

A Simple Guide to Shamanic Journeying

What you will need:

- Simple intention
- A drum, rattle or digital drum/rattle track
- A portal to access non-ordinary reality
- An eye covering (scarves and bandannas work great)
- Quiet/private space where you won't be distracted for 20-45 minutes.
- Journal to record your journeys.

Going on your Journey

1. Set a simple intention to journey on. Remember to try and form questions/intentions that begin with who, what and how. You can also set a simple intention to receive a healing or guidance around a particular area of interest to you.
2. Choose your portal where you will enter non-ordinary reality. This can be a place you imagine yourself in that you really love in nature or you can imagine yourself walking up to a tree and the tree being your portal. Trees work great as they provide easy access to go down and up.
3. Take 5 minutes to sit quietly and breathe and ground/center yourself. If you have allot of chatter in your head try bringing your breath into your mind and on your exhale, exhale any dense energy, thoughts, feelings down through your body out your feet and into the Earth. Do this until you feel present. *(Note: No one can journey 100% of the time if you try to journey and are unsuccessful I encourage you to try again another day.)*
4. If you do not have an invocation track on your digital device then take a minute or two to whistle and rattle (if you have one) with the intention of calling and welcoming in your Helping Spirits. Not only does this call them in, but it will also help you prepare for the journey.
5. Now find a comfortable spot to lie down or sit up, put your eye covering on and begin drumming/rattling and/or your digital track.
6. In your imagination bring yourself to your portal, if you feel lost and/or are having a hard time staying focused, I suggest repeating your intention a few times.
7. When you are complete with your journey make sure that you are fully back. If you feel light headed or out of it, then you are not fully back. Take some time to take your notes and then see where you are at, if you still feel a little out of it, then take a moment to ground yourself. Some simple ways of grounding yourself are writing a to do list, going for a walk and eating food. If you still don't feel completely back take a moment to close your eyes and imagine pulling your essence back from all the places you were in your journey, pulling that essence back into you.