

I see the light on many different levels. It's time for us to begin Session Two. I just really want to welcome everybody to this session. I'm really excited about how you're doing and also about the work tonight. I just really want to say, as we gather our circle together for this evening session that I am so impressed with what everybody's posting on Facebook. That includes those of you who are really speaking from your heart about your struggles with journeying—because you are speaking from your heart. I know the frustration, and yet you're hanging in there.

That's just really great because everything in shamanism is around persistence. The spirits really wait for the right timing for everything, and so everything is around being persistent and being willing to surrender to the timing, and also to surrender to the process. In reading some of the posts, I started to all of a sudden connect journeying to breathing. I don't know where this came from, but it just became clear to me in reading some of the posts.

I've had in my life—I don't know if you ever did this as a kid—where I would close my eyes, and I would start to mentally try and figure out how to breathe. I started to move my mind into the process. Then, what I noticed is, I couldn't breathe. I started choking, and I became overwhelmed. I got scared. What I realized is that with natural processes that are part of our genetic makeup, which shamanism definitely is—think of all the genes we're carrying down from ancient shamans from the beginning of time—it really is part of our own life force.

It's part of our destiny of what we can do on this great earth. When we think about it too much, it's like thinking about breathing too much. All of a sudden, it's no longer a natural organic process anymore, which journeying is. Our minds take over and try to figure out the steps. It's like breathing. You can't figure out the steps of breathing. We breathe, unless you're doing a lot of breath work where there's a particular system that goes with it. I'm talking about everyday breathing.

Let's start with just taking some deep cleansing breaths and close your eyes and try to feel yourself coming to somewhat of a place of center. I know I had a very, very wild day today and spent quite a bit of the afternoon getting ready for the class because I didn't want to bring the energy into my work. I wanted to honor the spirits and honor the circle by bringing in the sacred to tonight's class. That's what we all want—to make that commitment to each and every one of us.

Breathing is a good way to start your preparation work because breathing does bring you back to a place of center. We want to welcome and expand our hearts as we breathe, to really feel a heart-centered connection with everybody in our circle. We don't know the people in our circle. We're just starting to learn the wealth of places around the planet that people have signed up from. But we're all good-hearted people, and we're all coming to this class to learn how we can step up to be a responsible human and to grow and evolve into being in service to the planet.

The more we can open up to each other—even if we don't know everybody's names and everybody's faces—if we just open up to this incredibly collective field and just quiet our minds for a minute and say these words to yourself, “This really works for me well. What if this shamanic journeying really is real? What if these ceremonies are going to change my life?” It really starts to quiet your mind down when it's just chattering so much, and it's trying to self-sabotage your work.

We really want to find those ways that can quiet your mind down so that you're really ready to be part and hold space for all of us. It's not appropriate for me to be the only person holding space. At shamanic

community, we all come together and hold space for each other. That means, yes, the day might not have been great, but we let that go for now. We just let it go for now. We do whatever preparation work that calls to us to start to bring us into sacred space.

As we continue to breathe and just make an intention, make a clear intention that just, for now, you're going to let go of your ordinary concerns, and whether you can journey or not, and will this second session create a breakthrough for you in journeying, and how deep are you going to go. Just let it all go for now. Let's tune into ourselves. Feel how our body's feeling right now. Just allow yourself to flood all of your body with a beautiful word, something that feels really good to you like love, light, community, oneness, source, connection.

Just allow that to move through your body. It will certainly bring a different vibration to all your organs, all your cells, and all your body parts. I did a little bit of journeying the other day, thanking Sylvia Edwards and Alec Davis for their amazing help with the Facebook page.

But for now, I just wanted to read a little bit because I journeyed. Then, I wrote my journey down of just some guidance for all of us. This actually was important for me to listen to from my helping spirits. What I got in my journey was, first of all, that it does take your breath away when you think too much about journeying. It takes your breath away to think too much about breathing. It takes your breath away to think too much about journeying and that when shamans enter into invisible realms, they become very quiet. They really slow down.

