

# Shamanic Workshops ~ 2009

Facilitated by *Gretchen Crilly McKay*



Ancestral Wisdom

[www.ancestralwisdom.com](http://www.ancestralwisdom.com)

## Meet Gretchen Crilly McKay

Gretchen has been a shamanic practitioner and teacher for more than 15 years, studying with master shaman in the U.S. and Africa. In 2001 she graduated in a traditional ceremony as a sangoma under the mentorship of Zulu shaman P.H. Mtshali in Swaziland, Africa. Gretchen uses the African divination system called throwing the bones to diagnose physical, emotional, and spiritual issues and provides shamanic healing through spiritual extraction, soul retrieval and healing with spiritual light.

### INTRODUCTION TO SHAMANIC JOURNEYING

**When:** Sunday, January 18th, 2009

**Time:** 1:00 pm - 5:00 pm

**Where:** Private residence in Laguna Niguel, CA

**Cost:** \$45

In this class we will connect with our power animals and compassionate spirit allies for the purpose of healing ourselves and our communities. This is an experiential course where we will enter non-ordinary reality using the shamanic journey. Journeying is the foundational tool for shamanic study and healing and provides the passageway that has been used for centuries to obtain information from other dimensions, realms, and realities.

### EXPLORING SHAMANIC JOURNEYING: BEYOND THE BASICS

**When:** Sundays, 2:00 - 4:00 pm (January 25, March 22, May 17, September 13, & November 22)

**Where:** Private residence in Laguna Niguel, CA

**Cost:** \$25 per class

Join Gretchen to expand on previous journeying experiences, deepening your relationship with your Power Animals and Upper World Teachers.

### RESTORING PERSONAL POWER THROUGH FORGIVENESS & LOVE

**When:** Sunday, February 8, 2009

**Time:** 11:00 am - 5:00 pm

**Where:** Private residence in Laguna Niguel, CA

**Cost:** \$90

The Law of Forgiveness states that you must forgive others, from the heart, for your own sake. In our changing times we need to let go of old limiting fears and beliefs and claim the power-filled life that our soul came here to experience! This

experiential workshop will lead you through a series of journeys and ritual to assist you in this process.

### MAKING THE SHIFT: CREATING POSITIVE CHANGE

**When:** Sunday, April 19, 2009

**Time:** 11:00 am - 5:00 pm

**Where:** Private residence in Laguna Niguel, CA

**Cost:** \$90

What you think upon grows. Whatever you allow to occupy your mind will magnify in your own life, good or bad. What are you envisioning? What are you focusing on? This experiential workshop will explore the power of thought and word to make the shift into creating the positive future your heart desires. We will use shamanic journeying, visualization, and creative expression to explore the possibilities.

### POWER OF GRATITUDE: MANIFESTING YOUR DREAMS

**When:** Sunday, October 24, 2009

**Time:** 11:00 am - 5:00 pm

**Where:** Private residence in Laguna Niguel, CA

**Cost:** \$90

If you feel gratitude for something or someone then your soul sends out the vibrational frequency of love and gratitude. What we visualize in our hearts and minds manifests in our reality. The Law of Attraction states that we draw to ourselves whatever we focus on, manifesting that into our reality. Join Gretchen in this experiential workshop to explore this powerful principle to manifest your dreams.

For more information about Gretchen and her shamanic practice visit [www.ancestralwisdom.com](http://www.ancestralwisdom.com)





**ANCESTRAL WISDOM**  
**REGISTRATION FORM**  
For Classes with Gretchen Crilly McKay

To register for a workshop please print and complete this form.

Mail it with payment to:

Gretchen Crilly McKay  
30025 Alicia Pkwy. #191  
Laguna Niguel, CA 92677  
949-249-8487  
gcmckay2@mac.com

WORKSHOP TITLE: \_\_\_\_\_

DATE OF WORKSHOP: \_\_\_\_\_

Participant Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Cost of Workshop: \_\_\_\_\_

**AMOUNT ENCLOSED (checks or money orders only. *PayPal* available upon request)**

Deposit: \_\_\_\_\_ Balance Due: \_\_\_\_\_

Or Full Amount: \_\_\_\_\_

