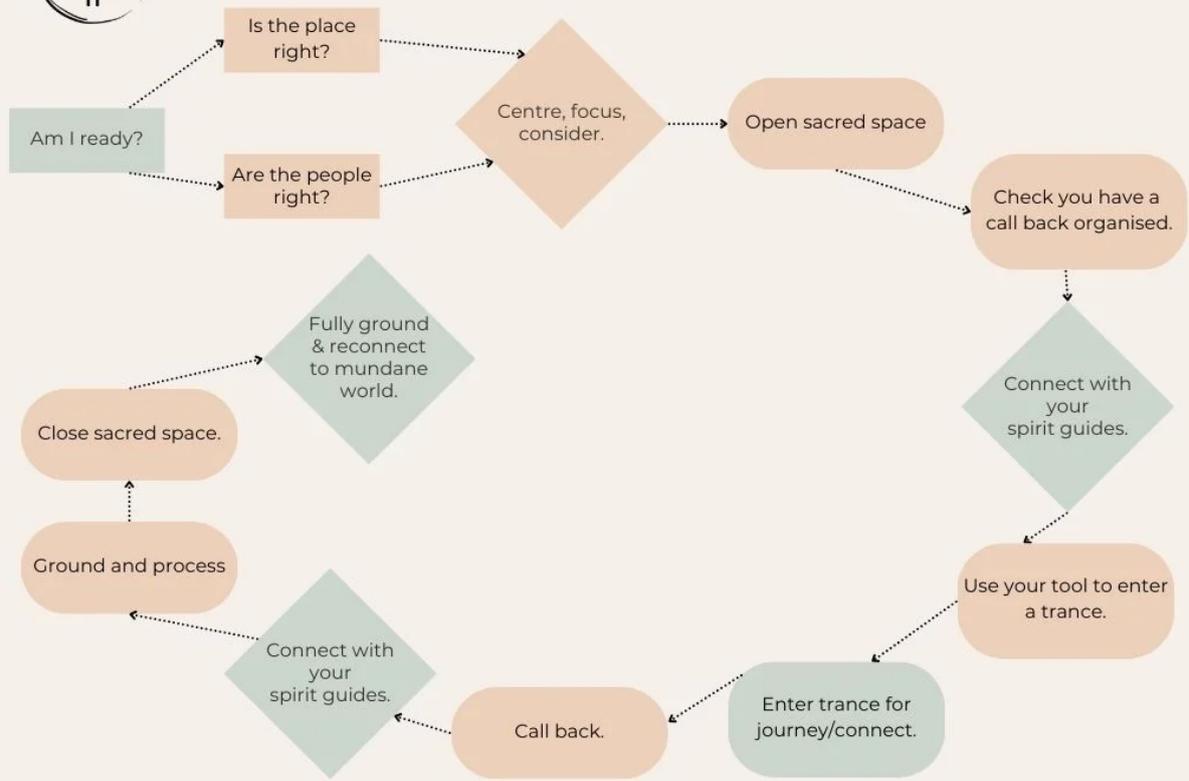




## Shamanic work, core steps



Each of us are different, and some of these steps might only take a moment of conscious thought, so don't panic if this seems complicated!

This is a flow chart for doing complicated, or potentially difficult, shamanic work. The kind of journey where you need to know that you are fully prepared.

In the recorded journeys, where you are journeying alone, the room is a representation of opening and closing sacred space. And because you may not have a good working relationship with your guide this isn't implicit in the recorded journeys, trust that if you have working relationship with your guides, they will make themselves known to you if you ask them to.

There are times when I allow myself to journey in a more spontaneous way, especially if I am out walking and I just feel the pull to connect. Then I will only use the green steps. I feel the pull to connect, sense my guide walking at my side, enter a trance state through the power of breath, and reconnect to the mundane word usually when I stop to eat and drink.

Don't read this to memorise, read it to understand. Ask yourself.

- Do I do this already?
- Would this help me if I incorporated it into my journeying?
- How would I like to do this?

Repeating what I do without awareness isn't the goal here, it is to find your way of having a ritual for connection that suits you.

