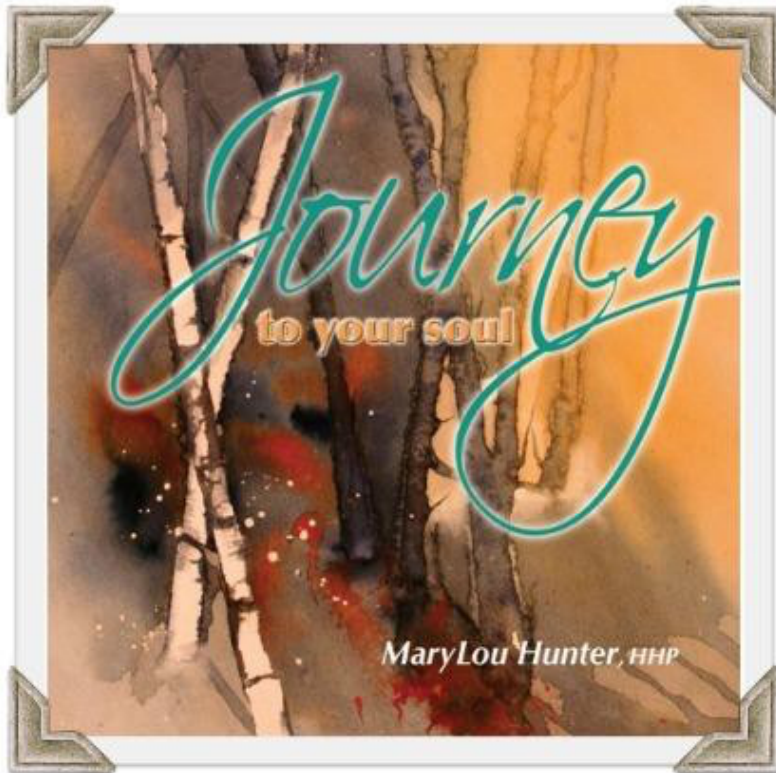


Dimensional Journeying

Journey to your Soul



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Definitions

Power Animals

Power animals are Native North American guardian spirits. Often a power animal is a basic power source used to connect the shaman with non-ordinary powers.

Shamanic Enlightenment

This is the literal and metaphysical ability to lighten the darkness. It may be the ancient meaning of enlightenment. An important component is the power of giving off light.

Spirit Guides

Spirit guides Spirit" is a broad term which encompasses any non-corporeal entity with which a shaman associates with. These spirits are one of the fundamental components of shamanism, as they are seen as the bringers of blessings through offerings, prayers, rituals, and the building of special altars.

Lower World

The Lower world is an area visited by shamans that lies beneath the earth in non-ordinary reality. A shaman may visit the Lower world for purposes like having conversations with or retrieving power animals.

Middle World

The Middle world is an area visited by shamans that lies within our physical reality on earth in non-ordinary reality. A shaman may visit the Middle world for purposes like having conversations with people to resolve issues or get unanswered questions resolved. Also, for the purpose of having conversations with the spirit world and spirit of nature in our physical reality.

Upper World

The Upper world is an area visited by shamans that lies above the earth in non-ordinary reality. A shaman may visit the upperworld for purposes like having conversations with or retrieving spirit guides, or to reach higher levels of enlightenment .

Ordinary State of Consciousness (OSC)

The ordinary state of consciousness is the normal waking state of humans.

Shamanic State of Consciousness (SSC)

The shamanic state of consciousness is an ecstatic altered state of consciousness through which a shaman can access an alternate reality.

Non Ordinary Reality (NOR)

Non-Ordinary Reality allows you to see, hear, smell, feel, and touch what others are unaware of...utilizing your sixth sense at it's highest level. It is opening to the flow of the Universe and connecting to the Life-force energy all around you.

Non-Ordinary Reality describes the three world's shamans travel in to obtain information or retrieve soul essences that have split off during trauma.

Dimensional Journeying is a technique used by journeyers to gain entry into the spirit world.

Journeying is a tool for spiritual growth.

It is also a tool that can be used for healing, obtaining information, and working through physical, mental and emotional issues. When someone goes on a journey they are able to communicate on a spiritual level. A journeyer can use a journey to examine the health of their body and personal life.

Dimensional Journeying is easy to understand and is a powerful tool that acts as a gateway for our connection to spiritual growth. It does not matter what your spiritual beliefs are because there is only one source of energy in the universe. Learning to journey acts as the bridge for connecting to our higher self and leaving our ego behind.

Going on a journey breaks the toxic barriers to divine truth and allows the voice of God to heal our hearts. Your guides and power animals help you develop your own brand of spirituality through your personal experiences and personality.

Dimensional Journeying is the perfect tool for spiritual empowerment.

In order to be a successful journey you need to have

- An open mind
- A set intention
- A quiet place to journey
- Journey tools (blindfold, drumming cd, journal and pen)
- Tape recorder (optional)

In order to have authentic journeys it is important to shift your mindset to be open without judgment. It is important to leave your need to control locked away so that you can have a creative unbiased experience, yet remembering that you are in total control of your journey. Do not have expectations just relax and enjoy the creative ability to engage in a world that is safe and empowering.

Remember your experience is unique in that no two experiences are alike.

Your experience is also real; trust your experience and enjoy.

The steps for a successful journey are as follows:

1. Find your sacred place that is peaceful making sure you will have ZERO interruptions. Make sure your body is comfortable with pillow and blanket if needed. Take a few moments to clear your mind, take a couple of deep breaths.
2. Make sure you have an intention for your journey.
3. Put your blindfold on and start your drumming CD.
4. During your journey, allow yourself to be creative and know that you are safe and can interact with animal and spirit guides. They speak your language and will not harm you. You are not in your physical body while on this journey so no action or endeavor will hurt you therefore you can breathe under water, walk through walls, etc. Use all your senses and trust that your journey is perfect for you.
5. After your journey, reflect and journal your journey and answer the questions that are in your Journey to your Soul Journal. Make sure you do this before you focus on anything else.
6. Make sure you have water to drink after your journey.
7. Take a deep breath of gratitude as you embrace in your new knowledge.

