

Kaye Soleil



Launch 1

Shamanic Journeying

Integral Shamanics

Launch 1: Shamanic Journeying

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Download

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

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Welcome to Your Interior

May this primer aid and abet you in your quest to know the truth, live the love, and explore the wonders your creativity is amassing for you.

Those of us alive in this moment of the timeline are part of a globally connected tribe existing in a unique time in history. It's a period of planetary transformation, calling you to access the gifts and opportunities you were born to live and share with your tribe, both local and global.

Renaissance, multi-dimensional skill building is vital. Constant waves of input arrive from the world as swirls of data, disinformation, pleas for help, revelations, and breakthroughs from all sectors of consciousness and life. Your inner resonance guides you through the currents, offering creativity, insight, and healing, showing you what you need, where to be, who to connect with.

Integral Shamanics journeying is applied shamanics. For mastery, it's not enough to have a practice, even a dedicated one. Wisdom comes alive when you're in your life, working with your flow of resources while you're on your feet and engaged in your work, relationships, healing, spirituality. This journeying primer will co-create with you to fully engage your built-in radar of inner wisdom.

Journeying can be used for many different levels of your day to day living. Energy and messages you receive can lift your energy, healing your body, mind, and heart. Journeying can vision-quest you into your future for potential options. Locked doors to the past can reopen, jettisoning obsolete patterns of behavior and thought. For clarity and confidence, pathways of connection to your guides in all of their inner and inter-dimensional forms can be created, helping you show up with intent, willingness, and openness.

The methods in this guide are ancient and global. The specific exercises were designed to quickly and gently show you steps to access portals into shamanic reality. You can use this primer sequentially, or

pull out sections as you feel called to them. Everyone's path is unique, so trust your intuition, your gut feelings and images.

This book is a helpful guide, but your core instruction will resonate inside of you. There may appear to be many goals with this primer, but really, there is only one: direct and unwavering connection to your inner compass.

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

- Shamanics background
- Soul Retrieval
- Entry techniques
- Create strong intentions
- Make smoke
- Identify your Garden

Shamanics Background

Shamanism is the web of life, of connection with everything and everyone. It's of the earth and beyond the earth, of stones, ancestors, trees, animals, moon and sun, stars. The dream and the waking. Future, past, different dimensions and the beings that inhabit them. ALL.

The word **shaman** is translated from Siberian and means "healer who sees in the dark." Shamans navigate the dark of the human unconscious mind, exploring and mapping the Cosmic Hologram, the dimensions of earth and cosmos beyond what's perceived of as everyday reality. Shamans act as intermediaries for their tribe, skillfully moving between dimensions, accessing and wielding ancient techniques of power, ecstasy, and courage, bringing back gifts that help their tribes survive and thrive.

Shamans act as their tribes' **medicine** women and men, as guides and advisors. Each culture has its own version of a shaman's role, with shamans also doing more conventional daily work within their tribe. Each shaman has his or her own individual skill set based on talents, training, and personal experiences. Some focus on the use of plant medicines, or alliances with specific animals to learn their individual survival strategies. Others are experts about weather, seasonal shifts, and other patterns within their hyperlocal or even global biosphere. All shamans act as healers. They're the members of

the tribe who've dedicated their lives to conscious connection with the energetic links between the earth and what exists behind, beneath, and beyond the visible world.

Shamanic **journeying** is the interior art of traveling to the many worlds that exist beyond ordinary reality. Adept journeying to these worlds allows access to information, triggering growth in every aspect of individual and tribe life: health, work, relationships, spirituality, the flow of resources, everything. In shamanic reality, communication and connection with teachers (in forms including guides, plants, animals, minerals, and celestial bodies) help travelers hone their visionary skills.

Shamanic journeying is an ancient core skill that shamans the world over use to enter shamanic **reality**. Shamanic reality is the place known across different cultures as the Otherworld, the Dreaming or Dreamtime, and non-ordinary reality. It's reached by following a set of steps that vary among cultures. In this primer we'll cover core practices including setting up your environment, making smoke, intention setting, use of drumming, establishing your Garden, and techniques for crossing from ordinary reality into shamanic reality.

Shamanic reality is a real place, an imaginary place, and a place in the collective subconscious. If this sounds confusing, it's likely because western culture teaches that the only thing that's real is what's accessed through the five physical senses. Our current culture may believe that reality is separate from imagination, but growing research into **psi** (psychic ability), meditation, shamanics, and energywork by the mainstream scientific community is shifting this belief.

As you journey, it can be beneficial to hold *all* places and possibilities related to reality in your mind. Set your intention to journey in a way that feels true and real to you in the moment, and allow what you currently perceive of as imagination to fuel the experience. However your mind interprets reality, if you practice the steps, work the tools, the first sentence in the paragraph will ultimately make perfect sense to you.

Brain waves can be altered through rhythm and sound. Through these vibrations, shamanic practitioners enter shamanic reality. Most shamans use a drum or rattle, with the vibration creating surround sound for the physical, mental, and emotional bodies.

