



Shamanic Trance Drumming



What is Shamanic Trance Drumming?

Where was/is Shamanic Drumming practiced?

Who did/does Shamanic Drumming?

What are Spirit Guides and Power Animals?

Is Shamanic Trance Drumming relevant in today's world?



Total relaxation and the meditative state

Surrender of expectations

Determining your Spirit Guide or Power Animal

Operating in two (or more) realities

Returning to Ordinary Reality

Finding a Portal to other worlds (Alternate Realities)

Meeting and working with your Spirit Guides, Teachers, and Power Animals

Date: Tuesdays: August 5, 12, 19, 26

Time: 7:30 pm to 10:00 pm

Based on personal practice of the techniques of Dr. Michael Harner, *author of Way of the Shaman*, and founder of Foundation for Shamanic Studies. Dr. Harner has been recognized as the pioneer and leader of the revival of shamanism – including bringing the shamanic journey to the Western world – since the early 60's when he chose to immerse himself in tribal spiritual traditions rather than restrict his study to more traditional academic techniques.

ITEMS TO BRING TO CLASS:

Journeys are done lying prone on the floor. The class site has a rubber work-out mat on the floor. A foam mat, folded blanket, or sleeping bag to lie on, if desired. A pillow and blanket, if desired. A cloth (handkerchief or hand towel) to cover your eyes, if desired. Most importantly, bring a pen and a notebook dedicated to recording your journeys.

Class Instructor: Pythia, Priestess, Temple of the Goddess. Cost for a 4 class series: \$100.00

Location: Pasadena: Address given upon registration.

To register or for more information contact: pythia@TempleoftheGoddess.org or 818-771-5778