



SHAMANIC JOURNEYS

Are You Ready for Transformation?

The Luminous Shamanic Healing Journeys are waiting to guide you to a life of deeper healing, higher vibration, and spiritual alignment. Begin your journey today and take the first step toward profound transformation. Your soul's wisdom is calling – will you answer?

Luminous Shamanic Healing Journeys: Transformative Healing for Your Mind, Body & Spirit

Welcome to a powerful and transformative space where you can truly heal, grow, and reconnect with your highest self. The Luminous Shamanic Healing Journeys offer an extraordinary, sacred experience that transcends conventional meditation or self-help practices. These are not just guided visualisations or stress-relief techniques; they are profound shamanic healings that work with the deepest layers of your being, addressing wounds, blocks, and patterns that have been carried through this life, past lives, and ancestral lines.

Whether you're facing emotional pain, feeling stuck, seeking clarity, or wanting to unlock your fullest potential, these journeys will help you unlock new levels of healing and spiritual growth. Here, you're not simply taking part in a process – you're connecting to the very essence of who you are and working with the ancient wisdom of the shamanic realms.

What Are Shamanic Healing Journeys?

Luminous Shamanic Healing Journeys are deeply transformative healing experiences that guide you through different realms of existence – the Lower World and the Upper World – to receive specific, targeted healings from powerful spiritual beings. Each journey takes you through the seven layers of each world to connect with specific sacred spaces, like temples and natural landscapes, where you meet spirits, ancestors, guides and ancient wise ones who are ready to help you heal emotional, mental, physical and spiritual trauma or suffering, release limiting beliefs, retrieve lost energy, power and soul parts.

Through these journeys, you will:

- Work across timelines, healing emotional wounds from past lives and ancestral patterns.
- Clear energetic blockages that are keeping you from reaching your highest potential.
- Reconnect with your soul's wisdom, guiding you back to your true, authentic self.
- Raise your vibration, cultivating positive energy, clarity, and joy in your life.
- Strengthen your luminous energy field, helping you protect yourself from negative influences.

These shamanic healings are not a quick fix; they are an invitation to a lifelong journey of self-discovery and spiritual evolution. The beauty is that you can return to these journeys over and over as you evolve, deepening the healing and expansion with each experience.





SHAMANIC JOURNEYS

Why Are These Journeys Different?

There are many forms of meditation, but Luminous Shamanic Healing Journeys go far beyond simple relaxation. These journeys are designed for change. We don't just seek awareness; we actively heal and transform as we step into our becoming.

Healing Across Timelines: When you step into a shamanic journey, you are not limited to this present moment. These journeys take you back to past lives or forward to future possibilities. You will heal ancestral trauma, break long-standing patterns, and clear energy that has been carried through generations.

Connection to the Spirit World: These journeys open a door to sacred spiritual realms, where you will interact directly with spirits, guides, and sacred beings. These beings have wisdom and healing specifically for you — and their help is available whenever you need it.

In-Depth Transformations: These journeys go deep into the 7 layers of the Lower and Upper Worlds, visiting sacred temples and connecting with powerful spirits who offer specific healing for your situation. This is a truly immersive, soul-deep experience. It is a phenomenal journey that builds into a deep understanding of self and shamanic realms unlike anything that is being offered today.

Repeatable Healing: One of the most profound aspects of these journeys is that you can return to them again and again. With each journey, you heal deeper and evolve more, helping you create a life aligned with your highest purpose.

Who Are These Journeys For?

Luminous Shamanic Healing Journeys are for those who are ready for deep, lasting transformation. They are ideal for you if you:

- Feel stuck or blocked in your life and need a way to move forward.
- Struggle with unresolved emotional pain, trauma, or grief.
- Desire spiritual growth and wish to connect with a higher sense of purpose.
- Feel disconnected from your true self or your life's path.
- Want to raise your vibration and cultivate peace, joy, and alignment in your life.
- Are ready to break free from limiting patterns, whether they're personal or ancestral.

Even if you didn't know you needed this level of healing, you will begin to realise how much deeper and more profound your life can be when you reconnect with spirit, heal old wounds, and raise your energetic frequency.





SHAMANIC JOURNEYS

How Can Shamanic Journeys Help You Heal?

These journeys are designed to work on multiple levels, allowing you to experience deep emotional, spiritual, and physical healing.

Emotional Healing: Have you been holding onto grief, anger, fear, or other unresolved emotions? Shamanic journeys help you release these emotions, bringing clarity, healing, and emotional freedom.