Fasting, ecstatic dancing, and consuming **entheogens** such as mushrooms and ayahuasca (or their analogues) are also used to access shamanic reality. Like drumming, these practices aid in creating a shamanic trance state and were used by our ancient ancestors. Cave paintings depicting shamans, mushrooms, and ecstatic dance go back tens of thousands of years. (If you're curious for more, [Terence McKenna](#) is a good place to start for a deeper dive.)

Soul Retrieval

What shamans call soul loss, psychology refers to as disassociation. It can occur as a result of physical, emotional, or mental **trauma**, such as with post-traumatic stress. Soul retrieval is the shamanic method of reclaiming the parts of the soul, the unprocessed past traumas, that've moved from the conscious mind and become buried in the unconscious. They lodge in the mind and heart, thoughts and feelings, in specific areas throughout the physical body, impacting health and well-being. Through healing work, these soul parts can be retrieved, reconnecting us to the wholeness, the fully integrated and engaged life we were born to live.

Aspects of soul retrieval will naturally occur as you travel shamanic reality. For the purposes of this primer, soul retrieval won't be covered, as it's an advanced skill better explored once the core journeying skills have been learned. When elements of soul retrieval occur **spontaneously** in one of your shamanic journeys, it will be because your guides, power animals, plants, and beings are bringing you healing. As you get to know them better and trust them more, you'll open to the often surprising healings they'll perform during your journeys. A good book with detailed information is [Sandra Ingerman's Soul Retrieval](#).

Drumming

Using drumming or a rattle to journey is vital. The sound waves will reverberate not only in your ears

but throughout your whole body, intensifying the effects of the rhythmic access to shamanic reality they provide. Shamanic drumming is an intense, fast, monotonous beat with sound-drone function that stimulates patterns in the brain. In effective shamanic drumming, different tones stimulate different responses. The lower tone of the drumbeat stimulates the brain's **theta wave** state, which corresponds with deep dreaming, opening the heart as it softens the mind's boundaries between waking and sleeping. The higher tone stimulates **alpha waves**, facilitating relaxation, allowing consciousness to expand into a receptive, daydream-like state.

There are several ways you can listen to drumming. Lying in front of speakers with the volume turned up allows sound waves to vibrate throughout the whole body. Listening to a drumming track via headphones can feel as if the sound is coming from inside the body. You can use your own drum or rattle, though to do this you'll need to discover if you can access your physical body enough to drum while completely letting go into your internal landscape. If you feel drawn to drum, follow your **intuition**. All that matters is what works for you, and only you can discover through exploration what that is.

It's important to use **classic shamanic drumming**, not some other form of drumming with irregular beats, and don't use music of any type. The Australian didgeridoo is an exception, as it produces the same types of sound that stimulate the brain waves needed for strong journeying. Using nature sounds or relaxation music will be counterproductive, as you'll likely drift in a stream of consciousness that may feel nice, but won't be shamanic journeying. Synth beats or more syncopated drumming will stimulate the brain and body in a way that will likely inhibit your consciousness from releasing into non-ordinary reality. It's the strong, driving, fast drumbeat that will send you where you need to go. But again, this is about your intuition.

Once you become confident and experience strong, vibrant, effortless journeys, you may be able to shift to using methods other than classical shamanic drumming. I journey using lots of different methods, and they change based on a process that morphs over time and different settings. For years I used drumming tracks, then for several years, only my heartbeat, but it took a decade to reach that

point. Now, I mostly journey with my djembe, an African healing drum, while chanting-singing to strengthen the connection and boost the healing vibration.

Some people experience a sense of resistance to the sound of the drumming. It can even feel oppressive or negative. The reasons lie inside an individual's emotional, mental, and physical **boundaries**. Because the drone of the drumming works on shifting brain wave patterns, defense mechanisms may kick in as protection against what can seem like an outside agent attempting to force surrender. If you experience resistance like this, use your intuition to explore it. Get to know your boundaries and what they serve. Surrender to your interior, your inner guidance can't be forced.

A key to vibrant journeying is surrender to the consciousness of Life, to the vibration and course-correction visible in your **interior**, along the infinite web of connectivity that all beings, on earth and beyond, are a vital part of. You'll open into expansiveness at your own pace. Keep exploring your boundaries using classic shamanic drumming. Its core purpose is to assist and heal you, and you'll discover with practice and time why shamans have been riding its waves since the time of the **Ancients**.

Practice Logs and Journals

Writeable templates of the log, journal, checklists, and exercises were downloaded with this ebook. They can also be found at the Integral Shamanics [website](#).

Practice Log. Begin keeping a practice log in the *Log Template*. This will help you keep track of the highlights, a few key words about your practice, record your intention, who was there, what happened, what you discovered about your shamanic skillset, what breakthroughs and healings and ceremonies occurred.

Practice Journal. A practice journal will give you space and freedom to record more details than you would in the practice log, to include things like pictures and hyperlinks. Log the details, the full story of your practice exercises, shamanic journeys, dreams, and healings. Notice synchronicities, symbols

and messages you receive as you move through your daily life. You'll see reoccurring patterns, especially if you write down lots of detail.

