

Heal Yourself and Help Heal the Earth - Medicine For The Earth - A Shamanic Journeying Class

in

- [Shamanic Journeying](#) [1]

We will use shamanic journeying techniques to experience and explore the Medicine for the Earth material as created by Sandra Ingerman.

- journey in depth for information gathering, guidance, healing, and transformation
- establish deeper relationships with your power animals and teachers
- explore the realms of the worlds of non-ordinary reality (lower, middle, upper)
- learn the principles of Medicine for the Earth and how to manifest them in your daily life
- develop deeper relationships with nature spirits and the elements (recommended reading: Medicine for the Earth by Sandra Ingerman)

Cost: \$315.00 (one half payable to hold a space with balance due at the third session) Please mail a \$135.00 deposit check made out to Lena Swanson with your address, phone(s), and email address. If you would like to pay with a credit or debit card call me at 651-206-0644.

Class size is very limited so it is recommended that you sign up early.

Source URL: <https://lenaswanson.com/heal-yourself-and-help-heal-earth-medicine-earth-shamanic-journeying-class>

Links:

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