

THE 5 STEP
SHAMANIC
VISION

& Journaling Process

Vicki L. Dobbs, Shamanic Guide

www.VickiDobbs.com

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Learn more about Vicki and her work at: www.VickiDobbs.com

About Vicki

Sacred Facilitator of Ancient Wisdom in Shamanic Traditions and Spiritual Coach, Vicki L. Dobbs supports women in making deep, conscious personal changes using ancient wisdom techniques blended with modern modalities, through her experiential courses, ceremony, sacred art, and story.

As founder of Wisdom Evolution and head cheerleader for The You First Revolution, Vicki compassionately and expertly guides successful women to find a balance between who they are and what they do so they can live and lead from their authentic truth and experience deeper wisdom, wholeness, and joy.

Vicki is trained in the Harner Method of Shamanic Counseling and the Pachakuti Mesa Tradition of Cross-Cultural Shamanism. She is a Graduate Teacher and Mentor with the Lynn Andrews Center for Sacred Arts and Training and has been the Administrator and Writer's Guide for Writing Spirit, The School.

She is also a Certified Artist of the Spirit, Spiritual and Energetic Life Coach, a Graduate Mentor in the Artist of the Spirit program and a founding member of HeatherAsh Amara's Warrior Goddess Leadership Team and Facilitator of the Warrior Heart Practice.

Vicki is the host of the [Kindred Spirits](#) radio show, and award-winning author of [You First: Practical Wisdom for Nurturing Body, Mind, Heart, and Soul](#) and [Get Off the Shelf: Choose You First, You Have a Right to Be Happy](#).

Learn more at www.VickiDobbs.com



Connect with Vicki:



Overview

If you've ever found yourself stuck in contemplation, lost in a fog of indecision, or just muddling along towards tomorrow with no specific destination in mind, you're not alone—and you're in the right place.

In the 5-Step Shamanic Vision & Journaling Process, you'll be guided through a series of prompts to help you get clear on your direction, plan the steps you'll take to get there, and identify the stops you need to make along the way.

This journal and the accompanying meditations are for those times that you feel unclear on the path ahead in any area of your life. This process will help you identify where you are in this moment and where you want to be tomorrow.

When done with intention, the 5-Step Shamanic Vision & Journaling Process will help move you towards your dream by showing you how to focus your intent. It is a fun and powerful approach to creating a "vision board". It can become a powerful tool to use in many aspects of your life, showing you how to manifest your dreams into reality and your goals into achievements.

An Overview of the 5 Step Shamanic Journaling Process:

-  Dream Your Destination
-  See the Path
-  Pack Only What is Needed
-  Create the Map
-  Celebrate Your Arrival

Your journey begins!

Print out this guide or grab your favorite journal and a pen and dive in. It's time to create your own roadmap to the future that calls you.

Are you ready? Let's get started!

Vicki

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STEP 1: Dream the Destination.

Giving birth to a dream is a sacred and magical event. Each of your dreams and desires, your goals, and destinations will have a life of their own and can be plotted out on each “map” you design. If you think about them energetically, they will each have a unique vibrational frequency, their own color, and even shape. For fun, once plotted, you could paint that dream/the map as a reminder of the journey you are taking for and with yourself.

In this step, you'll decide on what you wish to call in. Do you want to go, travel, teach, create art, move to another country, finish a degree, or study underwater basket weaving?

Open yourself up to all your possibilities. Don't fence yourself in with lackluster limitations, or let your rational mind shut down your dream before it even has a chance to take flight.

JOURNAL PROMPTS:



What dream do you hold in your heart?

In your journal, using as much detail as possible, write out who you want to be, how you want to be and what you want to be doing in that dream life. Look at each area of your life. This can be your dream for the next month, the next year, or even the next five years.

What makes your heart happy?

Pay attention to the little things that make your heart flutter or soar. That is your dream whispering softly. Listen and take action toward declaring your dream your new reality. This is where you want to go!

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Step 2: See the Path Ahead



Before journaling, I invite you to create a sacred place to listen to the meditation entitled “See the Path Ahead” that was included in your gift set.

Once you’ve listened, begin journaling.



JOURNAL PROMPTS:

Were you able to find yourself in your own ‘sacred garden’? What did it look like? Where did you find your ‘comfortable’? Write down all the details of your experience.

What is your intent for the path ahead? Where do you want to be and what do you want to be doing? Where will you focus that intent? Be as specific as you can.

What does the ‘picture’ you brought back with you look like? What is it telling you about your path ahead? Write out all the ideas, images, people, and things you saw on this path and in your picture.

If you are drawn to the idea, PAINT or DRAW what you were gifted on this journey. It can be a fun and insightful exercise to play with. Enjoy!

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Step 3: Pack Only What is Needed.



Before journaling, I invite you to create a sacred place to listen to the second meditation, “**Letting Go to See the Path Ahead**”, that was included in your gift set.

Once you’ve listened, begin journaling.



JOURNAL PROMPTS:

In this second journey into your sacred garden, you were asked to be very specific with what you needed to let go of, stop doing, or leave behind so the path ahead can be clear.

Who was the woman you met in your sacred garden? What was her name? Where has she come from? She is a teacher you can call back to your sacred garden when you have questions or need inspiration and encouragement. Have you decided what is standing in your way? What may be keeping you from moving onto your path?

What did you write on the ancient paper? Be very specific and focus on the journey ahead as you list what you need to leave behind. Lighten your load and pack only what you will need for the journey. What “things” do you need to drop off your daily agenda that will not serve the dream, assist you in accomplishing your goals, or enhance the journey?

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Step 4: Create a Map to Your Destination.

When you lay out a map and begin to look at the different ways you can go from where you are to where you want to go, you will need to take into account the distance you must travel with each option. Do you want to take the slower route and meander your way to the ultimate destination, or do you want to take the fastest route?

When you are looking down the path ahead to where you want to be in a week or a month or next year or in five, you will want to consider the directions, the distance, and the things you must do along the way to make it to your dream destination.



JOURNAL PROMPTS:

What “things” do you need to add to your world to accomplish this goal? Remember, be specific and focus on the endgame—not your current reality.

Are there things you need to learn to get to your destination?

What are the smallest steps you can take in the direction of the next thing you desire to create, to be, to have in your world? Make your list and start checking them off, one at a time. Like gas stops along the road, they are as important for you to keep going as the bigger, more visible steps. Where will you begin?

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Step 5: Celebrate Your Arrival.

An important part of the visioning process is to celebrate the small and large wins that you experience on your journey to birthing the dream that you hold in your heart.

Let's get you into the celebratory energy! In your journal, write down 10 ways you will celebrate all the personal sacred milestones you reach. Your celebrations can be as simple as buying yourself a new journal, making a reservation at your favorite restaurant, or even a day to stroll through your favorite museum.



JOURNAL PROMPTS:

Some of the ways I'll celebrate my sacred milestones are:

IN CLOSING.



I hope you have enjoyed this “visioning” exercise. You can listen to the meditations and reuse these journaling prompts to create a vision for each area of your life.

You are the artist of your life, and you hold the key to your future.

Take the driver's seat and hit the road.

You are ready for the journey.



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