Clear Intentions

Setting a clear intention is a crucial aspect of journeying. An intention is a language-based lever empowered with willful surrender, prayers of gratitude, and individualized emotional connections used to shift from ordinary into non-ordinary reality. It's both the **energy-fuel** that drives your journey and the **map** that helps you go where you most need to. You'll experiment with how to best untangle complex issues by using clear, simple questions and statements. You'll power intentions with emotion and personal connection to enter shamanic reality, and evoke them as needed for focus until you are called by the drum to come back.

With connected, focused intentions, your journeys can target the information and healings you've travelled in for. Or you may receive something else, something you didn't necessarily intend originally, but unfolded in response to your pure intent. **Pure intent** will always allow whatever you need and ask for to be tweaked and honed to best serve you, triggering gifts, healings, and messages from your guides and power beings.

Architecture for Clear Intentions

Use simple sentences with clear **directives** to ask for information and healing around whatever issues or subjects you feel to. Use short sentences, the simpler the better. The intention needs to contain:

1. Where (lower, middle or upper worlds within shamanic reality)
2. Who (the guides, power beings, etc. you want to meet with)
3. Why (what to accomplish)

Speak from a place of **power**, of confidence that what you feel drawn to is exactly what you need. Be clear. Work out initial confusion before going into shamanic reality, by playing with the intention's language until it's simple, clear, direct. Write it down, and keep writing until it's clear. This may take a

dozen or more iterations until you can feel it sing. If you get a flutter of excitement or apprehension, you're likely on the exact right track! Stay with it until it resonates as true. If resonance doesn't come, try something more general, a few steps out with less detail.

How do the following intentions contain **clarity and power**?

- Show what options/tools/choices there are with ____.
- What can my power beings offer around ____?
- Offer insight into ____.
- What information is most needed to know about ____?

How do the following intentions lack personal power, clarity? How does stating an intention in these ways block access to messages and healing?

- Tell me what to do about ____.
- What is the truth is around ____.
- What is the right way to do ____?

How do the following intentions have **strength, focus**?

- I'll journey to Lower world to meet with my power animal to learn tools for strong journeys.
- I'll journey to shamanic reality to meet with a guide or being for information and healing about the back pain I've been experiencing.

How are the following intentions complicated, unclear? How does stating an intention in these ways impact your journey's focus?

- I'll go to shamanic reality and ask about the best ways to improve my health and feel more confident about work.
- I'll go to Middle world and see what arises around any health issues I may have.

For this session's fieldwork, the following are a few strong intentions you can use. Tailor and tweak as you feel to.

- I'll go to shamanic reality to explore.

- I'll go to non-ordinary reality and receive a message about journeying.
- I'll go to Lower world and receive healing for stronger journeying.

Write and Record

Take the time before you embark on your shamanic journey to write and rewrite your intention, **honing** it until it's clear, direct, simple, and strong. Plus, it's helpful to have a written record of your journey intentions; it will show progression over time, and the reoccurring themes and power beings that show up.

If you get fuzzy, spacey, or unfocused while you're journeying, repeat your intention a few times, each time saying it strongly, clearly, letting it fill your mind, connecting to your heart, how important it is to you. If practical, say it out loud, though saying it internally is equally effective. Experiment with it to find out which works best for you. I even chant and sing out loud while in shamanic reality and it helps shape the experience. And take many **deep breaths**. When in doubt, take a breath and restate your intention because lots of oxygen/prana helps!

Open to Flow

Open-ended intentions pointed toward the journeying experience itself can be used as you learn and discover how shamanic reality is going to appear and feel to you. For example, at the end of this session, you'll access your **Garden**, a kind of personalized **launch** place for travelling into shamanic reality. A strong intention for this could be "**I will strengthen my access to shamanic reality by exploring my Garden.**"

You'll always see and experience new things, but after getting a dozen or so journeys under your belt, there'll be a consistency to the flow as you feel the lay of your **interior landscape**, your individualized internal perception of shamanic reality. Go into shamanic reality to explore and get to know it, and yourself in it. You can set your intention with that energy in place, to explore, learn, get

to know power beings, receive healing, play and dance, receive journeying gifts, and go on tours of each of the worlds.

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 area** 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. Play your own drum or rattle if you can keep the beat quick and steady, a strong vibration to ride.
- ☐ Before going in, **state your intention**. Repeat it several times before going in, breathing 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, allowing 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.

Making Smoke

Before and after journeying, make smoke. Making smoke is a **vibrational reset** button for the energy fields inside and around you and in your environment. It cleanses and purifies, enabling you to nimbly enter the flow of energy. The scent of the smoke is powerful, creating an olfactory ritual, alerting the body, brain, and heart that your shamanic process is switching on.

White sage and sweetgrass are two sacred plants that are dried, then burned, their smoke used to clear negative energy charge. Other plants that can be dried and burned include lavender, cedar, and copal. Place a few dried leaves in a glass ashtray or in one of Gaia's bowls, **honorably obtained**, like a large clam shell or turtle shell. Add fire, lightly blow, then allow the flame to extinguish on its own. Use the smoke to cleanse your entire body, the room, any being or environment that needs clearing.

