



## Journey Log and Case Write Up Instructions

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### OVERVIEW

A journey log is very useful. It helps you remember things, and it proves your effort. I require the log from each class to get a Class Completion award. [I also require a case write up for each session you do in Healing Clinic for it to count towards your Certification]

The log should contain entries for **at least 80%** of your in class and homework journeys. This gives you room to skip journeys that you don't want to do, or didn't have time for. The log will be incredibly helpful to you, I promise. In my eyes it serves these purposes:

**It teaches you to capture the key things from your journeys, and report them in a short, concise way.** This is really important when we are sharing our journeys in class. Believe me, you will appreciate this from your classmates as we go along ☺.

**I gives me a written record of your work to grant your Certification of Training.**

**Healing Clinic clients** will LOVE getting written cases. They will share them and tell the world about your amazing healing work. This will build your confidence and it will get your show on the Social Media road.

I really don't care HOW you keep your personal classwork log. Typing it into a computer makes it easy to share with me and others. But some people like to keep handwritten journals. Copy and/or scan to share hand notes with me. I'm cool with whatever works for you.

See the FORM in the Box.net Library if you want something you can just fill out for each journey. Please gather all the journeys into ONE document when you email the Journey

Log to me at the end of class (or put them all in one folder and upload that folder to box.net) DO NOT EMAIL ME EACH ONE SEPARATELY!!! I can't keep track of it all.

**Please don't send me each journey as we go along unless you want me to review that particular journey with you outside of class. At the end of the class you can upload the whole file to box.net, email it to me, or mail it me using the post office.**

Type up your Healing Clinic Cases to send to the client. This helps them with sharing - the key to your future success! We will be uploading these to Box.net . Separate instructions for that coming.

**Just so you know - I will not necessarily be reading each journey and giving you feed back on your write ups.** I do stay close to you in class, and you will get lots of my personal direction and attention. If you want me to review a journeys outside of class, send me your write up and your questions, and I will either email you my thoughts or we can talk on the phone.

## **CLASS WORK ENTRIES:**

**I need these data points for each classwork entry - I really do!**

Date

Class Number/ Title

Class Session/In-class or homework assignment (or *extra* if not assigned)

Journey Title/Intention (copy from our manual)

*(Non assignment journey? That's cool! Write em up!)*

For example:

8/25/2011

#2 Connection with Spirit

Session 3/ in class journey

Journey Title/Intention: *To merge with a spirit in the upper world*

**Short summary of the journey (not all of these data points will apply to each journey)**

**Who the journey was for:** (Yourself? Your neighbor's cat Charlie?)

**Your purpose:** The specific things were you trying to accomplish for your client or yourself. A lot of our journeys are about YOU learning, growing, healing, changing, exploring, etc.

**What key things happened:** Boil it down - if you had 3 minutes to relay this journey, what would you say?

**Feedback from the client:** The good, the ugly - let her rip!

**Reflections on your development:** What you learned about the spirits, shamanism, yourself, the process, reality, whatever.

## HEALING CLINIC ENTRIES

### For our database

- Date
- Human's name
- Animal's name
- Very short description
- Picture of the animal if you can get one

**Who the journey was for:** (Charlie, a 13 year old male Pomeranian with a bad back)

**Your purpose:** The specific things were you trying to accomplish for your client or yourself. A lot of our journeys are about YOU learning, growing, healing, changing, exploring, etc.

**What key things happened:** Boil it down - if you had 3 minutes to relay this journey, what would you say?

**Feedback from the client:** The good, the ugly - let her rip!

**Are you sharing this write up with your client?**

**Do you have permission to share this on the SpiritHealer website and blog?**