

Journey Topic Ideas

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

Habit-Breaking Ritual

How do I break a habit (of depression, self-hate, doubt ...) or bring a quality (joy/trust/love...) into my life? Ask for a prescription for the ritual (what to do and how often, e.g., hug yourself 3x/day for 3 months).

Gift from Your Power Animal or Teacher

Ask your power animal or teacher for a gift, one that you most need on your path at this time.

Gift to Your Power Animal or Teacher

Ask your power animal or teacher what gift it would like from you, then give it that gift.

Vacation Journey

Ask to be shown to one or more "vacation" spots that you can go to regularly for relaxation and rejuvenation.

Empowerment Animal Retrieval

Because we aren't consciously filled with power and light 24/7, it can be good to have an "empowerment" animal; some traditions call this a "body protector." This is a psychic bouncer, someone who keeps other people's "stuff" from latching on to you, keeps your aura/energy field "clean." You can merge daily with the energy of your empowerment animal (energy/essence only, not its full form).

Middle World Journey

Introduce yourself to the Uber spirit of the land you live on (apt., townhouse, house). See if it wants anything from you or has anything it's been wanting to say to you or give to you.

Bringing Passion and Meaning

What would bring passion and meaning back into my life right now?

Releasing Attitude Blocks

Journey question: What is the **core** attitude or belief that I am holding that blocks me from using my creative energy?

- What talisman can I make to embody this attitude/belief?
- Journey: How do I imbue the talisman with all the energy/blockage/attitude ... I just got in this journey?
- Take time in ordinary reality to say goodbye to it, keeping the talisman for a time (one hour, one day, one week ...).
- Release the talisman as directed by the spirits (e.g, burn in a fire ceremony, whatever element you feel most comfortable with if no clear spirit guidance given).

Dream Work Intention

Before going to sleep, ask your own psyche to open up to the love of the universe for healing.

Moon & Seasons Work

Start to work with the moon and seasons (or work with them more deeply). Notice how your energy is affected by the moon and seasons and make life changes to match (e.g., introvert versus extrovert time).

Ancestral Gifts

Journey question: What gifts, talents, and strengths come through my ancestral lines?

Releasing Other's Stolen/Given Soul Parts

Journey question: Am I holding on to anybody else's soul part(s)? What ritual can I perform in ordinary reality to release the soul parts back to the universe?

(Note: do **not** release the soul parts back to the person or their power animal/teacher; release only to the loving and compassionate spirits of the universe.)

Journey to Descendants

Journey to those yet to come (human, plant, animal, element...) and ask them what you can do that would provide the strongest foundation for their world (the future).