The state that many of us enter into in the journey state is we're still working from a beta state of consciousness—that mental state of consciousness. It's such fast, frenetic state. What I was advised in my journey today is that the frequency and the vibration of the unseen realms do not match any of the vibrations of the thinking mind. It just can't be done. It is impossible to enter the unseen realms while your mind is in a frenetic beta-thinking state.

The message reminded me of, back in the 80s, I did a lot of work with mushroom people. Really loved the mushroom people. They're my allies. During one of my ceremonies with the mushroom people, it was really amazing. They showed me how to walk through walls. What they showed me really surprised me. Maybe it doesn't surprise some of you who have explored certain topics like this, but what they shared with me was how slow I had to get my energy to almost not even being alive. But any fast frequency was not going to help me do the thing that they were trying to show me how to do.

It was a real teaching in the power of slowness. So many people on Facebook are all getting this message. I think it's a message for the group. It's definitely a message for the world right now. We are just moving too fast. What's happening is we're taking this frenetic beta state of consciousness into our journeys. The door to the spirit rooms won't open from that state. It really is important to do the preparation work because society has really put us in a prison. When we cannot lift the veils and see all the dimensions that are outside of this one dimension of reality, and there are so many beautiful parallel dimensions that we can travel into, we are truly in a prism because we're stuck in this one dimension of reality where everything is about the tangible realms.

That's not what our soul or spirit is calling for. Shamanic practice actually gives you the keys to open up your prison doors so that you can enter into a majestic beauty of dimensions of reality that are as real as

this one, but we need to shift into a higher vibration, not a faster vibration, to experience these worlds. Again, preparation is really key. That's why I wrote up the preparation handout.

For those of you who haven't been able to find it, I'll again share at the end of the class exactly where it is. In the preparation handout, I also just give examples. Remember, shamanism is a practice of direct revelation. You really want to find your own ways that you want to work for yourself, but I just gave some samples of calling in the spirits and calling in the directions. If I start every session that we do doing a call calling in the spirits and calling in the directions, we're just going to lose too much precious class time because I do that. I'm from New York. I overfill every class with way too many things to do.

I need you to consider doing some of those calling in of the spirits and the directions on your own, but I really want to encourage you to find some way, even if I know some of you run right home from work and come right into the session. If you can, journey, or just even find one simple practice that maybe takes five minutes that you can do before you turn your computer on and start listening just so you can take a breath and get a little bit of centeredness.

Journeying is actually a ceremony. Ceremonies aren't separate from your journey work. As I shared last week, every ceremony has a beginning and a middle and an end. To honor the spirits and to make journeying a dignified process, it's really important to do some opening where you think you agree. You welcome the spirits. You make sure that you're in the right mental, emotional, spiritual state to do such amazing sacred work as we're doing together and as you're doing on your own.

Then, the middle of the ceremony is the journey, and then the end of the ceremony is the closing where you thank the spirits. The spirits know that the work is done, but it's just a courtesy. You don't leave a business meeting and don't say goodbye to anybody unless you're really upset. Taszo really put this into perspective, you really want to spend some time preparing. It's not just jumping into it, listening to a track on a drumming CD. It really is taking some time to prepare. That's how you open up the prison and get out of the trance state of your mind. That's what the preparation work is all about—to unlock the doors so that your soul is now free to travel into the unseen realms.

When I am journeying, and when I do ceremonial work and do healing work with clients, I have a power song that I sing. I sing this song for about fifteen or twenty minutes. The way I know that it's time to stop the song is I'm not there anymore. Sandra Ingraham is not there anymore. I'm the hollow bone. I've stepped away. My helping spirits can now come through and do the work at hand, but I can't stop them fully engaged. Then, my mind is just chattering away throughout the work.

The preparation work is, I always say, more important than any other part of a ceremony because if you do your preparation well, then everything just happens. The journey just unfolds, and the ceremony just unfolds, and the results are miraculous. I just really want to encourage you to not let go of the preparation part of our work.