Initial Shamanic Journey: Your Garden

Your Garden will be the first place in shamanic reality you'll visit. As you do deeper and longer shamanic journeys, your Garden will become the transition place you go before setting off to Upper, Lower, or Middle world, which you'll learn more about in upcoming sections.

Do this exercise accompanied by drumming. YouTube and other download and streaming sites provide a range of shamanic drumming tracks. For basic drumming tracks, [Michael Harner](#) has a great selection of times and styles. One of my current favorites is a 28-minute track from Nordic shamanic practitioners [Von and Tom](#) Engelbrecht.

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

Closing Circle

Close each journey by writing in your practice log or journal. This is a chance to explore what you've discovered about strengths, blocks, and use of tools. Write as much detail as you can about what happened during your practice.

- Intentions set
- Sense recall (smells, sounds, visuals, tastes, textures)
- Beings met
- Healings received
- Messages given
- Memories resurfaced
- People or animals you know irl that popped into your mind or showed up in the journey
- Sounds, movements, etc., that occurred around you that triggered something in the journey, e.g. a car horn, people talking outside your door, your cat coming to lie on a specific chakra.

Record everything and anything that might serve your process. The judging mind can often slide into rejection of an image, suppressing it or editing it out as irrelevant. If this occurs, be gentle with yourself, know you're learning how to express your process with clarity, that it can take time and practice to shift deeper patterns of focus. Don't edit anything out. Record any impressions or happenings, even if they don't make sense yet. **Trust** your process as it unfolds. Breathe, and know that whatever you remember and write about is absolutely perfect. Trust your intuition!

To complete your journey practice, close your eyes, **express gratitude** to Life, and create a frequency through toning, singing, and making sound, to carry with you into your living, where it will resurface and reverberate.

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
- ___ 5 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, by Katie Weatherup

Drumming audio tracks

- Shamanic Journey Solo and Double Drumming, CD by Michael Harner
- Shamanic Drumming, track by Von and Tom Engelbrecht

Soul retrieval

- Soul Retrieval, by Sandra Ingerman

Shamanic Journeying 2

- Connect with your guides and power beings
- Travel to Lower world
- Journey for others
- Journeying guidelines

Connecting with Allies

All creations in existence have their own vibration. By aligning with different beings, whether in shamanic reality or everyday life, we receive the benefit of being in their vibration. It helps retune our own vibration to their frequency, bringing shifts in consciousness and new energy into our living.

Matching Vibration

When you spend time in another person's presence, your own **vibration** shifts in response. Think of hanging out with people who are always in a cheerful space. Don't you tend to feel better, lighter, when you're around them? Or if you spend time with someone who's insightful, smart, or motivated? Or, conversely, depressed, complaining, or worrying? Have you noticed how this shifts your feelings, thoughts, and reactions?

Power beings are **guides** that you interact with in shamanic reality, forming alliances for messages, healing, and assistance that translates into everyday reality, too. Meeting with and interacting with plants, animals, or guides in shamanic reality, helps you align with their vibration.

They also offer messages as words, feelings, healings, sensations, colors. If you meet a jaguar in shamanic reality, you're meeting with Jaguar, all jaguars as one being, the culmination of the species. You're also meeting with the individual jaguar, the specific, unique jaguar you're communicating with. Both aspects bring their own messages and energy shifts.

Your own feelings and **insights** about the animals you meet are what's most vital. For a super concise guide, meant only as a starting point, see the list at the end of this section. For more in-depth meanings, explore the Internet, including:

- Animal Spirits: <http://www.animalspirits.com/index1.html>
- Shamanism/Shamanic Journey: <http://www.shamanicjourney.com/category/power-animals-totems-spirit-guides>
- Animal Totems: http://www.starstuffs.com/animal_totems/

Physical Merging

As you explore making alliances in shamanic reality, it's empowering to look at the alliances you currently make with the beings and creatures around you. Notice the energies you take in by proximity, frequency, ingestion, or other means of absorption. When you take in an animal or plant as food, you take in the configuration and core energy of that being—Basil, Chicken, Carrot. You absorb its individual vibration, the specific life it lived, the sunlight and soil nutrients it took in, the nutrients its body-mind-heart will offer your body-mind-heart. This is also true when we breathe, taking in air's scents, pollen, microbes, bacteria.

Quid Pro Quo

What do these beings get from the interactions with us? Each one is different. Ask them, they'll tell you. Go with who you feel drawn to, and say "No, thank you" if it doesn't ring true in the moment. Use these interactions as a way to **strengthen** your connection to them and to yourself. When you meet power beings in shamanic reality, your impression is important: how you feel, what you notice about them, what action or movement they're engaged in, what they say to you verbally, telepathically, or through physical indicators such as a tightness in your gut or an expansiveness in your heart chakra.

