

PAST LIFE REGRESSION AND SHAMANIC JOURNEYING WORKSHOP



**JOIN THERAPIST, PATRICIA JOHNSON, LCSW IN AN EXPERIENTIAL
WORKSHOP WHICH WILL BOTH EXPLORE YOUR PAST LIVES AND
TEACH YOU SHAMANIC JOURNEY SKILLS.**

THIS WORKSHOP WILL GIVE YOU THE ABILITY TO:

MEET YOUR TOTEM/POWER ANIMAL(S)

CONNECT WITH SPIRIT GUIDES

UNDERSTAND THE CONNECTIONS WITH PEOPLE FROM THIS LIFETIME

**WE WILL USE VOICE, DRUM AND RATTLE TO HELP US ACHIEVE AN ALTERED STATE
OF CONSCIOUSNESS. THE WHOLE AFTERNOON WILL BE IN CEREMONY**

**HONORING OUR GUIDES AND WHAT THEY HAVE TO TEACH
AND SHARE WITH US.**

PLEASE BRING 2 POWER OBJECTS: ONE TO GIVE AND ONE TO KEEP.

THIS WORKSHOP WILL TAKE PLACE ON

SUNDAY, JUNE 6TH

1:00 PM TO 4:00 PM

SUMMERLAND COL, NSAC

20 PLANT AVE. HAUPPAUGE, NY 11788

TO RESERVE YOUR SPACE PLEASE SEE JODIE KISS OR CALL 631 467-

2076 OR

EMAIL:

INFO@SUMMERLANDCHURCHOFLIGHT.COM

INVESTMENT FOR THIS WORKSHOP:

SCOL MEMBERS: \$25

NSAC MEMBERS: \$30

GENERAL PUBLIC: \$40

**~IMPORTANT: PLEASE SEE BACK OF PAGE FOR LIST OF ITEMS YOU NEED
FOR WORKSHOP~**

**PLEASE NOTE THAT THE VIEWS EXPRESSED IN THIS WORKSHOP MAY NOT BE THE VIEWS OF
SUMMERLAND CHURCH OF LIGHT OR THE NATIONAL SPIRITUALIST ASSOCIATION OF
CHURCHES**

TO BRING LIST FOR THIS WORKSHOP:

WE WILL BE CREATING 2 ALTARS. PLEASE BRING 2 POWER OBJECTS. ONE POWER OBJECT THAT YOU WILL BE WORKING WITH PRESENTLY AND WILL TAKE BACK HOME WITH YOU. THE SECOND POWER OBJECT WILL BE AN OBJECT THAT YOU FEEL YOU ARE READY TO GIVE AWAY TO SOMEONE WHO MAY BENEFIT BY IT.

IF YOU HAVE:

DRUM

RATTLE

EYE PILLOW

BANDANA

PLEASE, FEEL FREE TO BRING THEM TO THE WORKSHOP

PART OF THE TIME WE WILL BE LAYING ON THE FLOOR SO PLEASE BRING WHAT YOU FEEL YOU WILL NEED TO BE COMFORTABLE SUCH

AS:

YOGI MAT OR BLANKET

PILLOW OR BOLSTER

MEDITATION PILLOW

BACK JACK TO SIT ON OR EVEN A BEACH CHAIR

TO WRITE ABOUT OR DRAW YOUR EXPERIENCES, IT WILL BE USEFUL TO HAVE:

NOTEBOOK

PEN, COLORED PENCILS, MARKERS OR CRAYONS

PLEASE UNDERSTAND THAT MUCH OF THE TIME WILL BE SPENT ON THE FLOOR SO WEAR

COMFORTABLE CLOTHES.

BRING SOCKS IF YOU WANT, AS YOU WILL BE ASKED TO REMOVE YOUR SHOES BEFORE ENTERING.