Energetic Healing: Shamanic practices work to clear blockages in your energetic field that might be causing physical discomfort, emotional instability, or a sense of being “stuck.” These blockages are often linked to past life traumas or ancestral wounds, and the journeys can help you release them once and for all.

Spiritual Healing: These journeys reconnect you with your higher self, spirit guides, and ancestral wisdom, helping you gain insight into your true path and purpose. The spirits you meet can guide you through healing rituals and offer solutions that empower you to make meaningful, lasting changes in your life.

The healing that takes place in these journeys is profound and lasting. The deeper you go, the more you release, and the more powerful the shift in your life.

What's Included in Each Shamanic Journey?

Each Luminous Shamanic Healing Journey is a carefully crafted experience. Here's what you can expect:

Sacred Space: You'll enter a sacred, protected space where you can safely journey to the Lower World (to heal the past) and the Upper World (to connect with spiritual guidance and future possibilities).

Healing Rituals: Specific rituals are performed within the various layers of the shamanic realms. You will be guided to specific temples, where particular spirits and guides reside to assist in the healing. You might retrieve lost energy, release limiting beliefs, receive a gift or message from wise ancient ones and much more.

Connection with Spirits: Each journey guides you to powerful spirits, such as ancestors, spirit guides, and deities who offer healing, wisdom, empowerment, gifts, messages, guidance, insight and clarity.

Personal Growth: Along with each journey, we provide optional PDF teachings, reflective questions, a unique opening of sacred space relevant to that particular healing. This encourages you to go deeper into your healing process, helping you understand the experiences you've had and how they apply to your personal life. Should integration or sharing be needed, there are quarterly zoom sessions, online ceremonies and of course the option to come for more healing should you chose to continue exploring a specific area more. You can revisit these journeys as often as you need to, each time receiving new insights, healing, and spiritual growth. They are designed to be a long-term resource for your ongoing evolution.





SHAMANIC JOURNEYS

Pricing & Subscription Plan

We believe that healing and transformation should be accessible, flexible, and deeply valuable. That's why we offer different formats and packages to suit your needs, ensuring that you can experience the profound benefits of these journeys, no matter your budget or preferences.

Individual Journey Pricing:

MP3 Format	(30-45 minutes)	£60
WAV Format	(30-45 minutes)	£65
Video Format	(30-45 minutes, with gentle background scene)	£70

Journey + PDF Materials + video demonstrations **£99**

(Teachings, Unique opening sacred space, Reflective Questions, and Solutions, demonstrations on how to use particular stones in short video format where helpful.)

Each journey is a deeply transformative experience, and with the option to return to them as often as you wish, the value grows exponentially as you continue on your path of healing and evolution. You could do the same journey 10 times and have a different experience each time as you heal and glow. Try them, we always love to hear your experiences of the journeys.





SHAMANIC JOURNEYS

Premium Annual Subscription:

For those who are ready to commit to long-term healing, we offer an Annual Subscription that includes exclusive benefits and ongoing support throughout the year:

6 Full Shamanic Journeys per year – (your choice of format).

Includes PDF materials of shamanic teachings, explanations of the 7 layers of Pacha Mama and the other layers of shamanic realms we will be visiting.

Each month we build a tool kit and navigate these healings to step into our becoming and autonomous selves, free from the shackles that bind us. The PDF's will give you deeper insight and knowledge into the majesty of these ancient practises and how to apply them to your spiritual practise.

Uniquely written sacred space prayer specific to that journeys healing ceremony topic.

2 Live Online Shamanic Ceremonies with our shamanic practitioners. There are various options for you to chose from, from drum journeys and despachos to cacao ceremonies and ecstatic dance.

Premium members are welcome to book any 2 ceremonies OR they can attend an online group sharing, caring and question circle. These are sessions where you can share your experiences, ask any questions, receive guidance or feedback and connect to the community. These sessions are more fluid and unstructured and quite often useful for beginner and experienced practitioners alike. These sharing circles are for students and clients of Luminous Living only and are a safe, sacred space to be held and supported by our highly trained and deeply compassionate and empathetic facilitators. These circles are held by Charmaine whom is a fully initiated shamanic practitioner and qualified counsellor and psychotherapist.

Exclusive Access to Additional Materials

Ever evolving, we strive to meet students and clients needs with our services, training and healing programmes, thus there will be content added according to the requests and questions asked of us by you. Guides, teachings, videos and practices will be shared for you to dip into as and when you need to in alignment with the service you are exploring with us. This is a closed space where only Premium Members will have access. **VALUE £744 - £844**

Price: £555 per year personal use.

