



SOUL SEER

SCHOOL

Introduction to Shamanism

Walking between worlds. Gain insights on receiving teachings and guidance from the spirit world.

- Explore the realms by walking between worlds and opening up to spirit.
- Creating a sacred space with breath and heart connection.
- An introduction to working with the elements and creating an altar.
- Learn the art of journeying.
- Discover the shamanic realms of upper, lower, and middle worlds.
- Experience the rhythm of the drum, rattle, voice, and vibration.
- Forge connections with your power animals.
- Establish a bond with your spirit guides.