

Integral Shamanics

Launch 1: Shamanic Journeying

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Download

Writable worksheets, checklists, and log templates for the Launch primer can be found at <https://www.integralshamanics.com/launch-downloads>

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# **Shamanic Assessment**

The following assessment is for you to more clearly see your path, how you’re built, where you are. There’s no right or wrong way to answer any of the questions. They’re broad and loose so responses can flow in from any awareness and state you’re operating out of. This will be helpful in many ways as you see how responses shift, clearly see your transformation over time. Short responses or long responses—all good responses!

* How would you describe your current shamanic skill set?
* What are your personal goals around shamanic journeying? What outcomes do you want to see?
* Freeform write whatever flows out for you in this moment about shamanics and you.

# **Shamanic Journeying 1**

### Exercise: Stating Clear Intentions

What are some issues and subjects you’d like clarity and healing around? Take a few minutes to write a few down, then hone them into clear, concise, strong intentions. This may take several edits!

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### Exercise: Entry Techniques + Prep Checklist

Taking the following actions before you journey for the first time creates a supportive space, both inside and out, to journey in.

* Prepare a journeying spot in a part of your home that’s quiet and secluded, or a separate space, like a corner or section of a room. If this isn’t possible, then use the space differently; for instance, lie on your bed diagonally or with your head at the opposite end of how you sleep, or remove the back cushions of a couch to remove associations with napping, watching TV, etc.
* Use a drum track. Purchase a drumming track or look around YouTube; many good shamanic journeying drumming tracks are available. Use headphones or place speakers close to you. You can play your own drum or rattle if you keep the beat quick and steady, a strong vibration to ride.
* Before going in, state your intention: Repeat this several times before going in, and breathe deeply while saying it. Repeat while in your Garden as well, whenever you need help focusing the mind, body, or heart.
* Visualize a swirling spiral or undulating serpentine movement. Follow along with its turns and moves, and allow yourself, your mind, and your vision to flow with the movement
* Use a practice journal to record journeys to your Garden and any dreams that feel important. In hindsight, you’ll be able to see patterns and reoccurrences that you may not notice in the moment.

### Exercise: Discover Your Journeying Garden

Your Garden is a place you’ve physically been to, or have seen in pictures or a movie, and are drawn to strongly, passionately, even inexplicably. Take a moment to close your eyes, see what place arises in your conscious mind. What does it look like? What smells waft through the air? Are there animals, people, or other beings there? If you feel to, spend a few days letting the idea of your Garden shift and move through your conscious and unconscious mind as you move through your life. Notice what environment takes shape in your consciousness.

Jot down a few notes about what flowed through your heart, mind, spirit when you imagined your Garden.

* Possible places
* Visuals you saw
* Smells and sounds you encountered
* People, animals, plants, other beings you saw or interacted with

### Shamanic Journeying 1 - Fieldwork Checklist

Before you move on to the next session, do the following:

\_\_\_ Completion of all exercises within the section

\_\_\_ Stating clear intentions

\_\_\_ Journey Prep

\_\_\_ Discover your journeying Garden

\_\_\_ Make smoke using sage or sweetgrass five or more times

\_\_\_ Five or more journeys to your Garden using a strong intention you’ve crafted

### Recommended media

Shamanic journeying

* [Practical Shamanism, a Guide for Walking in Both Worlds](http://www.amazon.com/gp/product/0977815404/ref%3Das_li_qf_sp_asin_il_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=0977815404&linkCode=as2&tag=datinggod-20&linkId=HIGDISUSD7UVZ2DB), by Katie Weatherup

Drumming audio tracks

* [Shamanic Journey Solo and Double Drumming](http://www.amazon.com/gp/product/B00007BKHP/ref%3Das_li_qf_sp_asin_il_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B00007BKHP&linkCode=as2&tag=datinggod-20&linkId=VYRNKVWGL6CYV4GN), CD by Michael Harner
* [Shamanic Drumming](https://www.youtube.com/watch?v=DgD1oruX6WE), track by Von and Tom Engelbrecht

Soul retrieval

* [Soul Retrieval](http://www.amazon.com/gp/product/0061227862/ref%3Das_li_qf_sp_asin_il_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=0061227862&linkCode=as2&tag=datinggod-20&linkId=4QBI7YEVOG6A7AYA), by Sandra Ingerman

# **Shamanic Journeying 2**

**Communication with Power Beings**

When exploring shamanic reality, speak with the guides and power beings that show up to interact. Some questions to ask:

* Are you my power animal/plant/being/guide?
* How do you like to interact?
* What gifts/qualities/support do you bring?
* What can you teach me around \_\_\_\_ (specific issue/situation/technique)?
* How can I honor and support you?

### Exercise: Integrating Power Beings into Your Life

Conscious Connections

How have you connected with power beings in your life? List a few below, and focus this next exercise toward their energies. If you haven’t consciously met a distinct power being yet, what are a few beings—animal, image, saint, healer, artist, or plant—you’ve loved and felt drawn to?

