



SHAMANIC WORLD

EXPLORATION

SPIRITWOOD

THE SHAMANIC WORLDS

THE LOWER WORLD

THE LOWER WORLD IS ENTERED THROUGH NATURAL GATEWAYS SUCH AS CAVES, TREE ROOTS, HOLLOW LOGS, TUNNELS LEADING DEEP INTO THE EARTH, OR RIVERS THAT FLOW DOWNWARD. IT IS THE REALM OF WILD AND PRIMAL WISDOM, THE PULSE OF LIFE THAT RISES FROM THE EARTH'S CORE. MANY PEOPLE THINK OF GOING UNDERGROUND AS SOMETHING FRIGHTENING OR SHADOWED, BUT THE LOWER WORLD IS NOT A PLACE OF DARKNESS. IT IS FERTILE AND ALIVE, BRIMMING WITH RAW POWER, THE HEARTBEAT OF CREATION ITSELF.

HERE YOU WILL OFTEN MEET YOUR POWER ANIMALS OR ANIMAL SPIRITS WHO WALK BESIDE YOU AS PROTECTORS AND ALLIES. YOU MAY ALSO ENCOUNTER ANCIENT EARTH SPIRITS, ANCESTORS WHO HAVE BECOME ROOTED IN THE LAND, OR GUARDIANS OF HIDDEN AND FORGOTTEN KNOWLEDGE. THE LANDSCAPES ARE VAST AND RICH. YOU MAY FIND YOURSELF WANDERING THROUGH ANCIENT FORESTS, DESERTS THAT STRETCH ENDLESSLY BENEATH THE SUN, OCEANS THAT SHIMMER WITH MYSTERY, VOLCANOES THAT BREATHE WITH FIRE, OR UNDERGROUND CAVERNS FILLED WITH CRYSTALS AND GLOWING STREAMS. EACH CARRIES ITS OWN MEDICINE AND WISDOM, READY TO REVEAL ITSELF WHEN THE TIME IS RIGHT. THE LOWER WORLD HELPS US RECONNECT WITH OUR INSTINCTS, OUR COURAGE, AND THE PRIMAL LIFE FORCE THAT SUSTAINS US. IT IS OFTEN THE PLACE WHERE SOUL RETRIEVAL TAKES PLACE. PARTS OF OURSELVES THAT MAY HAVE BEEN LOST THROUGH TRAUMA, GRIEF, OR HARDSHIP CAN HIDE HERE, WAITING UNTIL THE RIGHT MOMENT WHEN THEY ARE READY TO RETURN. THIS REALM IS DEEPLY HEALING. IT GROUNDS US INTO THE STRENGTH OF THE EARTH, REMINDING US THAT WE ARE NOT SEPARATE FROM HER, BUT CHILDREN OF HER BODY. THE WISDOM OF THE LOWER WORLD IS WRITTEN INTO OUR VERY BONES.

THE MIDDLE WORLD

THE MIDDLE WORLD IS THE SPIRIT LAYER WOVEN INTO EVERYDAY REALITY. IT IS THE ENERGETIC DOUBLE OF THE PHYSICAL EARTH, SHIMMERING WITH UNSEEN THREADS THAT CONNECT ALL LIFE. IN THIS REALM YOU MAY MEET THE SPIRITS OF TREES, RIVERS, MOUNTAINS, AND STONES. YOU MAY ALSO ENCOUNTER HUMAN ANCESTORS WHO REMAIN TETHERED TO THIS EARTHLY REALM FOR A TIME.

THE MIDDLE WORLD IS WHERE SYNCHRONICITIES, OMENS, AND SIGNS CAN BE PERCEIVED MORE CLEARLY. IT IS THE PLACE TO SEEK GUIDANCE ON EVERYDAY MATTERS, TO TEND TO ANCESTRAL HEALING, TO BLESS HOMES AND LANDS, AND TO CONNECT WITH THE SPIRITS OF PLACE. BECAUSE THIS WORLD MIRRORS OUR OWN LIVING WORLD, IT HOLDS BOTH LIGHT AND SHADOW. NOT EVERY SPIRIT YOU MEET HERE WILL HOLD PURE OR KIND INTENTIONS. THIS IS WHY PROTECTION, DISCERNMENT, AND CLEAR BOUNDARIES ARE SO IMPORTANT WHEN WORKING IN THE MIDDLE WORLD.