## **Am I ready?**

It may seem obvious, but it does matter. If you have something on your mind, feel agitated, know you have something that needs doing, or deep down feel a walk or bath is more needed than a shamanic journey- honour that. Give yourself permission to choose to journey.

If I am holding a group space, I will tune into this often a few days before, if I have a big journey planned for myself, I check in several times. Sometimes I just spontaneously feel called to journey, other times I feel a walk or journalling is more needed than a journey.

Make a conscious choice, tune in, check in. Your needs matter, honour them. You might need to have a drink, meet the needs of a child or pet first, or do some mundane tasks to feel relaxed and ready.

## **Is the place right?**

Sometimes it's not!

I'm lucky, I have two main spaces I work in very regularly and I have a deep connection with the spirits of these places, they feel like home. Having a place where you work regularly can really help, it creates a safe space for you where you know the spirits of place will welcome you. This could be in your home, garden, a place outside you feel comfortable.

It is 'best' not to work from your bed, as you want to associate that with rest, and you don't want to be attracting energies in your sleep or journeying as you dream. (Yes, I break this 'rule' all the time- I'm making a suggestion with a good reason, but still do you!)

If you are working outside walk until you find the right place, tune into the energies of place. You may feel drawn to a certain path, tree, or rock.

Even if you know a place well, even if it is your home, check in with spirits of place before working; "Is this OK? Is this the right place for this work?"

## **Are the people right (if applicable)**

As yet I have never refused to work with someone in a shamanic circle. I have stopped a journey and asked someone to leave though. (Only once!)

When I work on to one basis I trust my guides to support me in keeping safe, as a professional shaman it is my job to work with people under severe psychic attack. But even then, if I sense a client journey could be really tough I may re-arrange the appointment for a day I am less busy.

When I work with a group I tune into the group and adjust how deep I allow the journey to go, and the work we do to be reflective of the people in the group.

When we work with others they can impact our experience, and tuning in to anyone you may be working with is important.

## **Centre, focus, consider.**

Once you have checked you, the space, and any others, are ready. Then you can really centre and emotionally/practically prepare for the work.

This might include checking your physical setting- phone off, door shut, feeling safe in an outdoor space. Do check for fire safety if you are using candles or a fire.

It might include gathering any tools you need and checking in that any intention feels right now you are here and ready.

## **Open sacred space.**

**How you do this is up to you.**

It is better to have a routine, set of words, that is meaningful to you, rather than copy someone else. Focused intention is what matters, having a connection with however you open sacred space.

If I am working 1-2-1, or privately this will be simple. A mental asking of my main guide-Frey- to stand with me. Leaning into his guidance.

If I am working with a group, I usually do a more ritualised opening, mostly because I need a stronger sacred space to ensure the safety of the group and to allow me to connect shamanically with people during the session.

My words will change, this is not memorised, but in principle my opening is something like;

“I ask the sky father to inspire us, to guide us in our journey.

I ask the Earth mother to allow us to be deeply grounded, and to dive deep to hidden places.

I invite in spirit guides, patrons, Gods and guides. All those who are here to guide and inspire, I say welcome.

I say thank you to spirits of place for letting us rest awhile in this beautiful place.

I invite in the ancestors, of kith and kin, culture and heritage. Stand around us whilst we work, let us hear your song so we may better understand our own.”

You may already have a routine or ritual you use. You may prefer to work with the four directions, or to have a prayer. It is not the words that matter, it is the intention behind them. Your mental focus.

In the recorded audios the room with the opening/closing door is creating the sacred space.

## **Check you have a call back organised.**

Once, and once only I didn't do this- I trusted someone who didn't call me back. It was a horrible, disconcerting experience.

If you are safe and time is no issue, then you may choose to only come back when you are finished.

Many recordings will have a call back included in the journey, mine will always have a call back.

If you are leading space- you are responsible for this.

You could set two gentle alarms on your phone, one to start to come back, one to be fully back.

You might have a friend or partner who you can ask to come and give you a call back after a certain amount of time.

Consider that you have a callback prepared, because the one time you don't do this might be the time you go so deep it's hard to come back!

If I am leading a group or recording an audio then I am a 'designated' driver. It is my job to ensure I don't go so deep that I forget to do an active call back. Sometimes this is a genuine struggle- many an audio has been ruined because I got caught in what I was doing and stopped drumming, or forgot to do an audible callback.

