

HOWELL CANYON PRESS



WHAT READERS SAY ABOUT THE JOURNEYING WORKBOOK

If you want to get your life on the right path, read this book! Ms. Howell has assembled a wealth of practical information that shows you how to find answers to all your questions and to determine what your best course of action is. There is no other book like The Journeying Workbook, and with it you can truly unleash your inner power as well as just play and have fun!—**Clint Walsh, International Feng Shui Expert**

A delightful guide for those on the path of spiritual exploration and self-empowerment. Ms. Howell has sifted through numerous traditions and practices and come up with a collection of basic practical exercises designed to open one's awareness of the spiritual reality of our lives. If you are interested in developing your inner power, and deepening the spiritual connections in your life, this is a book for you.—**Reverend Two Eagles**

A wonderful book for getting in touch with your true, inner self! This easy to follow, step-by-step guide into the world of journeying is highly informative and will be beneficial for anyone who wants to transform and enrich their lives.—**Melainah Yee, Ordained Minister and Co-Founder of Family of the Dolphins**

A formidable job of demystifying the elements of shamanic journeying in a logical, straightforward, and credible manner. If what you're looking for is a “why,” “what,” and “how-to,” consider this a valuable source of guidance for your journey.—**Miriam Reiss, Master Certified Coach**

Her explanations and the exercises she provides will help many to move forward.—**Brian Clement, Director of Hippocrates Health Institute**

What an amazing technique! This is a practical and profound workbook for personal change.—**Kristin Johnson, author and My Shelf Reviews**

A remarkable job of taking us step-by-step physically, mentally, and emotionally through the journeying process. If you're in search of a satisfying and productive life, this book is for you.—**Mia Stadin, author**

Ms. Howell has given you a map for your spiritual journey, a way to experience deep positive change as you step into new realms and adventures of spirit. She paces the lessons so that modern people can work the material seamlessly into their busy lives.—**Ginger Chalford Metraux Ph.D., author Inner Personalities of the Chart and Pluto, Planet of Magic and Power**

*Exceedingly clear and absorbing, well-constructed, and wonderfully exciting. To my deep astonishment, it made me cry -- just *imagining* the possible journeys, not taking them! This is a terrific book!*—**Diane Farr, award-winning novelist**

In the days since 9/11 in 2001, many people have responded to the upheaval of the country and the world by actively seeking solace and guidance in the spiritual world. While there are many books of theory and abstraction to help guide spiritual pathways, The Journeying Workbook gives grounded guidance in a practice that can help to calm the spirit and open the mind to new ways of thinking and being. Even for those skeptical of spiritual pathways, the process Ms. Howell describes provides a method of accessing the otherwise unavailable subconscious mind and a way to introduce moments of peace into trying, hectic lives.—Ina Roy, M.D., Ph.D.

An easy step-by-step guide to releasing whatever is limiting us so that we may live healthier and happier lives. Journeying is a universal process that works well for everyone and is compatible with any belief system.—Linda Haglund, Entrepreneur and Public Relations specialist

An excellent job of explaining hard concepts in simple terms while helping us explore all areas of our lives.—BeverLi Joi, Owner of Spirals, Chelan, Washington

A provocative and useful guide to a method that can help you improve your life focus and find more purpose and wisdom. It includes guidelines to help you get started on your own journey into yourself and other levels of the universe, and offers precise examples and exercises to develop your natural talent once you've learned the basics.—Alicia Rasley, award-winning author and educator

Eloquently written and provides accessible and easily understood information. Regardless of spiritual background or practice, readers will find this a valuable resource for reaching greater understanding, emotional clarity, and personal growth.—Raven of the Moon, Spiralwalk ~ School of Natural Magick

Practical, clear, thorough, and detailed guidance for inner exploration.—Brigitte Sztab, R.C., Family Constellations Facilitator

An amazing accomplishment! Ms. Howell has taken human experiences that transcend description and given us a clear springboard from which to experience these magical gifts ourselves.—Clint Dalton, human rights activist

Clutch this book close to your chest and treasure the keys it can provide to opening doors to an enlightening future. The experiences of journeying can have a profoundly positive impact on your inner spirit, your life-force, and its relationship to all.—John Trowbridge, MD

Based on what the author has learned as well as experienced, the book guides the reader through many wonderful opportunities to learn and grow. Ms Howell writes with winning enthusiasm on a subject of which she has good personal knowledge.—Tasha Halpert, Author, Teacher, Mystic

The Journeying Workbook *takes you on an exciting and extraordinary inner expedition.*—**Steven S. Sadleir, author and founder of the Self-Awareness Institute**

A thorough and concise workbook. I found it very inspiring and think it would be a wonderful tool for anyone who is interested in spiritual development and advancement. Ms. Howell's overview is wonderfully accurate of the synergy between both Eastern and Western philosophies.—**David Walker, CBT, LBT**

The Journeying Workbook *helps us make another step towards living our life to the fullest.*—**Robert Nader Shabahangi, PhD, MFT, Founder of the Pacific Institute**