

Module 1 - Class 1 Checklist:

- Watch Video 1 - Welcome to the Crystal Shaman Initiation Program.
 - Optional - Download the Module 1 - Class 1 transcript.
 - Optional - Download the Audio.
- Watch Video 2 - What to expect in Class 1.
 - Optional - Download the Audio.
- Watch Video 3 - What is a Shaman? How does a Shaman Heal?
 - Optional - Download the Audio.
- Watch Video 4 - Let's talk more about Crystal Shaman Lineage.
 - Optional - Download the Audio.
- Watch Video 5 - Let's talk about the medicine wheel + the medicine bundle.
 - Optional - Download the Audio.
 - Select your first stone for your medicine bundle.
- Watch Video 6 - Let's talk about Creating Safe + Sacred Space.
 - Optional - Download the Audio.
- Take the Guided Shamanic Journey to Receive your Spirit Animal Allies for Creating Sacred Space.
 - Download + Complete the Spirit Animal Reflection Ritual.
 - Write your prayer for Opening Sacred Space (download template).
 - Watch demonstration videos about Opening Sacred Space.
 - Practice Opening Sacred Space.
- Watch Video 7 - Setting Your Intention.
 - Optional - Download the transcript.
 - Download and Complete the Intention Setting Ritual.
 - Share your intention + your experiences in the FB Group.