## **Connect with your spirit guides.**

Of all the points in this check list THIS is the MOST important one.

Regardless of any tools, symbols, or rituals you may or may not use- your working relationship with your spirit guide is the most important way to do the work effectively and stay safe.

Connect with your guide. Ask them for guidance, work with them. I haven't included this in the audios for two reasons.

1. You may not have a good working relationship with your guides yet, it can take time.
2. You may meet your guides at different points. In the room, when you open the door, at the threshold, or at the tree itself. I want to leave space for you to meet your guide where it is right for you.

(I have a more detailed module on this)

## **Use your key tool to enter trance.**

Now you drum, or chant. Sway or gaze. Do your thing to enter that altered state.

This module is connected with Vidar, a deity deeply connected with preparation. Do you need to follow every step before you get to this point and actually enter trance?

No.

But knowing how to take your time, how to prepare well, will be a huge advantage in your shamanic work.

## **Enter trance and connect/journey.**

As you enter that trance state it is important to remember not to analyse.

If you try to understand you move straight out of the trance state (the left/right brain switch). So, experience, be fully present, be in the journey.

Your inner critic will probably have things to say, “have I switched off the oven?”, “I’m out of bread.”, “Am I imagining this?”.

We all get this intrusive commentary, just breathe. Don’t get annoyed, don’t over focus on it. Breathe it out, re-enter and carry on.

You can do all the analysing and understanding once you are fully back.

## **Call back.**

I find it easier to have a “prepare to return” and then a definitive “return now”.

If I am leading a group session it is my job to give the group a heads up that we are nearly done. In a group I cannot please everyone, it is about getting a feel if most of the group are done, and if anyone is having a tough time.

If I am working alone, I trust that my guide will let me know when to come back. If I am trusting someone else to hold the space for me then I need to trust that they have the skillset to bring me back, otherwise I will privately arrange a call back with my guides and not fully let myself connect.

Holding a group space is a bit like being the designated driver on a pub crawl. Yes, I get to journey, yes, I get to have a useful experience, but I also need to keep more grounded and centred than if I am holding space for a 121 healing or working on my own.

Often people will use a change of drum beat, clear wordings, or a specific phrase.

In a group situation I will speak with more authority (teachers voice) if I can sense people aren't really following the call back. If I need to, I can energetically force you to come back, but I won't promise to be nice about it if I think you were deliberately ignoring my call back.

## **Connect with your spirit guides.**

Just as your spirit guide will prepare you for anything at the start, so they will cleanse you, and do anything you need to reconnect with the mundane world.

A word of gratitude is always useful, a question if you have one.

Often in the recorded audio this is done in the room at the end, but this may happen once you open your eyes. A word of gratitude, a heartfelt knowing they were there. It can be only a moment, but it is important.

## **Ground and process.**

It is essential to take the time to ground, process, and adjust.

My first student- Peter- refused to do this. He would drive home hearing the chant, often pull over and just drift off again. For a few days I'd receive these euphoric emails from him, and then he would crash and struggle to adapt to the world. In the end he decided to take a break from shamanic work-he couldn't cope with the crash. If he had properly grounded each time, he could have enjoyed both the seidr and the mundane.

Breath through your feet, journal, discuss if possible.

Take a little time to reflect on the experience.

## **Close sacred space.**

I basically do the same as opening except thanking.

"I thank the sky father for inspiring us and allowing us to understand a little more. I think the earth mother for allowing us to journey deep to forgotten places... etc,"

In a 1-2-1 with a client this is a conscious closing down of my connection with you, a clear moment when I disconnect and fully step into me. It's done silently, but with full intent.

## **Fully ground and reconnect to mundane world.**

The more completely you ground and reconnect to the mundane world and your left or galdr brain the easier it is to process the experience. It will also become easier and quicker to enter a trance when you choose to.

As you find your way to work shamanically you may change the order of the steps or have a short cut to connect. This is a breakdown of the order of the steps that work for me if I am holding a group space. Work with it, adjust it, make it work for you.

If it is working, then you are doing it right.