

## Shamanic Journeys and Healing

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### About the tradition of Shamanic Journey

Shamanic journeying is part of a traditional healing framework in the oldest known system of healing in the world.

In modern, western countries we refer to this healing system as "shamanism". This is a "blanket term" used to describe a complex system of ancient wisdom and understanding,

Every indigenous culture on the planet has a system or process for understanding the world we live in.

Shamanism is the study of the world view that considers everything is related in some way. It is the study of the array of inter-relationships and inter-dependencies that exist within the cosmos and the earth including plants, animals, minerals, water, air, energy, people. Everything you can think of that might make up the incredible web of life.

People interested in the field of shamanism usually have a great love of the earth and all her beings, seeing themselves as beloved children of the earth. They have an equal curiosity and love of the spiritual aspects of nature and existence.

Most of all, people who decide to learn about shamanic practices and apply them to their daily living are interested in unconditional love and healing. They walk a path of service.

### What is a Shamanic Journey?

The Shamanic journey is one aspect of shamanic healing. It is a way of problem solving, finding out more information about something or facilitating healing.

In a classical shamanic journey session your practitioner will enter into a deep meditative state of consciousness where they will work with spirit guides to learn more about the spiritual root cause of your problem, receive information about ways to restore your personal power, get deeper insight or understanding about an issue or situation, how to facilitate or activate healing.

Most commonly people ask for journeying to connect with their power animal or spirit guide – powerful allies to help in daily life.

### The benefits of journeying

- Understand more about yourself
- Solve problems and make better choices
- Access deeper levels of information and insight
- Grow and develop
- Engage your own healing abilities
- Connect with your personal power animal
- Change the way you live your life
- Bring into manifestation what you most want

In many ways it is similar to life coaching – it's just the method is a little different.

### Your shamanic journey guide

Your shamanic journey session includes:

- A shamanic journey
- Written report
- Post journey consultation

Journeys can be undertaken as a face to face consultation or by distance.

Julia is a trained journey guide as well as being a fully registered counsellor. She has 20 years experience facilitating personal growth and development and has worked with indigenous healers in Peru, Nepal, Tibet and India. She has journeyed hundreds of times and regularly journeys in her own life to help with life choices.

She says, *"I have found shamanic journeying has helped me become the person I aspired to be. It continues to help me with this aspiration. Through journeying I have completely changed my own life and brought into it those things I most desired, and I know you can too. I encourage you to give it a try."*

Julia views shamanic journey work as a very grounded practice and is very practical in her approach to working with you.

Make a booking: Julia – 0417 411 465