

The Journey



A Companion E-Book For The Journey Audio

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Second edition.

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1. INTRODUCTION

Throughout history, shamans have possessed the power to journey deep within to tap the universal source of information and wisdom. Bypassing the stumbling blocks of the outer, material world, they perfected techniques of accessing higher mind levels to find answers, gain insights and achieve profound understandings. The shamanic journey is the most common method used by shamans to access inner power and retrieve information.

The purpose of this e-book is to introduce you to the shamanic journey and help you get the most out of *The Journey* audio. You can just listen to the audio if you choose. However, I believe you will get more out of the journey when you understand the power behind it. At the end of this book, I provide you with references and resources to help you gain advanced knowledge about shamanic journeying should you be inspired to take it to the next level.

In *The Journey* audio, you'll be guided step-by-step on how to...

- deeply relax your body, which is the first step to accessing your higher mind
- release emotional and/or physical discomfort or pain
- gain an expanded sense of awareness
- access your higher mind powers to get answers, insights and profound knowledge about what you are seeking.

Ancient wisdom teaches that we can access the powers of our higher mind when we learn how to quiet our daily mind. Our daily mind is also referred to as the mind level of beta. Most people live their waking lives in beta---a state of mind that is filled with non-stop self-talk, mind chatter. In beta, your mind never quiets down. This state of mind is associated with stress-related symptoms such as anxiety and sleeping problems.

Did you know that when you quiet your mind and enter deep states of relaxation and feel at ease, your body can not be in a state of dis-ease? When you're not feeling stress, your body can't produce stress-related chemicals that cause disease and pre-mature aging.

When you experience deeper states of mind, you will gain far more than feelings of deep relaxation and the elimination of stress. As you will soon learn in this e-book, when you shift your state of mind from beta to higher mind levels, such as alpha or theta, you can access untapped powers.

Why is it important to quiet the mind?

The mind is where everything starts. Your mind is your doorway into infinity; it will lead you to new worlds, so to speak.

Ancient wisdom and modern science provide many clues about the powers of the mind. In physics, for example, it's known that the mere act of just observing a molecule changes its molecular structure. In other words, thoughts affect our external world. Your thoughts influence your reality and your probable future. Thoughts affect all facets of our reality such as health, finances and relationships. Our potential mind power is beyond what we have been taught to imagine!

Modern science is only beginning to catch up to the wisdom that the ancient ones have passed on to us over the ages: There is an unseen web of energy that connects us all. A growing number of scientists and researchers call this web of energy the Mind of God.

2. YOUR TWO MINDS

The mind is best described, I believe, by using a simple model that I learned from two extraordinarily powerful Native American wise elders who possessed a rare ability to simplify the most complex bodies of knowledge. They taught that man has two minds. We have a physical mind and a spiritual mind.

When we were born, we were equally connected with both minds. But since we live in a world that focuses on the physical mind, it has become dominant. Since we have not been taught how to access and use the spiritual mind, it has become dormant, hidden deep within us. Sometimes we get a glimpse or hear a whisper from the spiritual mind, but on the most part we are completely unaware of our spiritual mind.

When we spend most of our lives using only the physical mind that we have learned to rely upon, we become stuck in a limited realm. We are only aware of half of reality. We must then learn how to use the spiritual mind to reach our full potential and break free from what holds us back.

You will have the greatest personal power when you learn how to integrate both your physical and spiritual mind into your everyday life.

Your Physical Mind

Your physical mind is the mind that you consciously use everyday and throughout each day. It is the intellectual mind, and it's ruled by logic. It's the mind that society has taught you to develop and to focus on. This rational mind feeds upon logic and does not accept that which can not be explained and proven in the physical world.

It is limited to understanding the world through rational explanations. This mind relies on science and technology to make sense of the world. Your

physical mind is stuck in linear thinking. It perceives the world through limited beliefs such as cause and effect.

Your physical mind communicates to you primarily through words.

