



Protocols for Middle World Helping Spirits

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If you study with native shamanic traditions, you will likely work exclusively with Middle World ("ethnocentric") spirits. It is advantageous to work with other Middle World spirits, because we live in the Middle World, and most Middle World spirits are delightful.

They are different from ego-less helping spirits though, and knowing the difference is important. Even a classical shaman can be—and often was and is—taken over and placed into servitude by powerful Middle World helping spirits. Such occurrences are especially true in cultures that work exclusively with Middle World helping spirits.

Working with any Middle World spirit safely requires that certain protocols be followed, often fairly precisely, so they are not ideal helping spirits to start off with. Luckily, it's easy to avoid most problems once you know a few simple secrets.

Tips for Working With Middle World Spirits

Special thanks to my colleague, Mary Courtis, for this section!

1. Start with just one helping spirit and have someone experienced check to make sure it's one with no ego (not a Middle World spirit). [My own practice is to journey with the clear intention "I'd like to meet my non-egoic/ego-less representative of Source at this time."]
2. Accept no additional helping spirits unless they have been thoroughly approved by helping spirit #1, who has no ego and is not a Middle World spirit.
3. Tip-offs that your helping spirit has ego are
 - they ask things of you (sacrifice incense or a chicken, put out food for them, etc.) or
 - they get angry or judgmental or pushy or whiny or whatever with you, say or do anything that makes you feel bad or guilty or like you've done something wrong.
4. When you first meet a new helping spirit that has been approved by #1, immediately ask them "why have you come to me and what do you want or need from me?" The answer should be nothing, that they are simply here to support you on your path. And be suspicious if they start expecting something of you in a later journey.
5. Until you have a solid working relationship with at least one compassionate (ego-free) helping spirit and are able to interpret what they are telling you and understand their metaphors, it's best to make all your journeys are to the realm of compassion (by having that as part of your intention for the journey, e.g. "I'm going to the realm of compassion to meet with [my known, ego-free helping spirit] for [guidance on xxx]. Do not journey in the Middle World or follow guidance from dreams or ordinary reality omens, where deception is possible.
6. Once you start working with Middle World spirits, always have your ego-free helping spirit with you and vet everything the Middle World spirits say through them; check to make sure their guidance is okay and that your ego-free helping spirit agrees.
7. Always, always, always journey with a clearly stated intention, one that includes that you are asking only your own known ego-free helping spirit and inviting no one else who has not been approved by that helping spirit. Otherwise, you're just "out there." The intention determines the journey, and having none often means that any spirit anywhere who wants to be with you for whatever reason is being invited in.