

The Shamanic Journey Process

combines **intention** and **focus** to travel into **Non-Ordinary Reality**, in this case to the Upper or Lower World, to meet and work with Compassionate Helping Spirits who can provide guidance that is not generally available in Ordinary Reality.

Beginners Journey 1: Journey to the Lower World to meet your Power Animal

For the Lower World Journey, pick an actual opening in the Earth, in **Ordinary Reality**, where you could enter into the Earth and travel downwards to the Lower World. You might choose to use a hole in a hollow tree, a well, a cave or tunnel, or another opening in the Earth where you can imagine going straight down.

Set your intention to meet your Power Animal when you get to the Lower World. Before you leave, call to your Power Animal to meet you in the Lower World.

Get up out of your body (or imagine yourself getting up out of your body) and travel to the opening in the Earth, climb in, and travel **STRAIGHT** downwards through the Earth's crust. You may be traveling through a tunnel, until you come out into another world. You will know this because there will be some kind of landscape there.

When you get there, ask that your Power Animal meet you there, and keep asking until someone meets you. When you meet an Animal or other Spirit, ask it if it is your Power Animal. If it says yes, you can spend the rest of the journey getting to know your Power Animal. If it says No, ask it if it can take you to your Power Animal. If it will not, keep traveling calling for your Power Animal to meet you until you meet another Spirit,

When the Drumming changes, right away, come back up through the tunnel exactly the way you went down, and return fully to your body.

Beginner's Journey 2: Journey to the Upper World to meet your Teacher

For the Upper World, pick high point on the Earth, in ordinary reality, where you could easily travel directly upwards.

You may choose to use a mountain or cliff or somewhere where you can imagine

going straight up.

The goal is to travel upwards until

you pass through a membrane into the Upper World.

Set your intention to meet your Teacher when you get to the Upper World. Before you leave, call to your Teacher to meet you in the Upper World.

Get up out of your body (or imagine yourself getting up out of your body) and travel to this high point, lift off, and travel STRAIGHT upwards through

the membrane into the Upper World. The terrain in the Upper World is lighter

and more ethereal than in the Lower World.

When you get there, ask that your Teacher meet you there, and keep asking until someone meets you.

When you meet a Spirit ask it if this is your Teacher.

If they say YES you can spend the rest of the journey getting to know your Teacher.

If it says NO, ask if they can take you to your Teacher.

If they cannot, keep traveling and calling to your Teacher to meet you.

When the Drumming changes, right away, come back down exactly the way you went up, and return fully to your body.