



# The Journey to the Sacred Garden

*Hank Wesselman*

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At the heart of spiritual awakening lies the discovery that each of us can achieve the direct, transformative connection with the sacred realms—a connection that defines the mystic. *The Journey to the Sacred Garden* guides us along a well-traveled path into this extraordinary experience and includes an **experiential audio download** of shamanic drumming and rattling, providing us with an effective, easily learned technique for expanding awareness and shifting consciousness safely. The first goal: to find our Sacred Garden, a place for personal empowerment; as well as physical, psychological, emotional, and spiritual restoration. Once there, we learn through direct experience that the garden can be used as a gateway into the other levels of the inner worlds.

Anthropologist **Hank Wesselman, Ph.D.**, reveals that our garden operates by four primary rules:

- Everything in the garden is symbolic of some aspect of ourselves or our life experience.
- Everything in the garden can be communicated with, enhancing understanding.
- The garden can be changed by doing work.
- When you change your garden, some part of you or your life will change in response.

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