Power Beings: Personality and Individuation

The human animal has particular qualities, like opposable thumbs that enable us to create detailed objects in the world, complex thought processes, and emotional ranges that other animals don't have or have in differing degrees. The allies you'll meet in shamanic reality will have their own specific ways

they move through their lives. For example, you could connect with Spider for weaving creative community webs in your life, or with Panther to build deeper connection to your intuition. By linking with power beings in shamanic reality, you open to energy patterns different from your own. This will translate as benefits cascading into your ordinary reality, as the benefit of your own unique vibration and energy will aid the allies you've connected with.

The **allies** you interact with will run the gamut. They'll be friendly, hilarious, cranky, scary, sweet. They'll come from the future, the past, and other dimensions. They'll be animals metamorphosing into humans, humans metamorphosing into plants, and also therianthropes which are human-flora/fauna/mineral/celestial being/other hybrids that defy classification. You'll meet beings unlike anything you've ever seen or imagined. Some will feel like long-lost brothers, sisters, beloved friends. Others will be teachers who dispense information or offer up tough love, then disappear. Healers or groups of healers may appear to assist you, then show up in a future journey and ask you to participate in another person's healing—maybe someone you know, but just as likely someone you've never met.

Your Personality and Individuation

The experiences of meeting with guides and power beings will be different for everyone. You'll develop how you interact with each one, and it'll shift over time, just as relationships do in ordinary reality. With practice and experience, you'll have a **core tribe** of beings you travel with in shamanic reality, along with allies that come and go depending on what's occurring and what you need. You'll feel and experience them in your daily ordinary reality. They'll send you energy, messages, signals, directives. They'll show up in your sleeping dreams. With practice, the boundaries between worlds will merge enough for you to access both at the same time. Things get very, very interesting at that point!

This is an active relationship, not a passive one. If allies don't show up, you'll need to actively ask for them, pursue them, summon them. It may take experimentation to discover what works for you, what generates enough energy and desire to have them appear for you. It's important to remember that whatever is occurring during your journey is exactly what you need to work on, strengthen,

experience. Continually ask questions, explore, even if it feels as if you are calling into a silent void. You have to be present and involved, just as you would be for relationships in ordinary reality.

Plant Beings

Plant allies are vital to survival. Highly intelligent, generous, and willing to connect, the plant beings you meet will frequently suggest partnership in your waking life by working with them through the manifest world. This can mean being outside with them to watch how they play in **Gaia**, planting their seeds on your land or in your home to more closely interact with their daily lives, and taking them into your physical body as cooking herbs, aromatherapy, medicinal tea, entheogens, smoke, etc. They'll reveal their angles of perception in the world so you can receive healing or better understand how the web of life works. They may show up as male, female, or neutral, or they may shift (as all beings, including plants, can be gender-fluid). Keep an open mind and see them, loving them with a curious, kind heart. They'll feel it and love you right back.

Long-term Friendship

Nettle is a plant I've connected with in both shamanic reality and ordinary reality. I've been in relationship with it over the years by drinking tea, planting seeds, making tinctures, and finding delight when it appears as I've gone about my nomadic lifestyle. For years, I suffered from intense skin rashes on my hands. In my early thirties, as I passed by it on the way in to a friend's house, Nettle repeatedly told me over several days to rub my hands on its leaves and stems. It made no logical sense because nettles produce an oil that stings, causing contact dermatitis. But the message was clear, so I followed the directive. My hands burned intensely for a few seconds, then the sensation of pain morphed into pleasure. The skin rash healed within a day. Plants are powerful healing allies!

Stones

Rocks and **crystals** are powerful energy transmitters. Ordinary river and earth stones are excellent for grounding. By collecting them and placing them in your living and working environments, you can absorb, ground, and balance your frequency. Crystals are powerful shamanic practice tools, especially Quartz. Quartz can be used for tuning, moving, and carrying energy and artifacts from shamanic reality into ordinary reality. If you feel to take a deeper dive into crystal meaning and shamanic use,

ask to meet with these beings in shamanic reality and they can help direct you to teachers in ordinary reality who can assist with your specific needs and fascinations. Trust your fascinations!

Celestial Beings

Celestial beings have many dimensions with many ways to interact with them. The moon, the sun, other planets and stars, the entire Cosmic Hologram will all give guidance on flow in the universe, humankind's orientation in the cosmos, and **where you are** individually on that map. The sun and moon are part of us. They are core energetic support for sunlight on our skin, stored sunlight we ingest through plants and the animals that eat them, the movement of water in our body. Connecting with celestial beings and communicating with them triggers modern humans to remember a time not long ago when we were consciously aware of our vital relationship with them. We used their guidance on a daily basis, as part of the normal flow of life. Our survival depended on it. It still does, because we evolved together. But most of us don't feel the connection any longer. Journeying changes this.

Guides

Guides may come through in human or spirit form. Ancestral beings connected through your own genetic or spiritual lineages, and renowned figures from human lineage are all part of your heritage. Gods, goddesses, mythological figures, fairies, elemental beings, and deities are all available for guidance. It's common to see **therianthropes**, those metamorphosing blends of humans, animals, plants, stones, and celestial beings that have long been human allies. Search online for "shaman cave painting" for some ancient examples of what our ancestors saw while journeying.