This package is for those who wish to deepen their transformation and spiritual growth. With 6 powerful journeys and 2 live ceremonies or sharing circles, you'll receive continual support throughout the year. We are here to support and nourish you to keep your healing on track and to help you navigate the deeper layers of your journey. It's perfect for those seeking to unlock their fullest potential and work through blocks with ongoing, personal guidance and deeper knowledge and experience of shamanic teachings, wisdoms, realms, and spirit.





SHAMANIC JOURNEYS

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SHAMANIC JOURNEYS

Common Questions & Solutions

Q: How do I know if this is right for me?

A: If you've been feeling stuck, disconnected, or longing for deeper meaning in your life, these journeys are perfect for you. Whether you're dealing with emotional trauma, looking for spiritual growth, or simply wish to reconnect with your true self, the journeys will help you heal and evolve.

Q: How often should I use these journeys?

A: The beauty of these journeys is that you can come back to them as often as you like. Many people find that revisiting a journey as they grow brings new insights and deeper healing. There's no "wrong" time or frequency; it's about what feels right for you.

Q: Will these journeys really make a difference?

A: Yes, they will. These journeys work at a deep, energetic level, and the healing can be profound and lasting. However, like any healing practice, the more you commit to the process, the greater the results. Trust in the journey, and the healing will unfold.

Q: What if I don't have much time?

A: The journeys are designed to be manageable and flexible. Each journey is 30-45 minutes, which means you can fit them into your day. Whether you listen on the go, on a plane, or during your quiet moments, the healing will be effective.

Q: What if I fall asleep?

A: The healing still happens! On a soul level your soul has free will and you will still receive what you need.





SHAMANIC JOURNEYS

1. What is a shamanic journey?

A shamanic journey is a deep, spiritual experience where you connect with non-ordinary realities to gain insights, healing, and guidance. It often involves using rhythmic drumming or other tools to help you enter an altered state of consciousness. This process can help shed old wounds, trauma, and beliefs that are no longer serving you.

2. How can a shamanic journey help me heal?

Shamanic journeys offer a safe space for emotional and energetic healing. By connecting with your spiritual guides or higher self, you can receive guidance on releasing old wounds, trauma, and limiting beliefs. This process can be incredibly transformative, helping you move forward with more clarity and peace.

3. What types of issues can be healed through a shamanic journey?

Shamanic journeys are useful for healing emotional pain, trauma, past-life issues, limiting beliefs, and unhelpful thought patterns. They also help to reconnect you with your true self, providing insight into your life's purpose and potential.

4. Do I need any prior experience with shamanism to try a shamanic journey?

No, absolutely not. A shamanic journey is accessible to anyone, whether you're experienced in spiritual practices or completely new to them. The journey is guided, and you'll be supported every step of the way.

5. What is the purpose of a shamanic journey?

The purpose of a shamanic journey is to explore the inner landscape of your mind and soul, receive guidance, heal emotional wounds, and connect with your higher self or spirit guides. It helps to release old patterns and align you with your authentic path.

6. Can a shamanic journey help me with trauma?

Yes, shamanic journeys can be deeply healing for trauma. Through the journey, you can access deep emotional layers and receive guidance on releasing stored trauma. This process helps to clear blocked energy and allows for emotional and spiritual healing.

7. How can shamanic journeys help with negative patterns and beliefs?

Shamanic journeys allow you to uncover and confront limiting beliefs and negative patterns by accessing the subconscious mind. With the help of guides, you can identify and release these patterns, paving the way for new, empowering beliefs to take their place.





SHAMANIC JOURNEYS

8. What should I expect during a shamanic journey?

During a shamanic journey, you will typically lie down with your eyes closed while listening to drumming or another rhythmic sound. You may experience vivid imagery, emotions, or sensations, and you may meet spirit guides or ancestors who offer healing and guidance. Please note Luminous Journeys are recorded over various types of music to really bring to life these magical realms. These journeys are shamanic the realms are shamanic, the music – is amazing, and is where Luminous really brings shamanic journeys to life, unlike anyone else. This is where ancient meets modern and where we bring the East and The West together to heal and grow and keep these ancient realms alive and accessible.