Your physical mind helps you to exist in the physical world, but it confines you to this world. It is limited to what can be experienced with the physical senses. It is cut off from Infinite Intelligence, from infinite possibilities. It depends upon rational explanations. This mind keeps you in check. While it helps you day to day in enabling you to function in society, it restricts you. It limits your personal power and can hold you back through heavy emotions such as fear, worry, doubt and depression.

Your Spiritual Mind

Your spiritual mind, also known as the higher mind or higher self, is the mind that you are not typically conscious of. For most people, it is greatly underused. This mind is limitless and infinite. It is not restricted to logic and rational explanations; it is not limited in any way. The spiritual mind is connected to the source that creates all.

Your spiritual mind communicates to you in a different language than the physical mind. Rather than words, it uses mainly language such as feelings, images, intuition, hunches and signs.

This mind is based on intangibles that can not be understood from a logical perspective, and for this reason, society does not teach people how to develop this mind. Your spiritual mind helps you live your life expansively, without restrictions. It frees you from the self-imposed boundaries and limits.

This mind knows of the power of faith that opens doorways to infinite possibilities. Your spiritual mind inspires you to advance and to take risks. It builds your personal power.

The Battle of Your Two Minds

There is an ongoing battle going on all the time within you, and it's your two minds competing with one another.

Your spiritual mind is continually trying to communicate with you to guide you to achieve and experience an extraordinary life. It wants you to become aware of your tremendous power and to achieve what some people would call miracles. It wants to answer your most pressing questions and guide you to live a truly extraordinary life. The problem is that we rarely are aware of what our spiritual minds are trying to communicate to us.

The physical mind is over-trained and over-used. It speaks to you constantly, drowning out the communication from your spiritual mind. The spiritual mind is continually trying to communicate with you through images, intuition, symbols and other non-verbal ways, but the physical mind is so overpowering that most people just can't tune in to it. It's like trying to listen to someone who is whispering to you while you have the radio blasting with loud music.

Both minds serve you, but they help you in different ways. You do not want to ignore either mind, but rather use both of them. Your greatest power will be realized when you learn how to integrate both your physical and spiritual minds into your everyday life. Since modern society has not taught you how to use your spiritual mind, you will need to learn how to access it. Practicing shamanic journeying is a powerful tool for doing so.

Let's go deeper into discovering how you're your inner world operates.

Your Four Levels of Awareness

According to behavior scientists, we have four distinct states of mental awareness: beta, alpha, theta and delta. In each of these levels of awareness, there are distinct brainwaves. Each level corresponds to different

abilities. As you'll soon learn, these states of mind awareness are linked with what you just learned about the physical and spiritual mind.

Beta

In the first state of awareness, beta, your brainwaves oscillate the most--- between 14-30 times per second. This is the state where most people spend virtually all of their waking hours. It's associated with stress and stress-related symptoms such as worry, fear, insomnia, confusion and physical disease. In beta, you are bombarded with never-ending thoughts. Have you ever tried to meditate and noticed that you could not quiet your constant mind chatter? That's the beta state.

Research has shown that when a person is in beta, they are at their poorest potential for learning. Also, a person's ability to reach creative solutions and breakthroughs is at its weakest in this state. The beta mind is stuck in restricted, linear thinking. It indulges in perceiving the world as either/or and black and white.

Beta is your physical mind.

If your conscious state of awareness is only in beta day in and day out, you will be at a great disadvantage and your ability to create the life you desire will be limited.

As your mind quiets down, it starts to produce slower brain wave activity. Your mind progressively travels first to alpha, then theta and lastly to delta.

Alpha

In alpha, your brain frequency slows down to 7-14 pulsations per second, about half that of your beta mind. Alpha is often experienced when we are in a relaxed dreaming state. When you slow your brain frequency to this state, you gain access to greater mind powers. In states of alpha, you have a much greater potential for creative breakthroughs, problem solving, learning and for programming your mind for success.

Alpha is your link to your sub-conscious mind. The term "sub-conscious" indicates that it operates below your waking awareness. You can think of the sub-conscious mind as a bridge between the physical world and the spiritual world. Deeper levels of alpha help you to access your spiritual mind that lies deep within you.

