



5 Steps to Deepen Your Spiritual Connection Through Shamanism Workbook

Leading you on your path to personal freedom

With Jason and Nicola from The Way of the Buzzard

The 5 steps to deepen my spiritual connection are:

Step No. 1:

Step No. 2:

Step No. 3:

Step No. 4:

Step No. 5:

Step No. 1




(Insert title of step)

This step involves doing two things.

Firstly I need to _____

And secondly I need to _____





Step No. 2

(Insert title of step)




This step is important because

The three questions I need to look at here are:

1. Why have we lost our _____
2. Why does it _____ to me anyway?
3. How can the _____ help?

Five of the ways we can receive messages from our Spirit Guides are:

1. _____
 2. _____
 3. _____
 4. _____
 5. _____
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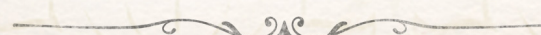


The three different Realms or Worlds we can go to on a Shamanic Journey are:

1. _____

2. _____

3. _____








Step No 3:

(Insert title of step)

The first thing that is helpful to tackle on our spiritual path is _____

The other five aspects to look at are:


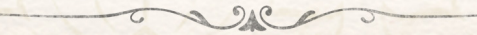

- A fresh approach to _____
 - Flowing around _____
 - Reclaiming our _____ which we have given away or had taken from us
 - Creating a _____ so we can see the next _____
 - Accessing our internal _____, as being a good force in the world can take its toll on us.
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Step No. 4:

(Insert title of step)

In this fourth steps the four things that are needed are:

1. Looking back
 2. Looking _____
 3. _____ as a marker in time
 4. _____ on my path
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- 





Step No. 5:

(Insert title of step)

This is all about making _____ for me and my spiritual practice.

Some key concepts to consider here are:

- _____ into the everyday
 - _____ into nature time
 - The _____ Bowl
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