9. Is a shamanic journey the same as meditation?

While both meditation and shamanic journeys involve a deep, introspective state, shamanic journeys change something, and we work across timelines. As we heal ourselves some of these healings heal going back 7 generations in time!! Shamanic journeys change something, and this is crucial to know with the Luminous Journeys. These are full shamanic healing sessions and each involves specific goals, such as contract breaking, or destiny retrieval. Journeys also include a connection with spiritual realms or guides. You will have a navigation system to realms and layers quite unlike anything you may have experienced before. The creativity and passion in these journeys will be felt by you. The dimensions and temples and layers will come alive.. and you will become such a navigator that with practise, you will eventually be able to visit these places and call on the helpers where ever you are. Its all very exciting!

10. Can I set an intention for my shamanic journey?

Absolutely! Setting an intention before your journey is very helpful. It can be a specific issue you'd like to address, such as healing a relationship or releasing a limiting belief. Your guides will work with your intention to help you receive the clarity and healing you need.

11. How do I know if my shamanic journey was successful?

Success in a shamanic journey is about personal transformation. After the journey, you may feel a sense of release, clarity, or peace. You may also receive symbolic messages or insights that continue to unfold after the experience. You may get a message, feel peace, extra vitality – the positives are limitless.

12. How long does a shamanic journey last?

Shamanic journeys typically last anywhere from 30 minutes to an hour, depending on the session. However, time may feel distorted during the journey, and it's common to experience deep states of relaxation that may feel much longer or shorter.





SHAMANIC JOURNEYS

13. Is a shamanic journey safe?

Yes, shamanic journeys are safe when done in a controlled environment with a trained guide. You are always in control of your experience, and you can stop at any time. The process is gentle, supportive, and focuses on healing.

14. Can I do a shamanic journey alone, or do I need a guide?

While it's possible to journey alone, having a guide—especially if you're new to the practice—can offer support and ensure you are getting the most out of the experience. A guide can help you navigate the experience, interpret messages, and stay focused on healing.

15. How does a shamanic journey differ from therapy?

While therapy is often focused on talking through past events and emotions, shamanic journeys offer an experiential approach that taps into the subconscious mind for direct healing. It is often seen as a complementary practice, allowing for deep emotional and energetic healing.

16. Can a shamanic journey help me connect with my ancestors?

Yes, many people use shamanic journeys to connect with their ancestors, seeking wisdom, healing, or guidance from their lineage. Ancestors often hold valuable insights that can help release generational trauma or imbalances.

17. What benefits can I expect from a shamanic journey?

Some of the many benefits include emotional healing, greater self-awareness, release of old trauma, clarity around life choices, the ability to break free from negative patterns, and a deeper connection to your spiritual path.

18. How will I feel after a shamanic journey?

Many people feel lighter, clearer, and more at peace after a journey. You may also feel emotional release, increased energy, or a sense of connection with yourself and the universe. Some may also experience a sense of renewal or transformation.

19. What can I do to prepare for a shamanic journey?

To prepare, it's helpful to set a clear intention, relax, and find a comfortable space where you won't be disturbed. Drinking water, having a journal nearby, and staying open to the experience are also helpful ways to prepare.

20. Are there any risks associated with a shamanic journey?

As long as you're working with a skilled guide in a safe environment, shamanic journeys are generally risk-free. It's important to be in a mentally and emotionally stable state before attempting a journey. If you are dealing with significant trauma, it's best to consult a professional.





SHAMANIC JOURNEYS

21. How does a shamanic journey help me release old wounds?

A shamanic journey helps you access the root of old emotional wounds by guiding you to the source of the pain. Once you've identified and acknowledged these wounds, the journey allows you to release them with the help of your guides, leaving you lighter and more whole.

22. Can a shamanic journey help me with self-doubt?

Yes, shamanic journeys are powerful tools for clearing self-doubt. By connecting with your higher self and spiritual guides, you can receive validation, insights, and guidance that help build confidence, trust, and self-belief.

23. How can shamanic journeys assist with spiritual growth?

Shamanic journeys offer a unique opportunity for spiritual exploration. They help you connect with your spirit guides, higher consciousness, and the universe, which can provide profound insight and foster a deeper sense of purpose and alignment on your spiritual path.

24. How does a shamanic journey help me discover my life's purpose?

During a journey, you may receive guidance from spirit guides, ancestors, or your higher self that points you in the direction of your life's true purpose. This can help you make more aligned decisions and find meaning in your day-to-day life.