Not so many years ago, the idea of a sub-conscious realm was a very questionable one. It is only with the advent of modern psychological research, the recent interest in ancient mystical knowledge and especially the advances in the physical sciences that we have begin to understand the power of the extremely intelligent sub-conscious realm.

Theta

By detaching even more from your external reality, you enter the theta state. In theta, your brainwaves oscillate at a much lower pace, down to 4-7 cycles per second. This is the mind level we all enter just before falling asleep and just upon awakening from it. Here, you begin to enter a realm that is very powerful.

In deeper states of theta, your connection to your spiritual mind becomes stronger. You begin to detach from logical and linear thinking. In this world, you experience a reality that is free from the confines of time and space. The deeper you travel within, the closer you move towards creation, towards the Spirit that moves through all things.

Delta

The deepest level that we know is the state of delta. It is a domain that is extremely powerful. In delta, your brainwaves oscillate between 1 and 4 times per second. Few people are aware of this other world. When most people enter delta, they lose conscious awareness, fall asleep and dream. This powerful mind level is available to all but very few have been able to consciously tap into it.

This is the realm of shamans, mystics and sages.

Delta is the domain of mystical and magical experiences. It is a level of high vibration. Delta is really a doorway to the unknown, to infinity. Delta is a direct bridge to the divine, to the Creator of all things, to Universal Intelligence. In this realm, anything is possible.

Your Mind Is Your Doorway to Infinity

As you've learned, most people spend their waking hours in the state of beta, which keeps them from accessing and growing their personal power. Beta is your physical mind. Alpha, theta and delta, in contrast, are connected with the world of spirit; they are your doorway to your spiritual mind, to infinity.

As you go deeper within, you can connect with higher regions and get closer to the Source, to the Creator Of All. As your connection with Infinite Intelligence becomes stronger, you become more empowered gaining insights, guidance and abilities that were formerly outside of your reach. Then, you will be in a much more empowered position to make changes in your life.

It's not important to remember the details of the different mind states. The important point is to become aware that you can use the powers of these deeper levels of your mind to empower yourself and create a better world for yourself and others.

3. THE SHAMANIC JOURNEY

A shamanic journey is a powerful way to access your higher mind powers and grow your inner power. To learn about other practices, refer to the audio program *The Warrior Spirit*, listed at the end of this book.

The journey enables you to enter a meditative type state, but it is not really "meditation" as meditation is understood and used today. Most meditations are limited or ineffective. Common meditation practices require the person to sit or lie still, and when deeper levels of meditation are reached, the person falls asleep or is nearly comatose. Also typical meditation practices can not be used in a dynamic, moving way.

A journey is not an end result, but a bridge to our higher self, to the world of spirit. The objective is to avoid getting stuck on the bridge, as is the case with common meditations. You want to cross this bridge between the subconscious mind and the world of spirit that moves through all things. And, once you do, you need to be active rather than passive. Ask for guidance, communicate with your higher self and express appreciation for any help that you receive.

Think of yourself as an explorer of the endless mansions of a magnificent hidden universe.

Here's a brief description of how a typical shamanic journey is done: When you are first learning to journey, you sit down or preferably lie down in a relaxing space. In the beginning, it is best to close your eyes and have relaxing music in the background to help you focus on the steps. You follow a relaxation process that includes breathing exercises and releasing body tension. You then imagine a place in nature, such as a forest or desert, where you walk down a path until you reach an entrance, such as a cave opening or an arch that is part of the earth.

As you journey, you will reach deeper mind levels such as alpha and theta. The mind levels that you reach will depend on the extent that you can relax

and surrender. When you reach a deeper mind state, you then pose your question. Towards the end of the audio, you are given an opportunity to have silence and ask questions or seek guidance on any matter that concerns you.

There are certain steps that are part of the journey, such as exiting the same way that you entered. It is advisable to follow a step-by-step guide when you are first learning to journey. After you do a journey several times, you can journey by yourself even while you walk.