Today, then tonight, I do want to do a demonstration of a chanting journey. I promise that you're going to do that so it might give some of you ideas of how to work with the upper world journey and the ceremony that we're going to be doing this evening. I just want to remind people. I'll remind you every session that it's fine for you to pick up a drum and drum with me, your rattle, or get up and move, or chant. You might not be able to hear every word I'm saying, but that's fine. You're in the flow.

Once you're in the flow, we're in the flow together. You're picking up everything that you need to. Don't worry about if you can't hear me through every part of what we're doing. Experiment during the sessions with different ways that you want to work. Before I start the chanting journey, I'm going to ask everybody again to close your eyes. We're going to do a little bit of work of trying to open up our unseen senses because it's not our ordinary senses that take us into the journey. It's our unseen senses that take us into the journey.

It's our ordinary senses that keep us trapped in the ordinary realms. It's the unseen senses that open us up to the magic of all these dimensions of reality around us. It's our unseen senses that we use when we tap into all the gifts, all the unpotentiated energy that we have to create healing for ourselves and for the planet. We just want to start. Let's all just pick a favorite flower that we really love and close our eyes and, again, keep breathing. Breathing will always bring us back to the place of center.

Keep breathing. When you start to focus on this flower with your eyes closed, imagine the color. See the color with your non-ordinary senses. See the color of your favorite flower. I'm already moving on to the next one with my nose, but opening up my unseen part of how I smell. I take a deep breath and smell the fragrance of my favorite flower. I touch. I use my non-ordinary senses to touch the petals and the leaves. I feel the stem and maybe just a little roughness of the stem on my fingers.

I might even if it's safe—I might even take just a little taste of the flower, taste the air around me. I might listen to the sound of either the wind or a breeze while I'm holding onto this flower. I open up my non-ordinary ears, my invisible ears. I listened to a very old chant of a Siberian shaman a very long time ago. She kept on talking about opening up your invisible ears, opening up your invisible eyes. That really spoke to me.

As you focus on the invisible, I'm going to pick up my rattle. I'm just going to start doing a little chanting journey. I'm actually going to put on my eye curtain just to let go of any distractions of having the screen in front of me, which is a really good use for the eye curtain if you're ever going to be on the computer screen. All you have to do during this journey is follow me. I'm going to take you to a lower world territory where there's a healing cave of crystals. This is the territory I always take people to.

It's a journey I like to introduce people to, but I'm going to chant as they do it. When I say chanting, I am not singing in a rhythm, just chanting. If nothing's happening, I just keep repeating the last line of my journey so that I don't just lose track of everything that's happening. I don't drop out of the journey by repeating the last line over and over again. We'll keep you focused and deep into the journey. Close your eyes and just follow along with me.

(singing)

What a fragrance of fresh earth in my tunnel. I love it as I slide down to the light of the first level of the lower world. This is my first level of the lower world. I look around me. The sun is shining so bright. They're beautiful countries surrounding me. Surrounding me, and looking around at the beauty of nature taking in the kind fragrance and feeling the softness of the pine needles under my feet. Then, I walk out to a body of water, a lagoon, and I look into the water, and I see my reflections, and as I see my reflection

(singing)

That's just a simple example of a journey where you could use your voice and speak everything that's happening out loud. Now, in shamanic cultures, they're very elaborate songs, beautiful chants. I like to be transparent about my voice and basically just show you that everybody can do a chanting journey. You don't have to have a special voice in order to do that, but the brilliance of chanting your journey is that you can't think and chant at the same time. You just can't do that.

It's really a great way to cut down on my chatter, and just using your rattles and just letting anything flow from you and again repeating. It's really important to repeat. If you're not moving forward, if you stop chanting, you just crash land. Just keep saying something. Keep words coming out of your mouth and keep going. Your voice will crack. It doesn't matter. Just let it go and just do it. I think that you'll find some really good results in being able to do that.

If you feel the desire to try a chanting journey in our next journey that we're going to do to the upper world, please feel free to. If you want to try and move, please feel free to. Those of you who are just really happy putting something over your eyes and being still sitting or lying down, that's great as long as you don't fall asleep. It's easy to fall asleep to the drum. We all do it. Nothing bad will happen to you. Wake up the next day, and you'll be fine.