SHAMANS AND JOURNEYERS OFTEN ENTER THE MIDDLE WORLD TO HEAL ANCESTRAL WOUNDS, TO CLEAR ENERGETIC IMPRINTS THAT LINGER IN HOMES OR ON LAND, AND TO RECEIVE INSIGHT INTO CURRENT LIFE CHALLENGES. THIS IS THE PLACE WHERE THE SPIRIT OF PLACE SPEAKS, WHERE THE ESSENCE OF THE SEASONS CAN BE FELT, AND WHERE THE DEEP MEMORY OF THE LAND CAN BE REMEMBERED.

THE UPPER WORLD

THE UPPER WORLD IS A REALM OF VISION, LIGHT, AND HIGHER WISDOM. IT IS USUALLY ACCESSED BY CLIMBING UPWARD. YOU MIGHT CLIMB THE TRUNK OF A GREAT TREE, ASCEND A MOUNTAIN PEAK, WALK A SPIRAL STAIRCASE OF LIGHT, OR BE CARRIED INTO THE HEAVENS ON THE WINGS OF A BIRD. THE ENERGY HERE IS LUMINOUS AND EXPANSIVE, FILLED WITH STILLNESS AND PEACE. THIS IS THE HOME OF ANGELS, CELESTIAL BEINGS, SPIRIT TEACHERS, ASCENDED MASTERS, AND LUMINOUS ANCESTORS. HERE YOU MAY MEET BEINGS OF PURE LOVE AND WISDOM WHO ACT AS HEALERS, GUIDES, AND KEEPERS OF VISION. THE LANDSCAPES OF THE UPPER WORLD OFTEN FEEL OTHERWORLDLY. YOU MIGHT WANDER THROUGH FLOATING CITIES OF LIGHT, CRYSTALLINE TEMPLES, STAR-FILLED SKIES, OR MEADOWS RADIANT WITH GLOWING BEINGS. THE UPPER WORLD OFFERS CLARITY, GUIDANCE, AND BLESSINGS. IT IS WHERE WE RECEIVE VISIONS OF OUR SOUL'S POTENTIAL, WHERE TEACHINGS AND SPIRITUAL INSIGHTS ARE OFFERED, AND WHERE WE MAY GLIMPSE THE GREATER TAPESTRY OF OUR JOURNEY. IT IS A REALM OF HEALING, HOPE, AND ALIGNMENT WITH HIGHER CONSCIOUSNESS.

THE THREE WORLDS TOGETHER

THE LOWER WORLD ROOTS US IN INSTINCT, PRIMAL WISDOM, AND THE RAW LIFE FORCE OF THE EARTH.

THE MIDDLE WORLD CONNECTS US TO THE SPIRITS WOVEN INTO EVERYDAY REALITY, TO OUR ANCESTORS, AND TO THE LIVING MEMORY OF THE LAND.

THE UPPER WORLD LIFTS US INTO VISION, DIVINE GUIDANCE, AND THE LOVE OF CELESTIAL ALLIES.

TOGETHER THEY FORM A WHOLE. TO JOURNEY THROUGH EACH IS TO WEAVE OURSELVES BACK INTO BALANCE, ALIGNING BODY, HEART, AND SPIRIT, SO THAT WE MAY WALK THIS EARTH AWAKE AND IN CONNECTION.



A GUIDE TO YOUR OWN SHAMANIC JOURNEY

THE INTENTION OF SHAMANIC JOURNEYING IS TO USE YOUR OWN MIND AND INNER VISION TO EXPLORE THESE REALMS. THIS GUIDE OFFERS YOU PATHWAYS AND PRACTICES, BUT THE TRUTH OF THE JOURNEY IS THAT YOU MUST GO WITH WHATEVER REVEALS ITSELF TO YOU. THE LANDSCAPES, GUIDES, AND MESSAGES THAT ARRIVE ARE UNIQUE TO YOU AND CANNOT BE FORCED OR CONTROLLED. TRUST THAT WHAT APPEARS CARRIES MEANING, EVEN IF IT COMES IN A WAY YOU DID NOT EXPECT.

