

Pathworking, my journey

This is the journey that was taught to me, it is the basis of all group work I do. Over the years it has changed and adapted, but at core it remains the same.

In this module I will try to explain the different steps, and why they are important.

As this journey is often used with students before they have a good working relationship with their guides there is not a space specifically focused on their guides. I find over time students know where their guide will be.

The language is neutral to allow you to experience the journey your way.

I once asked Peter to lead the journey for me, he was a bit taken aback but agreed to.

Peter's patrons were Odin & Loki, but at the time he was working deeply with Freya. As the journey started, he described 'his' room in great detail, which was disconcerting because my room does not have all the shelves, books, and bottles he was so carefully describing. As we walked onto the path, he described the bright moonlight, the Mayflowers, the daisies. But my path was sodden, raining, and the sky was inky blue. I felt like I had psychic indigestion- he was clearly describing his path, but it was not path. When we got to the tree I stopped trying and just stepped into his tree space, spending the rest of the journey in his soul space.

I learnt how essential neutral language is to allow each person to connect with their soul space, not just project what I am seeing.

I assume that you have taken the time to prepare, check the timing works for you, the space is right for you, before the journey.

The room.

We start in a safe, liminal, space between the worlds. A small room with a fireplace and a door. This allows you to check the timing is right to journey, set an intention, and tune in before you journey.

I usually reference a fireplace as a symbol of clear focus for intentions.

This room represents opening sacred space, it is a chance to be fully centred in a safe space. Often people meet their guides here, or on opening the door.

The door.

This is always closed unless you have opened it to step through. A very powerful threshold. always close the door! This is your protection, ensuring you can always return safely without bringing unwanted energies, or without keeping energy channels open after journeying.

I might suggest a rune is carved on the door, but if you see a different symbol tune in to see if this is right for you.

You can consciously decide what symbol is on the door, but you don't need a symbol. If you are setting a very clear focus, this is a powerful point on the journey.

Path

I describe a typical "shaman's tunnel" going through the woods, this is deepening of the shamanic experience. Depending on how connected you are you may be in my woods at this point, or your woods.

Many traditions describe shamanic journeying as going through a tunnel, it feels primal. Perhaps even linked to the birth canal.

Threshold

This is where you consciously connect with your soul space, and if you have been in my woods this is when you connect to your path, your soul, your shamanic world.

You may have been in your soul space right from the room, or you may have needed me to 'lend' you my path to get to this point.

Tree

Your axis mundi, the centre of your existence, and it might not be a tree- it could be something else to represent the axis mundi.

It will change over time, it may be a tree you know, or it may not. At first the details may not be clear- it can take time to really experience your tree.

As an axis mundi your tree will help you to connect with the earth, and the sky. It will be a centre point you can always find in a shamanic journey, and then from this point you can find your room.

This is the centre of your existence, so spending time here, looking for intrusions, problems, checking your boundaries. This is the seat of your power. Yes, its lovely to journey up, or down, or out to other places and other lands.

But don't underestimate the power or spending time here. The better you know yourself, the easier all other journeys will be.

Your tree may be a tree you know, it may be a tree you remember, or it may be a mythical tree. It will change over time- as you change.

Soul boundary

Around your tree will be a safe space with a boundary, a hedge, circle of stones, woven fence. Something to demarcate what is core you and what is other.

This is where protection can be placed, boundaries improved. Work at the boundary to your soul space is invaluable.

In principle there should be nothing in your soul space that isn't you, or your guides (unless it's me journeying for you!!) Pay attention to what you experience in this space, it is always important.

And of course the return journey is the opposite;

Connect with tree, cross the threshold, walk along the path, open the door- walk through- close the door, sit in your chair and ground/focus.

Every group journey I do will start with this journey to the tree, by becoming familiar with the basics you build a level of skill that will allow you to journey anywhere.