A few things before we do this journey. We're going to go to the upper world to meet a teacher in human form. Our last session, we were working with power animals and guardian spirits. Again, power animals, guardian spirits, and teachers in human form live in the lower world. The power animals, guardian spirits, and teachers in human form live in the upper world. You can, in your own time, reverse journeys and look for a teacher in the lower world and look for a power animal in the upper world.

The types of forms—again—all the spirits are formless energy. They volunteer themselves. They take a form that they think that you need. You might not think you need it, but they do. We oftentimes get very surprising helping spirits who show up because there's a particular lesson they're trying to give us. In shamanic cultures, teachers might take the form of a God, or God as a religious figure, an ancestor, an ascended master, an angelic force, a mythological figure. Actually, I have so many students who when they asked to be shown a teacher in the upper world, a mirror was actually held in front of them with the message of "You're your own teacher."

I've had people meet children in the upper world and get amazing advice. Again, we don't want to try to latch on to who I want my teacher to be, but to really just be open-minded and to see who might show up for you. Once you get to the upper world, you can ask a question of your teacher and just really briefly—good questions to ask the helping spirits. You'll learn about the best questions to ask through your own experience.

But I found that questions can be everything. Somebody posted something brilliant on Facebook and talked about that she oftentimes likes to journey with no questions just to see what happens. Of course, that is a very powerful way to work, where you allow the helping spirits to inform you in ways that they feel unique because we're always going to them with some intention. They're boxed in. They want to answer your question, but there's something else they'd really like to show you, but you're focused on a particular intention.

There really is something very positive about going just open-ended, "What do you have to show me or teach me?" Or just go and see what happens. It's very valuable, but especially in first starting out, what I

find is if you don't have a strong intention, what starts to happen is people can have very disjointed journeys. They'll see a picture of Mickey Mouse. Then, they'll see a picture of an eagle. Then, they'll see some city scene—and why am I seeing this?

They didn't have that fuel. The intention sometimes is the fuel that helps you to keep that journey focus. You might want to play around with that. For me, good questions begin with who, what, where, how, and why. Who what, where, how, why. I'll get that right. Don't worry about it. I tend to steer people away from “yes/no” questions because when you ask those, you're not giving the spirits enough. Well, they're giving you the information, but you're not asking for enough information to make an appropriate choice.

Oftentimes, somebody will ask, “Should I move?” “Should I make this move or should I take this new job?” The spirit says, “Sure. Go ahead. Take a new job. Move. Sounds good.” Then they move, and the new job is an absolute disaster. The spirits come back and say, “Well, through your challenges, think of how much you learned. Through your betrayal at work, think about how much you learned.”

The spirit sees everything as a learning experience. Everything *is* a learning experience. Isis said to me once when I was doing an open-ended journey and had no questions, “You know what your problem is?” I said, “No. That's my problem.” She said, “You just don't see life as an adventure.” I look at her. I go, “Well, you could be right.” I said, “I'll tell you my worst fear.”

I grew up in Brooklyn, New York. I was trained as a little kid to be afraid of becoming a bag lady in New York. A lot of women in New York have the same fear as I used to have. I definitely worked through that one because I agree with Isis. It could be an interesting experience. I go to Isis, “What if I end up a bag lady, homeless in New York City?” She looks out into the distance. She looks back at me with her intense eyes. She looks me straight in the eye. She goes, “What an amazing adventure that would be.”

Think about it. For Spirit, she doesn't have a body. She doesn't have needs. What an amazing adventure that *would* be. Try to keep that as a frame of reference from your helping spirits. They're not trying to get you into trouble, but they see everything as an adventure, a learning experience, a growth experience. Everything's going to bring you to becoming stronger spiritually into a new state of evolution.

If you ask the question, “What will I experience if I move?” or “What will I experience if I take this job?” and your spirit says to you, “Well, you're going to suffer health problems if you move. You're going to experience betrayal if you take this job.” You say, “Well, I don't want those things.” Then, they'll say, “Well, then, you shouldn't move. You shouldn't take the job.”

