

Journey Work

A night sky with the Milky Way galaxy and a shooting star over a snowy mountain range. The Milky Way is visible as a bright, pinkish-purple band of stars across the upper half of the image. A shooting star streaks across the sky from the upper right towards the center. Below the sky, a range of snow-covered mountains is visible, with a dense forest of evergreen trees in the foreground.

Journey work has been around for centuries. It is a powerful tool for those who choose to open themselves to it. Many participants report radical and life altering positive changes. It is also deeply personal, unique to the individual and private. Creating a safe space for your healing journey is a shared responsibility. Please approach this work with respect. Give yourself plenty of time afterward to absorb your experience.

Wear loose comfortable clothing. Be well hydrated and free from alcohol or drugs for at least 48 hours. Take care of your blood sugar. This work can be performed in a sitting position, however lying down is optimal. Allow for approximately an hour and know you can stay in conversation as long as needed. Generally, several sessions are necessary, that can be explored after the first one. Results are life long and range from subtle to profound.