

There will be times you journey with no thought, no preparation, and it works just fine.

But understanding the steps, understanding what good preparation feels like to you is important, and on the rare occasions when it goes wrong it will really make a difference.

It is you who needs to consciously choose when to connect, and when not to. Living between the worlds, always being a little connected, never quite being fully grounded is exhausting!

Shamanic work is a form of magic, in an altered state of consciousness what we do can have a physical impact on the mundane world. So, checking and making sure you are not acting out of fear, reacting to an emotional situation, ensuring you are aware of the consequences of what you are doing is essential.

Having a personal vent to a friend, releasing anger in a safe physical way, having a good cry- these are all safe ways of releasing emotion. Trying to change a situation, entering a contract, acting out these emotions in a shamanic space could hold a consequence.

If I vent my angst about someone to a friend- that someone feels no consequence, and I feel better.

If I take that angst and act on it towards the other in a shamanic space it may well have an impact on the other. If you chose to do that, then that is your decision. If you did it with out careful consideration- that is a problem. (I am not here to decide your moral choices!)

I have had journeys go wrong, not often but it does happen. Knowing the core steps, understanding how the journey works, is what allows you to resolve journeys that are difficult or go wrong.

*I attended another shaman's gathering- not something I do often. My guides told me to trust, so I did.*

*It was a deep, deep journey. Falling through the earth, finding myself in a cave. Odin stood there and told me my apprenticeship was over. He pointed to me and started to draw out all the wisdom, all the energy, all the knowledge he had shared. Frey was screaming at him, I felt my knees buckle and fell to the cave floor. I heard Frey shout, "you'll kill her" and I had no idea where I was, or even who I was. "What is left is hers" is all Odin had to say, and he walked off. I lay there for what felt like an age, and Frey was clear, "you need to get out of this one yourself, it is part of the journey".*

*I remembered I was with another shaman and lay on the cave floor listening for his drum, nothing.*

*I let memories flood through my mind and remembered a friend's power animal, I called with all my might as Frey smiled. The power animal hurtled into the cave, I grabbed its tale, and it pulled me back to my tree. From there I waked back along the path and sat up.*

*The field was empty, the shaman and the rest of the group had gone. It had taken all my strength, and the strength of a good friend to get me out. And I was mighty pissed off with both Odin, Frey, and the chap meant to be holding space.*

When you are journeying for yourself, building a solid connection with your tree, and your guides, it will be rare for things to go wrong. But when they do that relationship with your tree, and your guides, will be invaluable.

*Another time I booked a trip to Avebury stone circle, a day and a night all by myself. I knew I would walk, and drift between the worlds. So, I packed carefully, a warm jumper, seating mat, hot drink, and food. As I hoped I walked and lost myself in the land, in conversation with my guide. Maybe three or four hours later I stopped for lunch. Realising how cold I had become I put on the jumper, enjoyed the hot drink, and carefully ate the food. I felt myself grounding, coming back. Then consciously walked back to the car- following the road and staying in a fully grounded state. I knew I would need the hot drink and food to ground myself enough to get back!*

*Often in a journey for a client I get a little lost, especially if they are ungrounded- or it includes past life work. I pause, find the draw back to the tree, then to my tree, then to my body. I need these to act like signposts showing me the way back.*