If you just ask yes or no—I hope you get the point. They might just say yes to give you the experience. If you ask, “What will my experience be, what will I learn?” things like that, that's really helpful. “Why” questions can get tricky. Questions like, “Why do bad things happen to good people?” Those are very esoteric. They're part of the mystery of life. Part of our challenge is to embrace the mystery of life.

The spirits might not answer those really big why questions. You can ask them. I'm just letting you know they might just stay silent. They might say something comforting, or they might just be quiet with those questions. “When” questions are really tricky because, in shamanism, you're journeying outside of time.

Time has no meaning. I always share that prophecies are typically off plus or minus a few hundred years. That's how your journeys might be too.

I try to stay away from when questions. Any other questions are really great. A question I really love is "Show me?" Show me is a great question. "What if" questions, "What if this really works?" "What if tonight my healing really works?" "We're going to do healing work tonight. What if it really works?" That opens up. Something in the universe opens up. A whole different energy comes back with what if questions. You might want to try those.

In one of the very first journeys I ever, ever did, I journeyed to the lower world. My power animal has this amazing sense of humor. He meets me—and here's this being—meets me in the lower world. He's wearing a maitre d' costume. He has a white napkin on his wrist. He puts out his hand. He escorts me to this little table. It's got a white tablecloth on it and a red rose. He hands me a menu. I open up the menu. On the menu are questions that I can ask him.

What he said to me is, "You come to me. You ask the silliest questions." He said, "These are questions that would actually be important for you to explore." "These are answers that you actually need." He was trying to help me out. Again, this is a place where your helping spirits become your greatest teachers because you can go to them and say, "I have a question, but I'm not really sure how to frame it," or "I'm not sure if I'm focusing on the wrong area of my life." You shouldn't be asking a question about a different area of your life.

I think you're getting the point. You want to speak to the helping spirits as if you're speaking to your best friend, your best advisor, your psychotherapist. You want to start a conversation with them. That's why we keep trying to move you away on the Facebook page from listening to the comments of others because your helping spirits are the ones you want to go to for interpretations and for questions that you have.

In my own life, I worked with a teacher, my human teacher, who taught me how to journey. He refused to answer any question no matter how serious it was. I remember one time, we were talking on the phone because I had a 105° fever after doing extraction work on a client. His response was, "That's really interesting. You should journey on it."

That's all I ever had was, "That's interesting. You should journey on it." It forced me to learn how to interpret to learn what my helping spirits could give me, what they could offer me when I had to stand up from my own shoes and be responsible for my own life. Everything came from working with my helping spirits. They taught me how to heal people. They taught me how to teach my workshops. They taught me how to design my workshops.

Their real source of wealth is for you to turn to them. Around this question of questions, it is true that you're going to find that you can phrase your questions a little bit stronger and in a little bit more of a focused way. You might find it a little bit easier in your journeys to get the help that you're seeking, but they can also help you with the wording of your questions. Then, of course, the challenge comes back of it. They show you an image as an answer—how do you interpret that? Again, that's where journaling and taking time in nature and drinking tea or taking another journey on that really comes into play. In my wildest imagination, how could the symbol be answering my question?

There's a real flow that you enter into once you really focus your partnership on your helping spirits. We're going to do a journey to the upper world. This is going to be a ten-minute journey. We're adding just a few minutes to the drumming. The way to get to the upper world is you're going to start from someplace in nature. I'll do a little invocation before we start because, again, there's been a lot of words. You're going to imagine a starting place in nature. Some people use the world tree as I described last week where they climb up the branches to the upper world, and they travel down the roots into the lower world.

In some shamanic cultures, you hear shamans, especially in Siberia, they climb up ropes and ladders all through Asia. Shamans climb up ladders into the upper world—tornadoes, whirlwinds climbing up a rainbow. Remember, Dorothy jumping off a mountain is a real common way to get to the upper world and having a bird fly you up. Your power animal can take you up.