*
*
*

**Power Beings Reality Links**

As you make new allies, come back to this exercise for suggestions.

* Collect earth-manifested, honorably and shamanically acquired power objects of your power beings, such as a medicine made from the plant, a totem of the animal, or a drawing or symbol of the guide. You’ll learn how to build and use medicine bundles in the next section, and you’ll to include some of the objects you collect and create.
* Dance your power beings. Put on music; drum, sing, let them move through you.
* Breathe your power beings into your ordinary reality when they arise in your conscious mind. See the world, your life, through the fresh perspective power beings lend.

### Exercise: Journeying to Lower World

Practice setting clear, strong intentions—riding those intentions first into your Garden and then travelling into Lower world. Going into your Garden first will help you establish a neutral, safe base from which to journey. As you become more experienced, try travelling directly into one of the three worlds in shamanic reality.

A strong intention for Lower world could be “I will go into Lower world to explore and to get to know power beings that would like to show or teach something.”

Close your practice with journaling. Write what you’ve discovered about your strengths, blocks, and use of tools. Then close your eyes, express gratefulness to Life, and create a frequency through toning, singing, chanting to carry with you into your day.

Do at least three journeys to Lower world before moving on to Middle and Upper worlds.

## Journeying Guidelines

Where to journey for someone else:

* At home, where you journey for yourself.
* In a healing space other than home, arranged as if journeying for yourself.
* If local, get together physically and journey while your partner meditates or rests.

**Who** to journey for:

* A person you connect with through the Integral Shamanics Patreon or Facebook page, or through your own digital social networks.
* A person you meet elsewhere online. Search shamanic forums and websites, social media pages, etc. Lots of people will be thrilled to have someone journey for them!
* A friend or family member—anyone you know and feel comfortable with who is open to journeying. As you learn, choose folks who will be accepting and focused on offering positive feedback.

**When** to journey

* If you and your partner won’t be in the same physical location, it’s important to pre-arrange a journeying time, so that the receiver can be in a receptive space, too. If they’re out shopping or at a movie, you may only pick up information about those settings, or the settings’ energy frequency will shift your interpretation of what’s occurring. It’s a co-creative process, with the person you’re journeying for participating as an open, receptive partner.
* Journey at the pre-arranged time. Connect with partners afterward (directly afterward is best) to relay the information received, ask questions to see how your experience correlates with their living, and discover their experience while you journeyed.
* An ideal way to arrange your session is to set a time to speak, talk until you both feel clear about the upcoming journey’s intention and focus, and then hang up and journey. After you come out of the journey, call your partner back to discuss the information received.

**How** to journey for someone else

* Decide whether it will be a single journey or an exchange. While you’re first learning, try single journeys, then do exchanges once you’ve gotten confident with the core journeying skills.
	+ With a single journey, the receiver lies down, relaxes, and meditates. He or she can listen to shamanic drumming or soothing music, or be out in nature.
	+ With an exchange, you both journey at the same time. Or the exchange can be done as two single journeys, spacing them out so that one gives and the other receives, then switch roles.
* Before you journey, ask receivers what issues they would like to explore, such as situations or relationships they’re struggling with, projects they want information about, or health situations they want clarity around.
* Ask them if they’d like you to connect with their guides or power animals.
* As the journeyer, set the intention to include the receiver’s issue. You can ask to meet with your own guides and power beings for guidance as you open to the receiver’s guides and power beings providing messages and healing. Stay focused on the intention you’ve crafted around the receiver’s issue as you explore shamanic reality. For example: “I will journey to Lower world to connect with a power being to receive messages and healings for Emmaline’s back pain.”
* After the journey, record brief details of your process in your practice log.
* Speak with the receiver to tell him or her what you experienced: what messages, symbols, feelings, and intuitions you received.
* After you connect with the receiver, write a solid description of the entire process in your practice journal. Make sure to include the contents of the journey, your process as a journeyer, and your experiences of using the tools for someone else.

### Shamanic Journeying 2 - Fieldwork Checklist

Before you move on to the next session, do the following fieldwork.

\_\_\_ Completion of all exercises within the section

\_\_\_ Integrating power beings into your daily living

\_\_\_ Five or more journeys to Lower world for yourself or others, setting clear intentions

## Power Animals: Concise Meanings

Excerpted from Pamela Nine: <http://www.pamelanine.com/faqs/animals-spirit-power-totem.html>