Modes of Communication

Guides communicate using speech as well as silence, indicating physically what they're communicating. Some transmit telepathically, rising feelings, thought forms, images, symbols, and memories into your conscious mind. As in ordinary reality, communication comes in many forms. One of the profound things you'll discover is how everything and everyone is communicating all the time—seldom with words.

Active Respect

A core skill for connecting with allies is to meet them where they are, rather than expect them to communicate in the way you're most accustomed to. However they communicate, whether human or guide or power being, learn how to effectively listen. Let go of your expectations that they'll speak in your native language, delivering concise, authoritative directives about what you should do. They may do this. Sometimes they do show up and communicate exactly like this! But more often, connection evokes symbolism and story-messages, honing your skill in translating their meanings. Most of us haven't held a conversation with Evergreen, Owl, or Sun in a long time. Be gentle as you remember how to interact with them.

When allies makes themselves known to you through images, sounds, feelings, or synchronicities, step forward and meet them. Trust the information, in whatever form it arrives. Genuinely, openly listen—with your ears, heart, body, and spirit. Your guides have things to show you that you can't even imagine. Shamanic **magic** is practical magic; the beings you ally with will change your life.

Communication

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?

Perceived Negativity

If you meet beings in shamanic reality that feel off or strange in an unpleasant way, or that make you feel negativity (physically, emotionally, mentally, or spiritually), you may want to disconnect from them. It's enough to say: "You are not allowed; I don't agree to connection with you." Then walk away. If they follow, continue to say that they're not allowed. Actively **focus** on something or someone else, engaging your energy toward what you want. Always follow your intuition with this. Trusting the flow of information you receive is an essential aspect of shamanic mastery. Practice this by always honoring your intuition, even if it's simply acknowledging it but refraining from taking action yet.

Exercise: Integrating Power Beings into Your Life

Conscious Connections

How have you connected with power beings in your life, either consciously or spontaneously? 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?

-
-
-

Reality Links

In the next section you'll learn how to journey to Lower world, an excellent place to craft your intentions for connections with power beings. As you make new allies, come back to this next exercise for suggestions.

- ☐ **Collect** honorably 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.

Shamanics and the Great Tree: Lower World

There are three worlds in shamanic reality: Lower, Upper, and Middle. These descriptions refer to how they layer, as well as the direction you go when you enter into shamanic reality. Lower world is the **unconscious** mind, Upper world, the **super-conscious** mind, and Middle world is the **conscious** mind. Together, they're often symbolized as a giant tree, with Lower world the roots, Middle world the trunk, and Upper world the branches and leaves.

Entrances

Lower world can be entered through your Garden or accessed directly when you arrive in shamanic reality. When you create a conscious intention to enter Lower world, **look for an opening** in the ground, such as a tunnel, cellar, cavern, spaces between the roots of a tree, a deep lake or ocean, or stairways or elevators. You may feel spontaneously pulled toward Lower world, or find yourself there when you launch into shamanic reality.

All are okay. When you're in your Garden, look for the moving **spirals** and **serpentine** undulations, places in the landscape that attract you, that you notice and feel drawn to, even if you're not sure why. Always follow your intuition, whether it comes through as a directive, an energetic pulling, or as attraction and curiosity. Explore!

Landscape

Lower world often has a fecund, ancient earthiness to it. Meetings happen in places such as caves or the middle of the forest, deep below the sea in caverns, or inside the nests and warrens of animals. If

you want to explore your ancient roots, your connection to the lands that exist within your physical and ancestral DNA, Lower world is a good place to go.

Connect with Power Beings

Lower world is where you'll often meet with your power animals, guides, and plants, though they can and do show up in all levels of shamanic reality.

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 for Others and Distance Journeying

Journeying for others can seem as if it might be more difficult. It's actually a strong tool to use to fuel your journeys as it brings in the powerfully motivating element of being of service. The important thing to remember when journeying for others is to be open to the images, feelings, and messages that come to you while you're journeying for them. Trust the information you receive, even if it is not what you expected or doesn't make sense in the moment while journeying. The phone call or

conversation you'll have afterward, in which you tell the receiver what you experienced while in shamanic reality, will help you clarify how the pieces fit.

Objectively viewing the information and then having a conversation with the receiver about it helps translate the messages into something useful. If the receiver is struggling with the issue, the symbols and pieces you picked up while in shamanic reality will reveal their more detailed meaning during your conversation. Seeing a glimpse of Hare while journeying for someone else may not have deep meaning for you, but might be intimately impactful to them.

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 Integral Shamanics 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, or anyone you know and feel comfortable with who's open to journeying. Choose folks who'll 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 right after you journey 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.

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

___ 5 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

- Create your Medicine bag
- Travel to Middle world
- Travel to Upper world

Medicine Bags

Building Power

Medicine bags are personal **power sources**. They're a place to gather symbols and energies, helping hold your energy field as you journey and do healing work on yourself and others. They act as both mobile altars and a place to keep the tools you need to work, such as quartz crystals for moving, shaping and storing energy. In creating and using medicine bags, you discover and construct ritual for yourself.