25. What's the difference between a shamanic journey and a vision quest?

A vision quest is often a more intense, extended process involving fasting, solitude, and deep contemplation, usually done in nature for 24 – 72 hours. Vision Quests are ceremonies where journeying is a huge part of the ceremony. We offer this on our North Training which is in the 3rd year of shamanic medicine wheel training.

A shamanic journey is typically 5 mins – 1 hour and involves a guided or self-guided experience. There are infinite journeys and reasons why some are longer than others. Journeys are done on Vision quests.

26. Can a shamanic journey help me heal from a breakup or loss?

Yes, shamanic journeys can help you process grief, pain, and emotional loss. They provide a space for you to release old attachments and receive guidance on healing, moving forward, and opening your heart to new possibilities.

27. Can I do a shamanic journey for someone else?

Yes, you can send healing through a shamanic journey to another person, often called a "distance healing" or "shamanic healing." In this case, you would focus on their energy and ask for healing or guidance on their behalf.





SHAMANIC JOURNEYS

28. Can a shamanic journey help with addiction?

Shamanic journeys can support the healing process from addiction by helping you understand the underlying causes of addictive behaviors, release emotional blockages, and gain clarity on healthier choices moving forward.

29. What is a power animal, and how does it relate to a shamanic journey?

A power animal is a spirit guide in animal form that offers strength, guidance, and protection. Many people encounter their power animal during a shamanic journey, which can help them gain confidence, courage, and insight as they navigate challenges.

30. Can I do a shamanic journey if I am spiritually sensitive?

Yes, people who are spiritually sensitive often find shamanic journeys very beneficial. The practice is highly intuitive, and you will be guided through the experience at a pace that feels right for you.

31. How do I integrate the insights from a shamanic journey into my life?

Integration is key. After a journey, it's important to reflect on the insights you received, journal your experiences, and take action on any guidance or healing that surfaced. This helps make the experience tangible and relevant to your everyday life.

32. Can shamanic journeys help with physical healing?

Shamanic journeys can support physical healing by helping to address energetic imbalances or emotional issues that may be manifesting physically. Many people report feeling physical relief after addressing the root emotional causes of their illness.

33. How often should I do a shamanic journey?

How often you journey depends on your needs and intentions. Some people journey weekly for deep healing, while others may journey occasionally when they feel called to address a specific issue.

34. Can I be guided through a shamanic journey if I have no idea what my blocks are?

Yes, a skilled guide can help you identify blocks or areas that need healing, even if you're not aware of them. The journey will often reveal these hidden issues and provide clarity on how to heal them.

35. Do I have to believe in shamanism for a journey to work?

No, belief in the practice is not required for a shamanic journey to be effective. The experience is more about being open and receptive to whatever arises, regardless of your belief system.





SHAMANIC JOURNEYS

36. Can a shamanic journey help me with anxiety or stress?

Yes, shamanic journeys are excellent for calming the mind and releasing the emotional and energetic causes of anxiety and stress. By tapping into the deeper layers of your consciousness, you can gain clarity and healing that supports long-term peace and calm.

37. How do I know if a shamanic journey is right for me?

If you feel drawn to spiritual exploration, healing, or personal transformation, then a shamanic journey could be an ideal tool for you. Trust your intuition—if it calls to you, it's worth trying.

38. Can a shamanic journey help me with creativity?

Yes, many people use shamanic journeys to unlock creativity. The practice helps clear mental blocks, connect with your inner muse, and tap into deeper, more authentic sources of inspiration.

39. Are shamanic journeys just for spiritual people?

No, shamanic journeys are for anyone who is interested in self-discovery, healing, and transformation. It's a universal tool that can support people in any walk of life who want to release old wounds or gain insight into their true potential.

40. How do I know if I need a shamanic journey?

If you feel stuck, lost, overwhelmed, or disconnected, a shamanic journey could provide you with the clarity and healing you need. Trust your intuition and know that this process can guide you toward a more aligned and peaceful life.

41. Is shamanic journeying only for people with prior spiritual experience?

No, anyone can experience the benefits of a shamanic journey, whether you're a beginner or experienced. Our journeys are designed to be accessible to all, with guidance every step of the way.

42. Do I need to be able to "see" anything during the journey for it to work?

Not at all! Everyone experiences journeys differently. Some people see vivid imagery, while others may feel emotions or sensations. Your experience is valid, no matter how it manifests.

43. Can a shamanic journey harm me in any way?

Shamanic journeys are a safe and transformative process when guided by a skilled practitioner. You are always in control, and your journey is focused on healing and personal growth.

