

Shamanic Terms, Principles, and Basic Journey Method

(Mary "Tyrle" Rooker, <<http://www.ShamanicSpring.com>> 2/9/09)

Spiritual Realms

Lower World: usually feels much like the earth

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.

— Journey here 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.

Spiritual Partners (Power Animals ...)

Remember: The real teachers and healers are in non-ordinary reality (especially the upper and lower worlds), not here.

Michael Harner's (Foundation for Shamanic Studies) Terminology:

Animal = "Power Animal" (can include mythological or extinct animals)

Human = "Teacher" (ancestors, some gods, goddesses; could so appear as a child or as you)

Faerie = "Guardian Spirit"

Plant or Element = "Guardian Spirit"

Their power in ordinary reality (the middle world) has limits without us to bring it through.

Notice whether there are any differences between power animals and human teachers for you.

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

"Now is the time to come to our senses; the fate of the whole world hangs in the balance."

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

— Ralph Waldo Emerson

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 ...

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.