TO BEGIN, CREATE A SACRED SPACE WHERE YOU FEEL SAFE, HELD, AND FREE FROM INTERRUPTION. THIS MAY BE A QUIET CORNER OF YOUR HOME OR A SPECIAL PLACE IN NATURE. CLEANSE THE SPACE IN WHATEVER WAY FEELS RIGHT TO YOU. BURN SAGE, INCENSE, OR PALO SANTO, SPRINKLE WATER, RING A BELL, OR SIMPLY SPEAK WORDS THAT INVITE PROTECTION AND BLESSING. SURROUND YOURSELF WITH ITEMS THAT HOLD MEANING, SUCH AS CRYSTALS, CANDLES, FEATHERS, OR TALISMANS. THESE SERVE AS BRIDGES BETWEEN THE SEEN AND UNSEEN WORLDS.

TAKE TIME TO SET A CLEAR INTENTION. INTENTION IS THE GUIDING THREAD. IT MAY BE TO MEET A SPIRIT GUIDE, TO SEEK CLARITY ABOUT A LIFE CHALLENGE, TO CALL BACK A LOST PART OF YOUR SOUL, OR TO OPEN YOURSELF TO RECEIVE WHATEVER WISDOM YOUR SPIRIT IS READY TO SHARE. HOLD THIS INTENTION GENTLY IN YOUR HEART. THINK OF IT AS A LANTERN YOU CARRY, LIGHTING YOUR WAY AS YOU STEP INTO THE UNKNOWN.

GROUND YOURSELF THROUGH STEADY BREATH. INHALE DEEPLY AND EXHALE FULLY. IMAGINE ROOTS EXTENDING FROM YOUR FEET DEEP INTO THE EARTH. LET THEM WEAVE WITH THE ROOTS OF ANCIENT TREES AND THE VEINS OF STONE. FEEL THE STRENGTH OF THE EARTH HOLDING YOU STEADY AND SECURE. IF YOU CAN, PLACE YOUR BARE FEET ON THE GROUND TO STRENGTHEN THIS CONNECTION. ALLOW WORRIES AND DISTRACTIONS TO FALL AWAY, FLOWING INTO THE EARTH WHERE THEY CAN BE TRANSFORMED. WHEN YOU FEEL READY, CHOOSE HOW YOU WILL STEP INTO THE JOURNEY. SOME USE THE STEADY BEAT OF A DRUM OR RATTLE TO ENTER THE TRANCE STATE, WHILE OTHERS LISTEN TO RECORDINGS OF THIS RHYTHM. YOU MAY PREFER TO CLOSE YOUR EYES AND USE VISION ALONE. A DOORWAY MAY APPEAR, PERHAPS A CAVE, A HOLLOW TREE, OR THE ROOTS OF AN ANCIENT OAK. YOU MIGHT FIND YOURSELF CLIMBING INTO THE BRANCHES OF A TREE OR STEPPING INTO THE FLOWING CURRENT OF A RIVER. TRUST WHATEVER GATEWAY REVEALS ITSELF.

AS THE JOURNEY UNFOLDS, ALLOW YOURSELF TO BE LED. YOU MAY ENTER A CAVERN LIT WITH GLOWING CRYSTALS, ASCEND A MOUNTAIN WHOSE PEAK TOUCHES THE STARS, OR DIVE INTO WATERS THAT PULL YOU INTO THE UNSEEN. LET THE LANDSCAPES GUIDE YOU. REMEMBER THAT THIS IS YOUR JOURNEY. THERE IS NO RIGHT OR WRONG WAY FOR IT TO UNFOLD.