Have a Purpose When You Journey

The shamanic journey is used for communicating with Spirit and retrieving information from the deeper realms of the mind; the mind is a direct link to Infinite Intelligence. From ancient times, shamans have used the process of journeying to travel within to access answers, insights, guidance and help from the spiritual realm. A journey can last as long as a half hour or just a couple of minutes.

Before beginning a journey, you are advised to focus on a specific question or a subject that you need help with. You can pose your question in one of these ways:

- *Will (fill in the blank) be a wise decision for me and my family?
- *How will the problems in my relationship be resolved?
- *How can I make money in an easier and stress-free way that brings me happiness?
- *What do I need to learn to have greater peace of mind?

|magination

For shamans, imagination is more than just brain activity. It connects us with the web of power and the spirit in all things. Imagination links us with other realities. We are all born with this skill, but we lose much of it through modern education. We live in a society that emphasizes the value of logic;

we have learned to rely on logic to explain everything in the physical world. Journeying requires reopening the door of imagination so that the link between the everyday physical world and the extraordinary non-physical world can become reestablished.

Exercising your imagination through visualization and envisioning prepares you for the process of journeying. Shamans and other wisdom teachers emphasize the importance of being able to "see" the result before manifesting it physically. People can only achieve as much as they can truly imagine for themselves. Thus, a shaman will teach a person to expand their ability to see, do and be. The ability to imagine raises our ability to have. Like a muscle that needs to be stretched and strengthened, imagination requires exercise.

Your beliefs will expand or limit your level of success. Studies show that people who have suddenly gained an inheritance or won a lottery too often are unable to hold on to their good fortune and end up losing all or most of their money. In these situations, people are not prepared for their new lifestyle because even though their situations have changed, their beliefs have not.

The stronger your imagination and the more skill you have in using it, the more powerful you will be. Everyone can imagine. Some of you may be able to use your imagination more than others, but all of you can imagine. Right now -- see an elephant wearing a pink hat. How easy was that? Like anything else, the more you use your imagination, the stronger it will become.

Visioning and Envisioning

When you do your journeys, you will use your imagination as well as visioning skills. Visualization involves seeing or forming mental images. Shamanic visioning adds another dimension to visualization by integrating nature and using all the senses. Shamans understand that nature is the source of true power.

Nature has a very high vibratory rate, and when we connect with nature, it helps us connect with our higher self and the Creator Of All Things. Shamans have long taught that nature is a doorway to the world of Spirit. All of the truly enlightened spiritual teachers, such as Jesus, Buddha, Mohammed, spent time alone in nature to connect with their Higher Self. Shamans have long understood nature's powers and they use various practices to connect with nature. Even imagining being in nature is powerful.

That is why, when you are guided to do a shamanic journey, it is advisable that you create images using nature as much as possible. If you are imagining yourself relaxing on a soft surface, for example, imagine soft grass or an animal fur rather than synthetic material.

Using all your senses is important also. Make a vision real for yourself using sound, smell, touch, sight and taste. Use as many of your senses as possible throughout your journey. If you touch the ground, for example, imagine how it feels. If the ground is made up of sand, for instance, does it feel cool, smooth? Is it grey or tan?

As you are on your journey, you will be asked to see the images that come to you through your own eyes. Avoid seeing yourself as an outside observer, but rather experience everything in the journey as if you were truly there in physical form. That is, rather than see yourself walking through nature, walk through nature and see everything through your eyes when you do your journeys.

You can think of the journey as a movie that you are creating. You want to be in the movie, not observing the movie from the outside looking in. You want to be in the movie rather than sitting in a theatre watching yourself in the movie. When you use your imagination in this way, with your senses and through your eyes, you are practicing envisioning, which is more powerful than using your imagination passively.

In the book *Secrets of Shamanism*, Jose Stevens, Ph.D., and Lena Stevens provide many easy exercises for strengthening the imagination and visioning

abilities. If you feel that you need help with developing your imagination, you can also practice reading novels, which are great for stimulating the imagination.

