



RETURNING THE SACRED

MONTH TWO

The Shamanic Journey, Sovereignty, Foreign Energy & Calling Back Our Power.

Week 1

Recordings:

1. How to open your pathways of perception & the shamanic journey.
2. The shamanic journey.
3. Practicing connecting with the unseen realms.

Practicing the shamanic journey – connecting with your guides and the spiritual realms:

Begin by creating sacred space and setting your intention for each journey.

- Rattle and/or play a recording of a drum beat or use other means (certain meditations, prayer, chanting, dancing, sound/music, sacred medicine plants ...) to shift your consciousness into a more trance-like state.
- Begin by going to this sacred space in nature that you imagine. Tune in, what does it look, feel, sound, smell, feel like?
- From your heart, send out your intention, for example to meet one or more of your power animals.
- Intend to journey to the upper or lower worlds. At all times, have at least one of your allies with you. With time, you will know and be with an entire entourage of helping spirits, each with different functions, qualities and abilities.

Prompt for your shamanic journey:

Meet one of your **Power Animals**.

You have several Power Animals. They represent certain abilities and qualities to you and are important allies on your exploration in the unseen realms.

Typically, this is a journey to the lower worlds of primal earth and nature.

Once you meet your Power Animal spend time with it, get to know it like you would a new friend. Go on a journey with it. Feel it. You can ask it for guidance, healing, for protection, for anything. Perhaps have a picture of it in your sacred space.

Repeat this journey to meet more of your team.

Week 2

Recordings:

4. Sovereignty & boundaries

Prompts for your shamanic journeys:

Meeting one of your **Teachers**.

You most likely have several Teachers. Teachers are allies you go to mainly for receiving guidance, wisdom, information.

Just like with your Power Animal, get to know your teacher. How does it feel to be with them? Ask it any question you have. Develop a relationship that can be extremely supportive in your day-to-day.

Typically, this is a journey to the upper worlds of ethereal nature.

Week 3

Recordings:

5. Foreign energy 1 & 2

Prompt for your shamanic journeys:

Meeting your **Body Protector**.

Your Body Protector is a helping spirit who can show up in any form - as an animal, angelic presence, ascended master, They are always with you in the journey and perhaps in "ordinary reality" as well to keep you safe.

See how they want to work or be with you to be in that role for you.

This journey could take you to either place, not in the middle realm though, where you are travelling in our man-made world but as your consciousness.

From now on, always journey with your body protector and one of your main power animals at your side.

Week 4

Recordings:

6. Calling back your power 1 & 2
7. Opening space for your ceremony.
8. Closing space for your ceremony.

Prompt for your shamanic journeys:

Finding your **Power Place**. You have at least one place in “non-ordinary reality” that is imbued with elements that increase your “power” in the journey. It is there only for you and your helping spirits. It’s your sacred space where everything that is there adds strength and potential to you.

This could be in the upper or lower world.

Ideas for how you can set your sacred space before a ceremony - what I currently do:

- I **clean** up my sacred space so the energy is calm and inviting.
- I sit with an erect spine and **breathe** into my belly, my chest and my head with 3 or more breaths, feeling myself arrive in this space, feeling my body and bringing my awareness from my mind into my body and heart.
- I feel into what the **intention** is for this sitting. Healing, guidance, connection, ... or simply being present.
- I turn on my **water** fountain.
- I **light** a candle to open my space.
- I smudge myself and the space with sage and palo santo to **cleanse**.
- I sometimes **chime** my singing bowls or bell to clean the space here in the beginning or during the ceremony.
- I make an **offering** to the earth with corn meal, to spirit with tobacco, to my ancestors and spirit guides with milk. I use a bowl for this.
- During this I **ground** myself into the earth with my breath and visualization, I **connect** with the spiritual realms by breathing up and out the top of my head, and I bring my awareness into my heart which I experience as the portal through which I experience my connection with the spiritual realm. I might reinforce my energy body and field through intention and visualization.
- I sometimes **call back my power** with my rattle or a song.

At this point I might I might **call in** my “team” of helping spirits and usually feel them connect with me, sometimes some come into my space directly and I can feel their energies with me or around me.

I might tune into a specific being or consciousness and ask for **assistance** with something.

I might receive a **healing** and information from them about what is going on in my life. I am always in charge and have the last word through my free will.

I might pray and work with my **medicine bundle**, my misa which holds my sacred stones, who work as a vehicle for the different natural energies I work with (the mountain spirits,

the elements, animal spirits, the angelic realm) for a personal healing, for remembering or, when I'm guided to, I work with and for the land, the energy grid that surrounds the planet and the collective field of humanity.

I might play my drum or use a recording to do a **shamanic journey** for a client.

Connecting **daily** has deepened my connection, relationship and trust in the unseen realm profoundly.

Play with these and see what resonates for you at this time. Create your own ritual as an anchor to drop in and connect.

Always **close your space** when you leave it unless you are guided to leave it open for a certain period of time until the work is complete.