44. Are shamanic journeys just for people who are spiritually "advanced"?

Not at all. Shamanic journeys are for anyone who wants to explore their inner world, heal emotional wounds, and gain insight, regardless of their spiritual level or experience.





SHAMANIC JOURNEYS

45. Can I do a shamanic journey if I have unresolved trauma?

Yes, shamanic journeys can actually help you heal trauma. Our guides work with you gently to release emotional blockages, helping you to heal from the inside out at your own pace.

46. Is it necessary to believe in spirits or the supernatural to benefit from a shamanic journey?

No, belief in spirits is not required. The journey is more about accessing your inner wisdom and healing, and that can happen whether or not you hold specific spiritual beliefs.

47. What if I feel like I'm not experiencing anything during the journey?

Every journey is unique. Some people experience subtle shifts or emotions that might not seem obvious. Trust the process, and know that healing can happen in ways you might not immediately recognize.

48. Is it normal to feel scared or anxious during a shamanic journey?

Yes, it's normal to have some fear or discomfort, especially if you're facing old wounds. Our shamanic journeys are supportive, and you're guided with compassion to help you release these fears in a safe space.

49. Can shamanic journeying be combined with other therapeutic practices?

Absolutely! Shamanic journeys complement many other therapeutic practices. Many people use them alongside therapy, meditation, or other healing modalities to accelerate their healing and personal growth.

50. Do I have to be in a specific setting to do a shamanic journey?

While being in a quiet, comfortable space is ideal, you don't need to be in a specific setting to journey. The most important thing is that you feel relaxed and free from distractions.

51. Can shamanic journeying be dangerous or lead to negative experiences?

When practiced properly with a qualified guide, shamanic journeys are safe and healing. The process is designed to empower you, and any challenging emotions that arise are addressed with care and compassion.

52. Do I have to undergo intense physical or emotional work in a shamanic journey?

Shamanic journeys don't have to be intense. Everyone's experience is different, and the process is guided to meet you where you are. Some people experience gentle healing, while others may go deeper into emotional release.





SHAMANIC JOURNEYS

53. Will shamanic journeying replace traditional therapy or medical treatment?

Shamanic journeying is a complementary practice, not a replacement. It's meant to work alongside traditional therapy and medical care to help you achieve deeper healing and personal growth.

54. Is it necessary to journey in a group to experience benefits?

No, you can journey alone or in a group. Group journeys can be powerful, but individual journeys are just as effective for personal healing, growth, and insight.

55. Do I need any special tools or rituals to do a shamanic journey?

The main tool is the guidance you'll receive, typically through drumming or other rhythms. Other tools, like crystals or candles, can enhance the experience, but they're not necessary for the journey to work.

56. Can I "fail" at a shamanic journey?

There is no such thing as failure. Each journey brings something valuable, whether it's insights, healing, or simply a deeper understanding of yourself. Trust that your experience is meaningful.

57. How do I know if the experience I had during the journey is valid?

Your experience is always valid. Shamanic journeys are personal, and everyone has a unique way of receiving messages and healing. There is no right or wrong way to experience it.

58. Will shamanic journeying solve all of my problems?

While shamanic journeys can bring significant healing and clarity, they are part of an ongoing process of personal growth. They help you release blocks and gain insight, but continued healing often requires consistent effort and integration.

59. Is it normal to feel emotional after a shamanic journey?

Yes, it's normal to experience emotions such as sadness, joy, or relief after a journey. These emotions are part of the healing process, and they can help you release what no longer serves you.

60. What if I don't have a specific issue to work on?

Shamanic journeys can be helpful for anyone, whether or not you have a specific issue. They provide an opportunity for spiritual exploration, personal growth, and deep connection with your inner wisdom.





SHAMANIC JOURNEYS

Why Our Shamanic Journey Packages Far Supersede What Is on Offer Elsewhere

1. What makes your shamanic journey packages different from others?

Our packages provide a comprehensive, all-in-one experience, combining deep healing, powerful teachings, and ongoing personal support. You'll receive not only guided journeys but also access to exclusive materials, including PDFs, audio lessons, live sessions and videos.

2. How are your audio and PDFs beneficial for my journey?

The audio and PDFs are designed to deepen your understanding and enhance your experience. The PDFs provide insightful teachings on shamanic practices, while the audio offers a powerful tool for your personal journey and integration.

