

Steps of the Shamanic Journey

1. Envision a place where you can easily penetrate into and through the Earth. This may be a place you've been before, but it can also be a place from your imagination. For example, a well, a rock crevasse, a cave, a hole in a tree, a sewer grate, a rabbit hole, etc!
2. Imagine yourself entering this place and moving through the Earth and coming out the other side into a new space. This may look like a place you have been before or it may be completely different. You are now in the Lower World and in Non Ordinary Reality.
3. When you arrive, have your intention in mind: "I'd like to meet my Power Animal." You may find that repeating this several times will be helpful to you.
4. You may meet an animal. Or you may find that you are waiting for a period of time. Whenever an animal appears, ask it if it is your Power Animal. If it isn't, ask if you may be taken to your Power Animal.
5. When you meet your Power Animal: introduce yourself, ask your Power Animal if it has a name it would like to share with you, ask if there's anything you can do for your Power Animal, and if there's any teaching your Power Animal may have for you. You can also ask your Power Animal particular questions that are on your mind to receive answers or support. It is, however, very important that you ensure that the questions you ask are about yourself and your own thoughts and actions, not about another's.
6. When the drumming changes tempo, it is a cue to return to the Middle World and Ordinary Reality through the same path that you came down.
7. Journal your experience so you have a record. Be sure to include the date!



**WILD
CARROT
HERBS**