4. POWER AREAS IN YOUR JOURNEY

The Journey, as it is taught in this audio, integrates powerful knowledge that I have learned from teachers, including Tom Brown Jr. and Jose Stevens PhD. I reference their books and other invaluable resources at the end of this e-book.

The Journey audio is made up of three parts: 1) body and mind relaxation 2) experiencing your power area and 3) creating/finding a special place or sacred area within your power area.

1. Body and Mind Relaxation

In the first phase of doing your journey, you are guided in the audio to deeply relax your body and mind. By deeply relaxing your physical mind, you allow your spiritual mind, your higher mind powers, to surface.

In the beginning part of the journey, you are instructed to release a form of discomfort or pain. Many people have been able to release all types of pain such as back aches or limiting and heavy emotions, such as fear or self-doubt, during this part of the journey. Sometimes people will report releasing the pain for a few moments or hours, while others are able to pass away pain permanently.

There are no limits to what you can accomplish once you connect with your higher mind. Getting rid of discomfort is just one example of what you can do once you cross the bridge from your physical, everyday mind to the deeper levels of your higher mind.

This practice will also help you connect with your body more. Most of us don't know how to listen to our body, which is always communicating with us. Some of the ways it tries to communicate with us is thru feelings in our stomach area.

Creating a Trigger for a Shortcut

Towards the very end of the body and mind relaxation process, you are guided to hold your breath and imagine any last shreds of tension or discomfort building up in your chest. Then, you are instructed to exhale easily and to keep exhaling until you could feel your heart beating in your chest. You are guided to feel your heart beating and to feel pulsations in your body. In *Awakening Spirits*, Tom Brown Jr. refers to this as the "breath-to heart" sequence. It serves as a trigger, which serves as a catalyst to recreate the experience. You focus on how you feel during the "breath-to-heart" sequence and anchor that in your memory. You focus on every sensation during that moment.

In the future, when you want to recreate that experience you can focus on the "breath-to heart" sequence to trigger the experience. By reliving that feeling, you will trigger the deep meditative state that was linked with that part of the journey. In other words, you can be taken to that deep meditative state without having to always go thru the entire meditative practice when you use the "trigger."

It is advisable however to regularly practice the long meditative practice and to only use the trigger when it is not possible to do the long meditation. If you use the short cut method too often, you'll start to weaken the trigger. Each time you do the full step-by-step meditative practice, you'll make your trigger stronger and stronger.

Let's say that you're going into a high stress situation, such as a stressful meeting with someone, and you want to shift into a relaxed state, you can focus on the breath-to- heart sequence to quickly access the meditative state that you learned.

Test your trigger. You'll need a friend to help you test your trigger. Sit quietly in a comfortable chair. Take a deep breath and release any last

shreds of tension. Then, use the breath-to-heart to trigger the deep meditative state.

Your friend should hold and support your arm and place his/her fingers gently but firmly on your wrist. As you focus on the breath to heart sequence, your friend should note how your pulse drops or disappears. (The average resting human heart rate is about 70 beats per minute). Some people with diligent practice can drop their heart rate to 30 beats per minute.

When the pulse drops off greatly this indicates that you've learned how to create the trigger. There should be a big difference in your pulse before and after you focus on the trigger.

2. Your Power Area

As your body experiences deep relaxation, you are then guided to enter your power area. This is a place where you can create anything that you want, and do anything that you want. You pull out all the stops and let your imagination and envisioning run wild. You are like a child again. In this place, there are no limitations.

3. Your Special Place Within Your Power Area

After you have spent relaxing time exploring your power area, you will then be guided to find or create a special place within your power area. This special place will be your workroom where you will be able to work miracles. It is a sacred place where you feel the most comfortable, secure and most of all powerful. Consider it to be the center of your power area. It is in this special place of power where you can ask questions, ask for help in any area of your life that you are inspired to ask about and gain knowledge that is important to you.

