

Root & crown

Rooted

This the was the moment I was perhaps most nervous for...

For the last 17 years I'd mostly doing things on my terms, in my way, with little interference from anyone else. I'd proudly called myself "Norse Shaman" and "Seidr Kona". Now here I was on Danish soil, with a group from my own lineage- ready to lead a sweat lodge. (Is now the point I mention I'd only ever taken part in a sweat lodge once before?)

I was very used to holding my style of lokk-circles. Where I encourage everyone to chant, and everyone to connect in their own way. I was very aware that traditionally the males in the group would chant and I – as the only female, and the seidr kona- would journey.

The small tent was ready, the stones were ready. We crawled in, and I allowed myself a perfect moment of feeling the ice under foot and knowing I was with my lineage in Denmark. Then I started the chant.

It was deep, more masculine than I was used to, and sublime.

I saw, in my mind's eye, that we were each a tree. Each separate and unique, yet our roots intertwined. It was a beautiful image, the strength of kith, and I sat with it for a while hoarding the image to remember later.

Then the chant changed, someone else took control (I knew exactly who) and I was kicked out of this gentle image and into the land itself. I felt a rush of adrenaline, the work had started, the nerves were gone- I was excited.

The image of the trees, with their roots intertwined has always stayed with me.

Trees, the central pole, the axis-mundi, are powerful symbols when we work shamanically. But the biologist in me wants to remind you. **The taller the tree, the stronger the roots must be.**

Shamanic work is unsettling, crazy making, and it can dis-orientate you from the mundane world. Being grounded will protect you from this impacting you in a negative way. The more grounded you are- the further you can journey and integrate with ease.

Crown

After a full year of weekend workshops, I had learnt a lot, and knew the group well. The teacher announced we were going up the tree, beyond the branches, to connect with

the angelic realms. I possibly jumped up and down with excitement- this was going to be fun.

People in the group started pairing up and I looked around, to find people purposefully moving away from me. I was surprised and felt uncertain. Why didn't people want to work with me? The teacher grabbed someone and walked up to me, "we'll work with you Maddy. The group are worried you may not come back." It was a reasonable warning.

I reached the top of my tree, looked for a ladder, and climbed. Higher, higher, higher. I came to space where there was nothing to be seen- yet I could move as if there was solid ground. My guide had stayed at my tree- In an effort to ground me. As I walked, I saw a window, and through the window (no glass) the bluest of skies. A sublime image that seemed to pull me. I sat underneath the window and refused to look, I wouldn't be able to resist, and I was uncertain if I did there was any coming back. In time my partner called me back and he immediately thanked me for sitting by the window. He'd seen it as an energy portal and was very worried about losing me.

I was safer than people realised. Although I did travel further than most, I was deeply rooted.

I had worked regularly with my own axis-mundi, my own tree, my own root chakra.

My guide realised the journey was safe but stayed at my tree to ground me.

I am deeply rooted through my lineage, my students, those I work with regularly. Our roots become intertwined. We are still separate- but when needed can lean into the strength of each other's roots.

Interconnected

The more you work on your root, your groundedness, the higher and further you will be able to journey.

If all you do is seek to go up the journey, travel far, without working on you, your roots, then you are in danger of spiritually bypassing your own work.