The vitality found in **ritual** is less about the movement of what you do, and more about the meaning it holds for you, how the movement helps you align, such as with shamanic drumming, singing, and dance. Ritual is used to provide power to fuel your journeys. Set the environment through scent and grounding with aromatherapy and smoke. Rhythmically utilize visual and energetic vibrancy with candlelight, sounds of ambient drumming, color of rugs, walls, pillows. Handle and use your medicine bag in ways that are meaningful for you, however you discover feels best for you.

Evolve

As you grow and evolve, the contents of your medicine bag will change, and you'll carry with you what's most needed for the current work you're doing. For example, if you're going on a healing retreat to detox, symbols that invoke your personal power can be helpful in processing the issues.

Power Surges

The **power** in the objects you choose to have in your medicine bag is created through the energy you build into them. A powerful symbol for one person may not hold any charge for someone else. The objects fill with power and energy in different ways. For instance, they may be given as a gift; may be present at a ceremony, ritual, or other event; or may call to you when you're in nature or the marketplace.

Protection

Allowing other people access to your medicine bag can be problematic. If you share the contents or allow another person to hold it, or the energy of it feels imbalanced, do an energy clearing by smudging it with sage, sweetgrass, or other plant smoke. Your medicine bag both absorbs and infuses energy, negatively and positively shifting your journeying process.

Containers

The container that holds your power objects provides energy. You can create your own, purchase one built by someone else, or repurpose something. The material it's made from holds sacred charge for you, either by its actual components or their symbolism to you. Aspects such as color, texture, or source all have impact.

Power Beings and Guides

Have elements in your medicine bag that represent your guides and power beings. They can be symbols, pictures, written phrases and words, or things you find in nature or in the marketplace that you intuit as linked to them.

Practice

Your medicine bag can be held in your hand as you journey, or placed beside you or on your body in a way that resonates. You may feel to put your medicine bag on your first chakra when you journey to help ground you, or right above your crown chakra to help connect with divine energy. Or you may choose to keep it held in one hand. **Experiment** with how to use your medicine bag in your practice and life. You may want to keep it in your home healing space, or you may feel to carry it with you as you move through your daily living.

The Three Nature Elements

Have the three earthly kingdoms (animal, plant, and mineral) represented in your medicine bag. For other perceived dimensions, kingdoms, or realms, choose a representation of your understanding, experience, or connection.

Animal

The **animal** element can be a feather, claw, skin, shell, etc. Know directly that what you're using is acquired in a sacred, honorable way. Buying feathers and claws in a store or off the internet isn't a good way to go unless you're certain the object was acquired using sacred methods. Rather than buy, you can trust that when you need them, Gaia will provide the power objects you need to physically have in your medicine bag. Daily walks in the forest or park will lead you to feathers, bones, antlers, empty hives, abandoned bird nests, egg shells—all sorts of the flow of earth. You'll know if it feels true to bring them home, either for your medicine bag or for your altar.

Plant

The leaves, flowers, bark, seeds, mushroom caps, powders, or essences of the **plant** that's singing to you can all be used. Essential oils are part of this element, as are herbs. Representatives such as pictures or symbols can be used, too. As with animals, be mindful when purchasing that the plants have been interacted with in a sacred way. Daily walks outside provide lots of hyperlocal botanical gifts!

Mineral

Stones and crystals, soil, and metals are all included in this element. You can use symbols, such as a picture of lightning or a miniature globe to represent Earth. It can be a bit harder to track the process by which stones and crystals were harvested from the earth. Do what research you can, use your intuition, and go as local as possible by collecting stones in **sacred** ways.

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:

Shamanics and The Great Tree: Middle World

In the shamanic symbol of the Great Tree, Middle world is the trunk. It connects Lower and Upper worlds, the union of Heaven and Earth. Middle world is where your Garden is. It's where you go when you dream. Symbolized by the conscious mind, it's the aspect of awareness closest to the surface as we move through our everyday lives.

Mirror World

Middle world is the **spiritual dimension** of our physical world, its shamanic aspect. It's often accessed to communicate with beings and entities present in our physical world. The natural elements that are present on Earth—spirits of Gaia such as plants, stones, forests, lightening, and rain—can be connected with here. Middle world is where to go for interacting with stars, comets, Sun and Moon.

It's entered for access to the ordinary, physical world but in a more purely energetic way, like speaking with a person we're having difficult issues with in ordinary reality, and locating lost or stolen objects.

Timeless Tribe

In Middle world, you'll encounter your **ancestors**, both biological ones and emotional or intellectual ones, such as like a mentor who impacted your life. You can connect with people from your current or a past life, people you've been involved with in ordinary reality such as family, lovers, coworkers, or friends. You can receive information about a situation or issue and receive healing for it, resolving old trauma currently stored inside your body-mind-heart. Middle world is the place for contact with people in your larger frame of reference, such as celebrities, leaders, and politicians.