You will be able to visit this special place anytime you wish. This is where your most powerful work will be done—in this sacred place. Nothing can harm you when you are there because you are all powerful in this place. All things are possible from the center of this place provided you are guided by your higher self, a force that serves to help you evolve in every way.

When you are in your special place within your power area, you can stand, recline or sit. You will have quiet time to spend communing with your higher self and focus on whatever it is you would like help with. Working with affirmations coupled with envisioning can also be very powerful during journeying.

Be open to the messages that you will receive. Remember, your higher self or Spiritual Mind communicates with you mainly in non-verbal ways such as through images, feelings and sound.

At the end of the audio, you will be guided to return to the physical world, by walking back towards the entrance where you came in. It is important that you leave using the same path that you came in through, making a complete circle.

Doing the Journey Without the Audio

While journeying begins in a sedentary and relaxed physical position, you will eventually learn how to journey while you walk, run and talk.

The meditative practice that you learned in the audio is best used as a temporary tool. The idea is to use the audio to train your mind and body on how to enter a deeply relaxed and access your higher mind powers. Once you learn how to train your mind and body, do your journeys without the audio. In other words, you don't want to rely on an external tool to be able to access your inner power. It is a good idea to use the audio from time to time to reinforce what you learned, but you do not want to rely on the audio forever.

The goal is to ultimately learn how to access this state on your own at any time and any place---without always relying on external tools such as audios or someone guiding you through a practice.

A truly powerful meditative practice teaches you how to ultimately enter a deeply relaxed and powerful state by using only your inner power.

What would happen if you could only enter a deeply meditative state by listening to a certain sound or by sitting in a certain posture, and one day you didn't have that sound or if you weren't able to sit in a certain position? Well, you probably wouldn't be able to enter a meditative state! You'd be limited. That wouldn't be very empowering.

That's why it's key that you eventually learn how to access that state by using only your inner power. You'll always have access to that.

Try Variations Once You Learn the Journey

Once you've listened to the audio several times, you'll be able to do the journey on your own—while you walk down a busy street or when you're on your way to meet a friend. You may be inspired to do your future journeys using variations. You may decide, for example, to spend a much longer time in your sacred place within your power area or to make changes to your power area. Open your mind to the ideas that you are inspired to do.

Practice the Journey every day, and twice a day if possible. Practicing the journey at sunrise and sunset is especially powerful. Many people find that even 15 minute journeys can be as powerful as longer journeys once they build the foundation.

As you practice every day, you'll notice that you feel calmer and your sense of awareness will expand as well. Don't be surprised if you experience side benefits such as sleeping better. The more you practice, the greater your connection will be to your higher self that is an awesome force that you can call upon at any time.

5. UNDERSTANDING THE MESSAGES

Remember, your spiritual mind communicates to you primarily through feelings, senses, symbols and visions.

Learn to pay attention to your body and use feelings for guidance. Let's say you want an answer to an important question such as "Is it in my best interests to go to work for X company?" During a shamanic journey, you can pose your question and tune in to how your stomach responds, for example. Often people will feel a sense of relief in their gut area when they get an answer from their higher self that indicates a yes answer. If your stomach feels tense or tight, then that is probably an indication that you should think twice before proceeding with your idea. A tense feeling tends to tell you to be cautious and that what you are considering is likely not in your best interest at that time.

Think back to a time when you had a feeling that you should avoid something or when you sensed that you should do something? This is an example of your higher mind communicating with you. Often, people will get just a sense of knowing, without any doubts, what needs to be done.

Practitioners of the shamanic advising technique often report with amazement the depth of knowledge that they receive. In many cases, you can get results after the first or second journey. Don't be surprised if you can see something about a situation that you never saw before. The more you practice, the better you will get at it.

You can also use colors to represent a "yes" and "no" answer. Before you ask your question, decide which color represents "yes" and which represents a "no." Pose the question and see which color appears in your mind as you are in a deeply relaxed state. Some people report seeing the words "yes" or "no" appear in huge letters while they are in a meditative-type state.

