

# Journeying on Your Own

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

## Establishing a Regular Journey Practice.

Do journey at home on your own regularly in addition to a group. Journey any time you have a question or need healing, but don't get carried away. You don't need the spirits' input to know what socks to put on; don't give away your power to anyone, even the spirits. Journeying at least once a week is good.

## Preparing for Your Journey.

Disconnect the phone. Pick a time when you are not tired and when your mind is alert but not too active. Pick a location where you will not be disturbed. Do not journey while driving! Most people get sleepy if they eat too much before journeying and get distracted by hunger pangs if they don't eat at all before journeying. It's best to avoid alcohol and other mind- or mood-altering substances before and after journeying, especially before: if you're "not home," you're not "there" to partner with your spirit partner. Get comfortable, no tight belts. Try covering your eyes; shamans see in the dark.

**Remember: Control/Will + Connection + Percussion + Intention = Journey!**

## Helpful Tips.

Remember to dance and chant before you begin journeying to help you open and connect to Source. Explore rattling or drumming for yourself. Try a journey cd with or without headphones; see which works better for you.

If you don't think your journey was "successful," don't get discouraged. Shamanism is about establishing a deep relationship with yourself and Source. It's not instantaneous; be patient with yourself and with your process. Try saying or singing your journeys into a tape recorder. Try longer journeys; try shorter journeys. Try rattling or drumming for yourself.

Remember that you have choice and control over what you say and do in the journey; you can approach or ignore any form or situation. You do not control what your power animal or teacher says or does. The spirits need your permission even to bring you healing. If you're unsure of something or feel confused or frustrated ...

- ask your guide for help;
- ask another guide for a "second opinion" on your question or for a "translation" or different metaphor to help you understand what the spirits are trying to show you;
- try re-phrasing your question; wording is important;
- remember that some things it's not our destiny to know; and
- the spirits are *not* stubborn and don't act out, so don't think you're being punished or abandoned. They have *only* the deepest compassion for you. *Always*.

Honor those seasonal "dry spells" when you can't journey; usually can still journey for others, just not yourself. These are silent "gestation" times. Use this time to meditate or walk in woods. You can always ask someone to journey for you.

## Additional Practices.

Remember that you can call your guide to you in ordinary reality any time, even when you're not journeying.

Consider chanting or dancing (or both!) each morning. Even two minutes a day will make a difference in your life and well-being.