

GUIDED JOURNEYS

with Lora O'Brien

Why would you do these Journeys? Not hard to tell...

There's lots of reasons to Meditate or Journey, generally, and we do look at that in our free course - Getting Started with Meditation + Guided Journeys - but here's some more personal feedback from other students:

Louise Lieb (January 2018)

What I really appreciated about these journeys... was the dropping down inside at the onset of the journey. I found that made the journey feel more substantial, somehow. When I've journeyed in the past, I would go more from the top of my head. When I compare the two approaches, the one from the top of my head gets me to the Otherworld very quickly, yet it's similar to being in a light sleep, where I can be distracted more easily. Yesterday's journey, traveling from that deeper place, made the Otherworld seem more grounded and real. Thank you!

Mallaidh Michelle Kopesky (January 2018)

I've been struggling with meditation and your technique allowed me to do it again. It was such a wonderful feeling.

Join our Irish Otherworld Journeys Facebook Group and have a quick read through other people's experiences, questions, comments there. It's fascinating - and super useful - stuff. You'll soon see, from what other folk are saying and experiencing as well as the experiences you will be having yourself, that I'm not messing when I say these Journeys can change your life; really turn things around if you're struggling - mentally, physically, emotionally or spiritually - or deepen an existing spiritual practice to a whole new level.