

# Introduction to Shamanic Journeying

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In this class you will be introduced to the concept of 'core shamanism' and experience shamanic journeying for yourself, learning how to access 'non-ordinary reality' for problem solving and healing. Lena Swanson shares the core teachings of this transformative practice, including the original role of the shaman in indigenous societies, how to meet and work with your 'power animal' and other spirit helpers, and the keys to successful journeying. You will experience:

- Accessing the upper and lower worlds of 'non ordinary reality'
- Communicating with your helping spirits
- Using shamanic journeying for problem solving and information gathering
- Drumming and guidance for your own shamanic journeys

This one-day class, based on the book *Shamanic Journeying: A Beginner's Guide* by Sandra Ingerman, will give you a solid foundation in the basics of shamanism and shamanic journeying. (The book will be available for purchase at the class.)

**Class Fee:** The cost for each class is \$135.00. Please mail a \$72 nonrefundable deposit check to hold your place made out to Lena Swanson with your address, phone(s), and email address to: Lena Swanson PO Box 18641, Saint Paul, MN 55118. If you would like to pay with a credit or debit card call me at 651-206-0644. Further information and directions will be sent upon receipt of your deposit.

Class size is limited so it is recommended that you sign up ASAP!

**Source URL:** <https://lenaswanson.com/2009-06-06-introduction-shamanic-journeying>

### Links:

[1] <https://lenaswanson.com/shamanic-journeying>