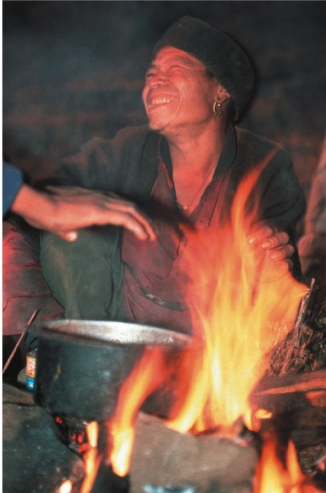


Shamanic Journey 11/10/10 - Wed Gathering in Rockville

Posted At : November 1, 2010 1:54 PM | Posted By : Michael Smith

Related Categories: Sandbox, Spirit

This Wednesday [Sandbox gathering](#) we go on a Shamanic journey with Randy. Do you want to overcome subconscious blocks and self sabotage? Do you want to get help from ancestors and animal spirits? Do you want to get beyond your logical left brain mind for deeper intuition and guidance?



Journeying, like meditation, is a tool for spiritual growth. It also can be used for healing, obtaining information, and working through psychological issues. The drum or rattle is frequently used by shamanic practitioners. The slow repetitive rhythm shifts the individual's "rhythm" so that he or she can journey, just the way a soothing song can help someone achieve a calmer state. The rhythm of the drum puts you in a trance. The journey is then achieved by the person's intent. When someone goes on a journey they can visit guardian spirits, ancestors, animal totems, inner guides, etc. This form of active imagination allows for deep insights, not achieved by one's intellectual process.

Randy is a former Yoga monk, a Craniosacral therapist, a world famous astrologer interviewed by the Washington Post and by CNN. He facilitates Family Constellation therapy for individuals and groups.

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Please bring a blanket to lay on. The journey begins at 8pm. I invite you to join us, though as always whatever choice you make you will be honored in.