6. KEEP GROWING YOUR POWER

The journey is a powerful practice to quiet the mind and connect with your inner power, and there are many other practices that you can do keep expanding your inner power.

There are layers of growth that you'll experience when you keep expanding and deepening your knowledge. That's why you'll want to keep learning and exploring.

Just like a carpenter needs to have many tools in his tool box to get a job done, you'll also want to have many tools in your tool box to achieve results and changes in your life. Sometimes a carpenter needs more than a hammer to get a specific job done. So too, you'll need to dig into your toolbox when you need something in addition to a meditative practice to make things happen.

The Power of Asking Questions

You have learned that the shamanic journey is a technique for accessing higher mind levels to find answers, gain insights and achieve profound understandings. It is a great training tool that will help you in all areas of your life. It will teach you to always ask questions---when you are doing a journey and when you are not doing a journey.

Life is a journey period. And part of our journey is to learn the lessons we need to master. A lesson can be anything from learning to let go of judgment, self-doubt, fear, resentment, greed, impatience to learning how to love yourself at a deeper level.

A shaman would say that if you are having difficulty achieving a goal, for instance, you have not learned what you need to get. Always ask the sacred questions: "What has led me to where I am at today and why?" "What do I

need to learn from this experience?" and "What am I feeling about this situation?"

It is a powerful practice to ask questions daily. Ask questions about your life, about the state of the world and about the spiritual world. Buy a journal or a notebook and write all the answers and insights that you get. Pay attention to the insights that you get and contemplate what your higher mind wants to teach you.

By continually asking questions throughout your life, you will open a doorway that will lead to answers and the magic of life. You will discover who you really are and why you are here.

Expand Your Knowledge About Shamanic Journeying

At the end of this e-book, I provide various resources and references that will expand your knowledge about journeying and help you develop greater personal power using ancient shamanic teachings. Below I summarize two sources:

In *Awakening Spirits*, Tom Brown Jr., teaches journeying or what he refers to as the Sacred Silence. Tom is America's most renowned tracker and wilderness survival expert. When Tom was only seven, Stalking Wolf (aka Grandfather), an Apache elder, shaman and scout, began teaching Tom the skills of tracking, wilderness survival, and awareness. Today, Tom shares his wisdom and knowledge to those who want to learn these sacred, almost lost, teachings that Stalking Wolf passed on to him. Journeying is only one of many powerful practices that Tom teaches through his many books and school.

The teachings of Stalking Wolf, which are taught in all of Tom Brown Jr., books, are a must read for anyone interested in learning about shamanism. From my view, the teachings of Stalking Wolf are the most simple and pure that you will find.

Another teacher that I can personally recommend is Jose Stevens. In *Secrets of Shamanism: Tapping the Spirit Power Within You* Jose Stevens, PhD and his wife, Lena Stevens, provide a great introduction into the world of shamanism and many practical exercises that anyone can do. Jose and Lena Stevens are founders of an international school and consulting firm dedicated to the study and application of shamanism and indigenous wisdom. They offer private consultations to help individuals and businesses.

The benefits of expanding your inner power are far more than what you can imagine today. You'll experience the magic of life that yields itself to those who pursue it with their heart and mind.

To your power path,

Mary Rivas
www.unlimitedinnerpower.com

7. GUIDELINES... BEFORE DOING YOUR JOURNEY

We strongly recommend that you use high quality stereo **headphones** when listening to the audio.

Before you begin your journey, it's important that you follow the following guidelines:

1. Do not listen to this recording while driving a car or performing any other activity requiring for your safety an alert attentive state. This recording can easily bring you into an altered state of consciousness. Unlimited Inner Power accepts no responsibility if this advice is not heeded.
2. Before beginning a journey, focus on a specific question or a subject that you need help with. Have a purpose when you journey. Imagine that you're going to talk to a very old wise man or woman. You will want to be patient, respectful, calm and receptive to everything he or she has to say. A shaman would say that your spirit or higher self is that very old wise being.