Journeying Tips

- Having expectations or false assumptions will sabotage your outcome. Be open and creative.
- It is important not to predict your outcome. Trust that what you receive in your journey is what you need.
- Do not rush your experience and just allow your journey to unfold naturally.
- Try not to accomplish too much in one journey. If you have multiple tasks, spread them out with several journeys.
- Try not to journey when you are too tired to avoid falling asleep.
- It is important not to be too hard on yourself or turn your journey into a goal or performance. After you set your intention, relax and allow your journey to flow effortlessly.
- Your journeys are sacred and it is important to respect your work. Be selective with who you share your information with.
- Do not judge yourself during your journey. Just observe without ego so that you benefit from your experience.
- Be grateful to your guides and the process, remembering that you are establishing relationships, which deserves kindness and respect.
- When you encounter a being in your traveling - whether human, animal, angel or other spirit - ask it if it is in fact your Spirit Guide, Helper, Teacher or Power Animal. If it replies no, ask if it can direct you to your Guide. If it is your Helper, ask its name, what wisdom it has for you, why is it in your life, what you can/should work on together. Then, let your Journey proceed, doing as you are directed.

On the days you are engaging in your dimensional journeying it is important to remember that your body is your temple and what you eat will either nourish or deplete the cells and organs that are working hard at giving you a healthy life. Before you eat be mindful of why and what you are eating. Make sure it is for fuel and not because of toxic emotions!

For the best results for your journey, make sure that you are eating fresh fruits and vegetables and healthy organic meats. Avoid all junk food, processed food, candy and soda.

Your goal is to create sacred space for these journeys, including the food choices you make. When you honor your body and the space you are providing for your journey, your results will become more empowered.

Make sure you are drinking plenty of water so that you are purifying your body while journeying. One way that we can help to detox on a daily basis is to drink plenty of water. By adding lemons and mint to your water will help detoxify and cleanse the digestive track and balance pH. Cucumbers helps clear free radicals and promotes healthy skin.

2L Spring Water

1 medium cucumber

10-12 fresh mint leaves

Steep overnight in fridge and drink every day

Journeying to the Lower World

When you journey to the lower world, look for an entryway into the earth. Some Journeyers enter through a cave or a hollow tree. There are other ways so be creative and choose what is right for you.

The entryway often leads to a tunnel that leads “somewhere else.” That somewhere else - whatever it may be like - is the Lower World for this journey.

Let yourself explore the lower world while you are on your journey. Lower World often has a loving, earthy feel that is very grounding. The Lower World is inhabited by Spirit Guides who are deeply connected to Mother Earth: natural and “mythical” animals and other “mythical” creatures.

When you hear your callback rhythm of the drum or when you feel you have completed your Journey’s intent, tell your Helper(s) that you must return to ordinary reality. *Thank them for their help. Come back to your body through the same earth opening.* Allow yourself to come fully back into your body, stretching and taking a deep breath.

Exercise:

Go to the Lower World and Find your Power Animal. Spend time with your power animal and ask for its name. Ask your power animal how to access communication without going into a meditation journey. Spend time with your guide so that you can build a relationship of trust and friendship.

Journeying to the Upper World

The upper world is very ethereal. The light tends to be bright and the landscape varies from crystal cities or simply clouds. When you are in the upper world it is common for you to feel you are standing on something however you no longer feel the earth under your feet.

Begin seeing yourself at a particular location in nature that will help you travel upward.

- The tree of life
- Hot air balloon
- Climbing a rope or ladder
- Climbing a mountain
- Rising up on a tornado or whirlwind

There will be a transition not a barrier as you enter the opening through the clouds. When you pass through this transition you will arrive on the first level of the Upper World.

Exercise:

Go to the Upper World and Find your Spirit Guide. Spend time with your Spirit Guide and ask for its name. Ask your Spirit Guide how to access communication without going into a meditation journey. Ask your guide what are some lessons you can learn to become more spiritually empowered. Spend time with your guide so that you can build a relationship of trust and friendship.

Journeying to the Middle World

The middle world is a spiritual dimension of our physical world. In the middle world you will be able to communicate with the spirits that live in all things present in the physical reality.

You journey to the Middle World

- To find lost or stolen objects
- Communicate with nature
- Long distance healing work
- Journey to the Moon, Sun and Stars

When you journey to the middle world you are in present time, traveling through our physical earth/solar system.

See yourself walking out of your front door and stepping into your garden or traveling through space quickly to get to your destination.

Exercise:

Take a journey to meet the trees, plants or rocks around you to learn about them and come in balance with nature around you.

Journey Topics

- Interpretation of a dream. (upper or lower world)
- What is the meaning?

(upper, middle, lower world)

- What changes do I need to make in my life?
(upper/middle/lower world)
- What would bring passion back in my life? (upper/lower world)
- How do I get rid of my fear and anger?
(upper/lower/middle world)
- Journey to a body of water to learn its power. (middle world)
- Ask for a ceremony that you can perform to help manifest a desire. (upper/lower/middle world)
- Ask for a ceremony to celebrate life's transitions. (upper/lower/middle world)
- Ask help to resolve a conflict. (upper/lower world)
- Ask help with creative projects.

(upper/lower/middle world)

- Journey to ask how you can heal a social wound. (middle world)
- Journey just to explore and have fun. (upper/middle/lower world)
- Journey to find out what messages mean to you.
(upper/lower/middle world)