing Circle



Saturday October 22, 2016

4:00–7:00 pm

Trilogy, 4509 Indigo Dr., Killeen TX 76542

Whenever you are on (or off) your path, shamanic methods can help you decide what next step is best for you, enable you to be your own authority in spiritual matters, recover your connection to the powers of nature, awaken your consciousness to the interdependence of all of life,..., in short, become your own shaman, an artist of the spirit.

With drum, rattle, song, and dance, shamanic methods helps you to discover your own individual spiritual allies, teachers, and power songs and dances, to obtain hidden personal knowledge, to answer personal questions, to maximize your power to achieve personal goals, and to contribute to the health of yourself, others and the planet.

Participants will be safely initiated into Shamanic Journeying to enter non-ordinary reality, aided by traditional drumming, sounds, and movement, to awaken healing, knowledge, power, and creativity to receive and realize your spiritual purpose/visions/actions.

Shamanic methods include shamanic journeys in lower, middle, and upper worlds for knowledge, work with animal powers, divination, and shamanic methods of healing, including personal empowerment and enhancing creative ability.

Shamanic methods can contribute to virtually any aspect of living, as they have for tens of thousands of years, and are especially applicable in contemporary daily life for problem solving, well-being, and healing.

Bring a blanket/bedroll to lie on/in, journal to record your journeys, blindfold, and (optional) drum, rattle, click sticks, and/or power objects.

Avoid alcoholic and other non-prescription mind altering substances from 24 hours before till 24 hours after the ceremony, so that your centeredness and power of concentration will be good, your mind clear of confusing imagery, and sufficient time to honor and fully absorb your experiences. Please do not wear fragrances.

Donation \$30.

Facilitated by Ann Adam. For more information, contact Ann Adam at 832-741-8232 annadam88@gmail.com Ann Adam has been a shamanic practitioner for many years and has been practicing and teaching Kundalini Yoga, meditation and energy-related healing modalities for 30 years. Ann is a researcher at the University of Houston, Licensed Counselor, Certified Restorative Therapist, and Reike Practitioner.

For more information on Trilogy contact Elicia Dimery 254-350-8869