Retrieving knowledge for ruthless personal gain or to hurt another is not advisable. To want to hurt others in any way is contradictory to the basic laws of harmony. You will therefore be blocked. If the subject that you are focusing on involves other people, take a win-win attitude because there is a solution that can benefit everyone involved. In this way, you will strengthen your access to this universal information.

If you have a question, You can pose your question in one of these ways:

- * Will taking this trip be a wise decision for me and my family?

- * How can my health issues be healed?
 - * How can I make money in an easier and stress-free way that brings me happiness?
 - * What can I do to become a more inspiring partner?
3. Get into a very comfortable position. In the beginning, it's best to lie down. I suggest that you put a light blanket on yourself to avoid feeling cold. Often when the body begins to relax deeply, body temperature can fall.
- If you have a back problem, you might want to put a pillow under your knees to avoid any strain. If the body is uncomfortable or stressed, you'll be distracted and you won't easily be able to enter a deep state.
4. Make the environment free of distractions. Turn off any phones etc. You want to avoid any distractions that can pull you out of a deep state of relaxation.
5. Close your eyes during the practice. You might also be in a dark room while you do your journey.
6. Keep an open mind. Begin your journey without expectations of exactly what you'll receive. If you have any distracting or uncomfortable thoughts during the practice, don't fight them. Just be aware of them and let them go. You can just imagine them disappearing off into the distance or simply ask them to leave. You control your mind.
7. Pay close attention to each step; focus on what the guide asks you do to during the practice. If you are able to concentrate well, you will get more out of your journey.
8. At the end of your journey, give thanks. Gratitude is a powerful force and ally. You do not have to follow the advice given but you do need to be willing to hear the message.

If occasionally you find that you are not able to journey, don't try to force yourself. Simply try it again at a different time.

8. RESOURCES AND REFERENCES

Below is a list of books and other resources that will help you expand and deepen your knowledge about shamanism and developing inner power.

1. *Awakening Spirits* by Tom Brown, Jr.

This book explains journeying, and it provides an introduction into the world of shamanism that is spell-binding.

Tom's books are available through Amazon and his website:

http://trackerschool.com/store/store_products_books_browse.asp?cid=2

Tom Brown also has a school where he teaches wilderness survival and spiritual teachings that were passed down to him by an Apache shaman, healer and scout. Students get the experience of living in the wilderness for short periods of time and doing powerful practices in nature such as fire-making and tracking.

2. *Secrets of Shamanism: Tapping the Spirit Power Within You* by Jose Stevens, PhD and Lena Stevens. This book provides an introduction into the world of shamanism and has many practical exercises that anyone can do.

3. *Journey To Ixtlan*, by Carlos Castaneda.

A book that weaves ancient wisdom teachings as taught by Don Juan, a Yaqui Indian enlightened being. The teachings provide powerful knowledge and amazing wisdom that anyone can practice to greatly enhance everyday living.

4. *The Warrior Spirit—How To Use Hidden Mind Powers and Ancient Wisdom to Create Wealth and Much More!* (FREE Video) by Mary Rivas

In this audio program, you will discover techniques and practices that you can start using immediately to change your life and live more fully. Even though *The Warrior Spirit* was created with a focus on helping people create a new financial reality, you can use the same techniques and practices to achieve non-financial goals as well. To learn more about the powers of your mind and to get powerful tips on how to empower your goals, watch the FREE video in the above link.

5. *Shamanism: Archaic Techniques of Ecstasy* by Mircea Eliade

For those looking for more of an academic, scholarly type of book, this book is an excellent source.

6. www.powerpathseminars.com

Jose and Lena Stevens are founders of this international school and consulting firm dedicated to the study and application of shamanism and indigenous wisdom. They offer private consultations to help individuals and businesses. They also offer free monthly commentaries on their website. The free monthly forecasts are filled with wisdom, tips and practices to help people enhance their personal in all ways.

7. www.UnlimitedInnerPower.com

This website provides educational resources, many are free, to help people become empowered with life-changing wisdom and inner power.