

Greetings from Dory !

Thank you for your registration for *Healing Ancestral, Past, and Parallel Lives*. I am truly looking forward to this special time together with you. During these five days you will have many opportunities to be the recipient of your own deep healing as well as learn how to perform these same ceremonies for others with confidence, compassion and skill.

Though prior shamanic journeying is not a pre-requisite for this course, if you would like to learn basic shamanic journeying skills prior to our program meeting, I recommend one of two possibilities:

Read: "Shamanic Journeying: A Beginner's Guide" by Sandra Ingerman.

OR

Attend: one or more of my personally produced and simple online video classes:

<http://www.dorycote.com/overview-practicing-modern-shamanism>

If you have not previously studied with me, the online class will give you a sense of my teaching style and personality.

Please bring the following **IMPORTANT** items to the workshop:

- **Photos or other representations of one or two known ancestors (anyone to whom you are genetically connected who is now deceased)**
- A drum (if you have one)
- A rattle (if you have one)
- A notebook & pen

If you have any questions about your readiness for this workshop, or if you desire more in depth information, please email me at: dory@dorycote.com so that I may provide assistance and answer your concerns or questions.

Looking forward to our time together!

Blessings,



Dory Cote

www.dorycote.com