



Shamanic Terms, Principles, and Basic Journey Method Summary

Mary "Tyrle" Rooker, <http://www.ShamanicSpring.com>, Tyrle@ShamanicSpring.com
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Classical Spiritual Realms

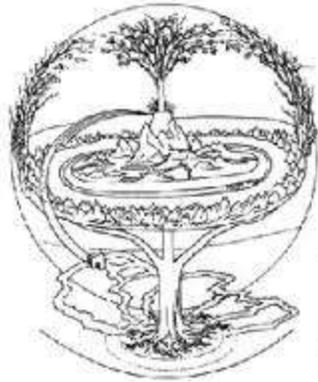
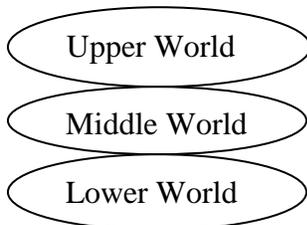
Lower World: usually feels much like the earth to most people.

Upper World: usually has an ethereal quality, like your feet are not quite on the ground.

Middle World: here, this world, which also has a spiritual aspect to it. Middle World journeys are especially great if you want to find lost or stolen objects or to do long-distance shamanic healing.

Notice in which world (upper, lower, middle) you get the best info for what type of question.

We often think this:



Upper

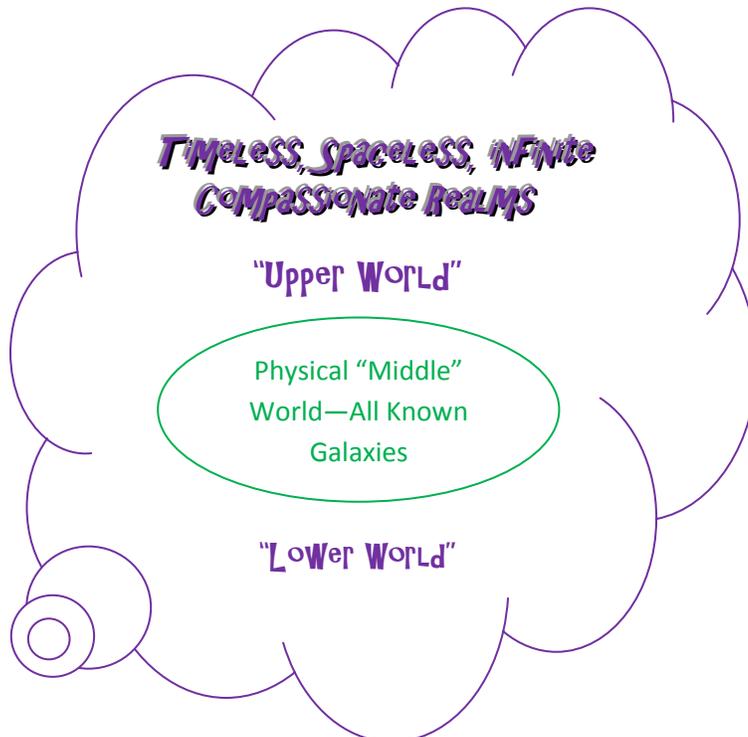
Middle

Lower

World Tree Image: SacredEarth.com

Emerging Spiritual Realms

Many no longer experience the three classical realms of Lower, Upper, and Middle Worlds. Instead, they simply experience “here” (what classically is called the Middle World) and “there” (the realm with neither time nor space, which is classically called the Upper and Lower Worlds).



Notice that the "Upper" and "Lower" Worlds blend into one all-encompassing realm in this model.

Guiding, Overarching Principles

1. You are never, ever alone.
“If you knew who walked beside you at all times, you would never know doubt or fear again.”
2. The real teachers and healers are in non-ordinary reality, not here.
3. Shamanism is a system of direct spiritual revelation of "spiritual democracy." You are your own spiritual authority.
4. Respect boundaries; the spirits do! The spirits will not help you without your consent.
5. Get permission before saying prayers or doing journey/healing work for another.
6. With most shamanic work, it's usually preferred to use universal energy, not your own personal energy.

Journey Formula: Control/Will + Connection (to self and Source) + Percussion + Intention

"What lies behind us and what lies before us are tiny matters compared to what lies within us."

— Ralph Waldo Emerson

Classical Journey Method

1. Entryway, Hole, or Opening:
Lower world — rabbit hole, cave, base of tree, pond, Dupont escalator ...
Upper world — up tree trunk, climb ladder, float up, power animal carries you up ...
Note: Many people no longer report any entryway or other portal; they simply put out their intention to their known helping spirit(s) and are suddenly "there," as if by automatic transport or as if "beamed" there.
2. Transition: Tunnel (lower world), Membrane/Mist (upper world), or straight out (middle world)
3. Landscape: Anything is possible!
4. Call Back:
 - Four Drum Rolls — Alerts you to the end. Time to thank your guide.
 - Fast Drumming — Draws you back; Retrace your steps and come back.
 - Four Drum Rolls — Settles you back into your body, back into the here and now.

Most people find it helpful to begin journeying with a drum or rattle. It's good to get to where you can just "hear" or "sense" your helping spirit(s) with you any time you need them without going through a formal journey process.