3. How does deep, deep healing make your packages stand out?

Our journeys are designed to address deep-rooted emotional wounds, trauma, and patterns, allowing for profound healing. We go beyond surface-level healing by working with the subconscious and spiritual realms to ensure lasting transformation.

4. What sets your Zoom sharing and question circles apart?

The Zoom sharing and question circles offer you the opportunity to connect with a supportive community and receive personal insights from the shamanic practitioner. This group interaction fosters a sense of belonging and helps deepen your healing experience.

5. Why is personal access to the shaman so valuable?

Having personal access to a shamanic practitioner during our bi-annual Zoom sessions means you can ask specific questions, receive direct guidance, and work on challenges in real-time. This level of personal support is rare in other packages.

6. How do your packages ensure long-term transformation?

We focus on sustained growth, not just a one-time experience. Our packages include ongoing support through materials, Zoom sessions, and personal guidance, ensuring you continue to evolve and heal after each journey.

7. Can your packages help me with personal blocks I've been carrying for years?

Yes, our shamanic journey packages are designed to uncover and release deeply ingrained blocks, beliefs, and traumas. The healing work goes deep, addressing patterns that have been with you for years and allowing for true transformation.





SHAMANIC JOURNEYS

8. How do your Zoom sessions enhance the healing experience?

The Zoom sessions allow you to integrate what you've learned during your journey, receive personalized feedback, and connect with others who are on a similar path. This support helps solidify the healing process and deepens your understanding.

9. Why should I choose your package over a single journey experience?

Our package offers a holistic, multi-faceted approach to healing. You'll receive not just one journey, but a complete set of tools, support, and teachings to ensure lasting transformation and growth.

10. How does the inclusion of PDFs and teachings support my healing journey?

The PDFs provide structured teachings on shamanic practices, helping you deepen your understanding of the process. This knowledge empowers you to integrate the healing work into your everyday life for continued growth.

11. What kind of personal results can I expect from your packages?

You can expect significant shifts in your mindset, emotional well-being, and spiritual connection. Many clients report feeling more aligned, peaceful, and empowered, with lasting changes in how they approach challenges and relationships.

12. How is your approach more comprehensive than other shamanic practices?

Our approach combines multiple aspects: personal journeys, teachings, group support, and one-on-one access to the shaman. This full-spectrum method ensures that every part of your being is supported in the healing process.

13. Why do I need regular access to the shaman for deeper healing?

Regular access to the shaman allows you to ask questions, clarify experiences, and receive personalized guidance that is tailored to your unique journey. It ensures your healing process stays on track and is aligned with your goals.

14. How does the combination of audio, teachings, and live sessions help with integration?

The audio provides a direct journey experience, while the teachings give you context and deeper understanding. The live sessions offer a space to discuss what you've experienced, ask questions, and gain clarity, ensuring integration is smooth and effective.





SHAMANIC JOURNEYS

15. Can your shamanic journey packages help with everyday life challenges?

Yes! Our packages are designed to help you release not only deep trauma but also the everyday stress and patterns that hold you back. You'll learn practical tools to navigate life with more clarity and ease.

16. What makes your healing process so deep compared to other programs?

Our healing process is rooted in the ancient, transformative practices of shamanism, with a modern twist. We focus on emotional, mental, and energetic healing, ensuring you release blocks at all levels, leading to profound and lasting change.

17. How do the community aspects of your program help with my journey?

Sharing with others in the Zoom circles fosters a sense of connection, support, and collective healing. Being part of a community provides additional encouragement and helps you feel empowered as you witness the growth of others.

18. Why should I choose a comprehensive package instead of individual sessions?

A comprehensive package offers a deeper and more connected experience. It's designed to help you build momentum in your healing process, providing you with ongoing support and tools that create lasting change.

19. What is the value of having personal access to a shaman during bi-annual Zoom sessions?

Personal access means you can receive tailored advice, address specific concerns, and clarify any doubts you have during your journey. This ensures you're always supported and never feel lost or unsupported in your healing process.

20. How will your shamanic journey packages help me lead a more fulfilling life?

Our packages are designed to bring you back into alignment with your true self. As you shed old patterns and release emotional burdens, you'll feel freer, more authentic, and empowered to create the life you truly desire.





SHAMANIC JOURNEYS

Client Testimonials

1. Emma – Early 30s, Seeking Personal Growth

"I've been on a path of personal development for years, but this shamanic journey took me to places I never expected. I released old fears and limiting beliefs that had been holding me back, and now I feel more confident and aligned with my true purpose. The journey, combined with the teachings and group support, has been life-changing!"