Alligator: Integration, Initiation

Anaconda: Foresight

Ant: Patience

Antelope: Action

Armadillo: Boundaries

Badger: Aggressive

Bat: Rebirth

Bear: Introspection

Beaver: Building, Goals

Bee: Working together

Beetle: Regeneration, Resurrection

Blackbird: Energy, Understanding, New

Blue Heron: Self-reflection, Self-reliance

Blue Jay: Creative controversy

Bobcat: Silence, Secrets

Boar: Confrontation

Buffalo: Abundance

Bull: Fertility

Butterfly: Transformation

Camel: Use of resources

Canary: Power of song and voice

Cardinal: Renewed vitality

Caribou: Physical fitness

Cat: Magic, Mystery, Tactile senses

Centipede: Coordinated efforts

Chameleon: Mastering change

Cheetah: Precision

Chipmunk: Respect

Cobra: Enlightenment

Cow: Contentment

Coyote: Trickster

Cricket: Luck, Sound

Crow: Divine law

Deer: Gentleness

Dinosaur: Ancient wisdom

Dog: Loyalty

Dolphin: Life energy, Power of breath

Dove: Inner peace

Dragon: Conscious awareness

Dragonfly: Illusions

Duck: Free will

Eagle: Spiritual connection, Enlightenment

Elephant: Obstacle remover

Elk: Stamina

Emu: Reason

Falcon: Questioning

Ferret: Solving mysteries

Finch: Desire

Firefly: Sharing self

Flamingo: Open-heartedness

Fox: Camouflage

Giraffe: New horizons

Goat: New endeavors, Blessings

Goose: Elder wisdom

Grasshopper: Leap forward

Hawk: Messenger

Hen: Nurturing

Horse: Power

Hummingbird: Joy

Hyena: Laughter

Jackal: Cleverness

Jaguar: Personal integrity

Jellyfish: Intent

Kangaroo: Guardianship

Kestrel: Proper values

Koala: Thoughtfulness

Ladybug: Unexpected gifts, Surprises

Lark: Freedom from worry

Leopard: Power of choice

Lion: Pride

Lizard: Dreaming

Mockingbird: Soul Purpose, Counseling

Mole: Retrieval

Mongoose: Courage

Monkey: Family Issues

Moose: Self Esteem

Moth: Out-of-body exploration

Mountain Lion: Leadership

Mouse: Scrutiny, detail oriented

Mule: Allowance

Newt: Miracles

Octopus: Versatility

Opossum: Strategy

Oriole: Social Behavior

Ostrich: Grounded, Astute

Otter: Playfulness

Owl: Wisdom, Discernment

Ox: Sacredness

Panther: Embracing unknown, Power

Parakeet: Hospitality

Parrot: Developing skill

Peacock: Visualization

Pegasus: Immortality

Pelican: Hidden resources

Penguin: Unity, Astral projection

Pig: Intellect

Porcupine: Innocence, Trust

Praying Mantis: Positive focus

Quail: Reservation

Rabbit: Listening, Fear, Fertility

Raccoon: Protection, Dexterity

Ram: Breakthroughs

Raven: Magic

Rhinoceros: Forcefulness

Roadrunner: Mental alertness

Robin: Parenting

Rooster: Ambition

Salamander: Fire power and medicine

Sea Horse: Androgyny

Sea Lion: Intuition, Imagination

Shark: Warning, Signs

Sheep: Congeniality

Shrimp: Recognition

Skunk: Reputation

Snail: Taking it easy

Snake: Transmutation

Spider: Creativity, Dream-Weaver

Squirrel: Gatherer, Planner

Starfish: Hope, Inspiration

Stork: Growth

Swan: Gracefulness

Tiger: Unexpected lessons, Passion

Turkey: Harvest, Shared blessings

Turtle: Earth Mother, Fertility

Unicorn: Unconditional love

Vulture: Purification, Releasing

Weasel: Stealth

Whale: Destiny

Wolf: Teacher, Pathfinder

Wolverine: Fearlessness

Woodchuck: Decisions

Woodpecker: Protection

Yak: Healing stillness or numbness

Zebra: Non-judgmental behavior

# **Shamanic Journeying 3**

### Exercise: Create your Medicine Bag

Materials Needed

A container to hold your objects

* + Something you create, already have, or purchase
	+ A bag or box, light enough to be portable

Objects that hold **sacred charge** for you

* + Choose suggestions in this handout that feel true for you, as many as you need, e.g., three nature elements, representations of your power guides and beings, any strength or issue you feel to focus on.
* Walk slowly through your home to see what resonates, sit and meditate to see which objects arise in your conscious mind.
* Only use objects that truly resonate for you.

Set an intention for your medicine bag, then repeat it as you craft it:

### Exercise: Journey to Middle World

Using all of the skills you’ve practiced so far, set an intention and journey to Middle world. Practice using your medicine bag in different ways to see how it impacts your journey. Record your impressions in your log using the following prompts.

* How is Middle world different from Lower world?
* What power beings did you interact with and how?
* What messages did you receive?
* What strong sense impressions arose?

### Exercise: Journey to Upper World

Using all of the skills you’ve learned so far, set an intention and journey to Upper world. Record your impressions in your log using the following prompts.

* How is Upper world different from Lower and Middle worlds?
* What power beings did you interact with and how?
* What messages did you receive?
* What strong sense impressions arose?

### Shamanic Journeying 3 - Fieldwork Checklist

Before you move on to the next session, do the following fieldwork:

\_\_\_ Completion of all exercises within the session:

\_\_\_ Create a medicine bag

\_\_\_ Five or more journeys to Middle world for yourself or others, setting clear intentions

\_\_\_ Five or more journeys to Upper world for yourself or others, setting clear intentions

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