Protection

If you meet a being in Middle world who feels off or makes you apprehensive, you may want to say "No, thank you" and move away, calling on your guides and power beings to assist. Consciously travelling to Middle world with your guide or power animal for protection and guidance will help you get to know your way around a place that is both the familiar every day you know, and also not. Some of the beings you'll encounter won't have the more straightforward energy of the other two worlds, so beware the **tricksters**!

Travel Directions

Middle world can be entered directly, when you first go into shamanic reality, or you can go in through your Garden. Once you're in your Garden, walk around until you see a path, a road that glows for you, draws you to it. It can present itself as a doorway, gate, window, or wall that you pass through. To get to Middle world, you'll always move **parallel**, not up or down, after you enter shamanic reality.

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?

The Three Worlds: Upper World

Upper world is symbolized as the branches and leaves of the great tree, stretching upward into the divine realm. It's a reflection of the **super-conscious** mind, our connection to celestial energies.

Upper world is where you'll meet with celestial and divine spirit teachers and beings, and is the basis for the concept of heaven.

Layers of Loft

Upper world can feel more ethereal, less solid than Lower or Middle worlds. As you enter Upper world, there's often a sensation of pushing through a slight barrier. There are many levels to Upper world, separated by what's often experienced as membranes. You may experience a sense of popping through as you cross them to explore different realms. As you travel, you may experience a feeling of **expansiveness**, of leaving mundane concerns behind.

Travel Directions

Upper world can be entered directly when you move into shamanic reality or through your Garden. To get to Upper world, look for a hole in the sky, a place in the visual, energetic field above you in

shamanic reality that seems thin or that you feel drawn to. It's often referred to as climbing the vine or cord, or following the rainbow to the top. You can fly, climb a tree, go up with the smoke of a campfire, ride an elevator, ride on the back of a bird, climb up a stairway—any conduit that takes you in an upward direction. Ask your guide or power being to accompany you as you travel upward or meet you when you cross through the first membrane. When it's time to come back to ordinary reality, your guide or power being can lead or carry you back.

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?

Entheogens and Psychedelics

Many modern shamans no longer utilize plant teachers such as ayahuasca (DMT), peyote, or mushrooms. Lack of availability due to local scarcity or legal status, or the mistaken belief that it's somehow a shortcut, play an integral part in this trend. Entheogens and psychedelics are powerful plant allies, definitely not shortcuts. They're interdimensional portals with launch codes like DMT and psilocybin built into the biology of plants and animals, including humans.

For most ancient peoples, psychedelics were an integral part of life. They were a highly accessed gateway for direct connection for healing, teachings, and messages, as well as benefits including visual acuity, which increased hunting and gathering success, and heightened sexual activity, which

increased population. Tribe members learned from one another and from the beings they encountered. Based on the gifts they brought back that helped their tribe survive and thrive, some became shamans, committing their life to working with these plant teachers.

For a deeper dive, explore well-known experts and sites: Terence McKenna, Dr. Rick Strassman, Peter Gorman, Graham Hancock, and Erowid.com.

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

___ 5 or more journeys to Middle world for yourself or others, setting clear intentions

___ 5 or more journeys to Upper world for yourself or others, setting clear intentions

Download

Writable worksheets, checklists, and log templates for this primer can be found at

<https://www.integralshamanics.com/launch-downloads>

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Bio

I'm Kaye Soleil, a spiritual cartographer and practitioner of practical applications in energywork, intuition, and a neo-variant of ancient shamanics. I've been in the holistic healing field for over 25 years, a nomadic quest into the living languages-in-motion of spirituality,



metaphysics, shamanics, healing modalities, and science.

Some credentials include a seven-year apprenticeship with the Healix Institute, studying and practicing energywork in its many forms; a master's degree in public health with a concentration in social behavior and community health; plus, study and apprenticeship with dozens of master energyworkers, shamans, intuitives, PhDs, MDs, and other experts in their fields.

For group and one-to-one work, I integrate the global gold standard techniques of all shamanic healers: journeying, energywork, soul retrieval, and song. Trans-disciplinary techniques across shamanic cultures worldwide are woven in, including yoga, qi gong, dance, and feng shui; plant allies work (herbs, aromatherapy, permaculture); population health methodologies; and others.

I've worked with start-ups, corporations, governmental, NGO, and educational institutions, and thousands of individuals all over the globe. I've done sweat lodges with Native American elders and pujas with gurus and Hindu-shamanic hybrids. I met Mother Vine with Peruvian shamans, DMT launched with alchemists, and on one rare and beautiful New York City afternoon had martinis with Robert Anton Wilson after a workshop on cosmic triggers. My tribe practice comes out of my personal practice and continues to evolve. I work digitally, within the live-streaming space, and locally in the Raleigh, NC area.

As I moved through different cultures gathering skills, practices, and experiences, I was given different names by the folks I lived and worked with. I was known as Katherine by my family of origin, Kathy in the teen years, Kat in the creative worlds of acting, dance, and holistics, Rina at the ashram, and Kate in the field of public health. Kaye is the name I've given myself.

Come find me at integralshamanics.com and integralshamanics@gmail.com.