2. John – Mid-40s, Healing from Emotional Baggage

"As someone who had been carrying emotional wounds for years, I didn't think a single experience could help me heal. But the shamanic journey package helped me release deep-seated trauma in a way that I had never experienced before. The ongoing support from the community and one-on-one guidance made all the difference. I feel lighter, more connected, and ready to move forward in my life."

3. Lily – 24, Exploring Spirituality

"I was curious about shamanic practices but wasn't sure what to expect. What I found was a powerful, deeply supportive community that helped me unlock parts of myself I didn't even know existed. The journey was so much more than just a healing experience – it was an awakening. I now feel more connected to my inner wisdom and empowered to take charge of my life."

4. Margaret – Late 50s, Looking for Renewed Purpose

"At this stage in my life, I never thought I'd experience such profound healing. The shamanic journey allowed me to shed layers of fear and self-doubt that I'd carried for decades. The audio teachings and Zoom sessions helped me integrate what I was learning, and the results have been truly transformational. I feel more alive and in tune with my soul's purpose than ever before."

5. James – 38, Seeking Clarity

"I was at a crossroads in my life, unsure of which direction to take. The shamanic journey gave me the clarity I needed to see what was holding me back and how to release it. The combination of the audio, PDFs, and one-on-one support with the shaman has been invaluable. I'm now moving forward with a renewed sense of purpose and self-belief."

6. Sarah – 23, Overcoming Anxiety

"I struggled with anxiety and fear for years, but after doing the shamanic journey, I felt like I finally let go of the things that were keeping me stuck. The journey process helped me release deep-rooted fears and gave me tools to manage my emotions. I now feel calm, grounded, and in control of my life."

7. Daniel – Early 40s, Healing from Past Trauma

"For years, I was stuck in patterns that didn't serve me, constantly feeling weighed down by past trauma. The shamanic journey helped me face these wounds head-on and release the energy that was holding me back. I feel free from my past now and much more confident in who I am."





SHAMANIC JOURNEYS

8. Angela – 60's, Deepening Spiritual Connection

"I've always had a strong spiritual side, but this journey helped me deepen that connection in ways I never expected. It was more than just healing – it was about reconnecting with my soul and finding my true path. The personalized guidance and group sessions created a nurturing, safe space for growth."

9. Leo – 40s, Seeking Personal Empowerment

"This journey package gave me the strength to break free from limiting beliefs I didn't even realize were controlling my life. The combination of teachings, guided journeys, and group support has truly empowered me. I now feel more confident in making decisions and living life on my terms."

10. Claire – Late 20s, Exploring Life's Purpose

"I've always wondered about my life's purpose, and this shamanic journey helped me gain clarity. I was able to identify and release patterns that no longer served me, and I now feel more aligned with my true self. I'm excited about the future, and I feel much more connected to my intuition and inner guidance."

11. Peter – 50s, Healing Relationships

"I had tried many different ways of healing, but nothing seemed to address the deep-rooted issues in my relationships. After doing the shamanic journey, I noticed a significant shift in how I approached others. I released old wounds that were holding me back from experiencing deeper connection. The tools I've gained through this journey have helped me improve my relationships in meaningful ways."

12. Maya – 38, Managing Stress

"As a young professional, I was dealing with constant stress and overwhelm. The shamanic journey helped me identify the core issues I was carrying, and I felt such a huge release. The teachings on stress management and personal empowerment have helped me deal with life's pressures in a much more calm and balanced way."

13. Carlos – 46, Letting Go of Old Patterns

"I had been feeling stuck for years, caught in cycles of negative thinking and self-doubt. The shamanic journey helped me identify and release the old patterns that were limiting me. The support I received through the PDFs, audio, and Zoom circles was invaluable. I now feel lighter, more self-confident, and more aligned with my true purpose."

14. Olivia – Early 30s, Navigating Personal Challenges

"I was going through a difficult period in my life, and the shamanic journey was the perfect support I needed. It gave me clarity and the emotional release I hadn't been able to achieve through other methods. The integration process, with the combination of teachings and community support, has helped me heal in ways I never imagined."

15. Ethan – 52, Finding Balance

"Before starting this journey, I struggled with balancing my personal and professional life. The shamanic journey provided me with the insight and healing I needed to let go of the stress and guilt that were weighing me down. Now, I feel more centered and balanced, able to navigate life's challenges with greater ease and presence."

