Transcendence Technique
Week 6 Workbook

1. What is Dimensional Journeying?

2. In order to induce trance the beat of the drum should beat_____ per minutes.

3. The drum supports the introduction to _____?

4. Tell me what you know about the sacred mirror?

5. How do you access the lower world?

6. How do you access the upper world?

7. How do you access the middle world?

8. True or False: It isn't necessary for creativity and imagination to be present in a Dimensional Journey.

9. Who's responsibility is it for a successful journey? _____

10. True or False: In the middle world I will meet my Power Animal?

11. True of False: In the upper world I will meet my spirit guide?

12. True or False: In the Lower world I can journey to the moon?

13. What do you do right after you go on a dimensional journey?_____

14. Tell me your experience when you journeyed to the Lower World?

15. Tell me about your experience with the upper world?

16. Tell me about your experience with the middle world?