CALL UPON YOUR ALLIES WHEN YOU ARRIVE. THEY MAY APPEAR AS ANIMALS, ANCESTORS, GUIDES, OR EVEN SYMBOLS. THEY MAY COME IN WHISPERS OR FLASHES OF VISION, OR THEY MAY STAND SILENTLY AT YOUR SIDE. TRUST WHAT COMES. SHARE YOUR INTENTION WITH THEM. ASK YOUR QUESTIONS, THEN LISTEN DEEPLY. GUIDANCE MAY ARRIVE THROUGH IMAGES, SENSATIONS, SOUNDS, OR AN INNER KNOWING THAT SETTLES WITHIN YOUR BODY.

WHEN YOUR JOURNEY FEELS COMPLETE, THANK THE GUIDES AND SPIRITS WHO HAVE WALKED WITH YOU. OFFER GRATITUDE FOR WHAT HAS BEEN REVEALED. THEN RETRACE YOUR STEPS. LEAVE THE CAVE, CLIMB BACK DOWN THE TREE, OR RISE FROM THE WATERS UNTIL YOU RETURN TO YOUR SACRED SPACE. ALWAYS COMPLETE THE CIRCLE BY RETURNING THE WAY YOU CAME. THIS KEEPS YOU WHOLE, CLEAR, AND SAFE.

ONCE YOU ARE BACK, GROUND YOURSELF FULLY. EAT NOURISHING FOOD, DRINK WATER, OR PLACE YOUR HANDS OR FEET ON THE EARTH. LET YOURSELF FULLY RETURN TO YOUR BODY. THEN TAKE TIME TO RECORD YOUR EXPERIENCE THROUGH WRITING OR DRAWING. CAPTURE THE SYMBOLS, MESSAGES, AND FEELINGS BEFORE THEY FADE.

REMEMBER THAT SHAMANIC JOURNEYING IS NOT SEPARATE FROM YOUR DAILY LIFE. THE WISDOM YOU RECEIVE IS MEANT TO BE WOVEN INTO YOUR LIVED REALITY. EACH JOURNEY IS A DEEPENING OF RELATIONSHIP WITH THE UNSEEN AND WITH YOURSELF. OVER TIME, THE PRACTICE BECOMES MORE NATURAL, AND THE THREADS OF WISDOM AND HEALING GROW STRONGER IN YOUR LIFE.

JOURNAL PROMPTS

INTEGRATION

WHAT IMAGES, SYMBOLS, OR BEINGS STOOD OUT MOST IN MY JOURNEY
DID I RECEIVE MESSAGES OR GUIDANCE FROM SPIRITS, ANCESTORS, OR ANIMAL ALLIES
HOW DO THESE MESSAGES CONNECT WITH WHAT I AM FACING IN LIFE RIGHT NOW
WHAT EMOTIONS ROSE DURING THE JOURNEY AND WHERE DID I FEEL THEM IN MY BODY
DID I MEET ANY FORGOTTEN, HIDDEN, OR WOUNDED PARTS OF MYSELF

REFLECTION

HOW DOES THIS JOURNEY CONNECT WITH MY SPIRITUAL PATH OR PURPOSE
DID I NOTICE ANY PATTERNS OR THEMES THAT ECHO OTHER JOURNEYS I HAVE TAKEN
HOW HAS MY PERCEPTION OF MYSELF OR MY REALITY SHIFTED SINCE THIS JOURNEY
WHAT FEARS OR RESISTANCE CAME UP AND WHAT DID THEY WANT ME TO UNDERSTAND
WHAT GIFTS OR INSIGHTS CAN I CARRY BACK INTO MY DAILY LIFE

ACTION AND INTEGRATION

WHAT SMALL STEP CAN I TAKE TODAY TO HONOUR THE GUIDANCE I RECEIVED
HOW CAN I NURTURE OR PROTECT THE PARTS OF MYSELF THAT WERE REVEALED
ARE THERE RITUALS, MEDITATIONS, OR PRACTICES THAT WILL HELP ME INTEGRATE THIS WISDOM
HOW CAN I EMBODY THESE TEACHINGS IN THE WAY I MOVE THROUGH THE WORLD AND IN MY
RELATIONSHIPS WITH OTHERS
IF I WERE TO CREATE A SYMBOL, TALISMAN, OR PIECE OF ARTWORK FROM THIS JOURNEY,
WHAT WOULD IT BE



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