What all you have to do before the drumming starts is just find a starting place. Then, once the drumming begins, look around you for a way that's being shown to you that you can travel up. Once you travel, start traveling up. If you're seeing planets and stars—I was doing a really quick chant to just give you a little bit of a roadmap of getting up—as you're going up through planets and stars, you are still in the middle world. The way that you know you've entered into the upper world is there's a transition. It's like clouds or fog or skin membrane that you just pop through.

Then, you go to the first level of the upper world. You look around, or you feel around, or you sense if there is someone waiting for you. If there is, walk up to them and say, “Are you, my teacher?” If they say no, keep moving. Keep going up if nobody's waiting for you in the upper world. Again, just keep moving through the upper world calling out that you would like to meet a teacher in human form who can perform a healing on your behalf.

You can ask a teacher a question if you choose to, but what I would suggest for this particular journey is to actually ask your teacher in human form to perform a healing on you. They might perform the healing themselves. A very powerful way they might do that is unwinding some kind of pain from your body and turning it into a light ball. Oftentimes, my helping spirits take me to a territory called the River of Grief where I can swim in the river and just be bathed of my wounds and my pains and my past and what's really impacting me at this time.

Students are taken to these amazing temples of healing. That's how I got to the healing crystal cave the first time, was my teacher took me there. You can go to the healing crystal cave. There might be a territory of healing that your teacher takes you to at a beautiful place on the earth where you can just release something. You can go to your teacher with an actual issue you're dealing with on an emotional or physical level, or you can say, “What do you see needs healing in me?” So you could go open-ended and just let your teacher choose what to perform, what needs a healing.

Again, we're going to start from the middle world someplace in nature. Once you start to hear the drumming, you're going to find a way that you can go up jumping off a tree, climbing up a rope, using a ladder, a whirlwind, climbing up a rainbow, going up on our tornado, letting your power and will take you up. There are so many different ways to get up. You go through the planets and stars. Move through that transition layer, go to a level in the upper world.

Notice, the upper world, and lower world are so different. We'll talk about that after. Notice how they're different. Ask to meet a teacher in human form. If you really want to ask your teacher a question, go for it, but I would suggest that you ask for a healing or to be brought to the River of Grief, a healing cave, a healing temple, wherever your teacher would like to bring you to. Or, if your teacher would like to perform some kind of generalized healing on you, or soul retrieval, or some extraction work.

Just be open to the real beauty of this. In this particular work we're really giving ourselves over to a helping spirit to alleviate some pain or suffering that we have, and so we really want the whole group to be successful in this. We really want the cleanest energies possible going into our collective. We really want a pristine field for everybody to journey.

Before we start the journey, just do a very, very quick invocation. We give thanks to all the helping spirits to join us in our work this evening. We call you in. We greet you from the deepest place of our heart, and we say to you this is a circle of people with good hearts. We all want to grow together. We all want the best that life has to offer. This is a circle that has shown immense support for each other, for other life forms, and for the planet Earth itself.

We give thanks to the helping spirits and the teachers this evening who are in this circle with the beauty of your wisdom and with the power of your knowledge of how to heal that which pains us, brings us to suffering. Help us release those wounds so that we can move forward together on our life path. Help everybody in our circle. Support everybody in our circle in our journey tonight for this a group filled with so much love. We deserve the best healing possible.

We take a deep breath. We focus on our intention that we're journeying to the upper world to meet a teacher in human form to ask for healing to be performed on our behalf, and when we hear the return beat, we return. We say thank you to close the ceremony. We retrace our steps with discipline back into the room that we're journeying in. Experience your starting place in nature. Mileen will turn on the drumming now.

Welcome back, everybody. Let's just take a moment in silence and just feel how you're feeling right now. The effects of shamanic healing can be quite subtle. That doesn't mean nothing happened. It just means it's going to grow. The healing will grow inside of you over time. Just take a moment.

The upper world and the lower world have very different qualities to them. Again because shamanism is a practice of direct revelation, you really want to do your own exploratory journeys and start to learn the different territories for yourself and what they're like. As I shared last week, there are lots of levels to the lower world. You can keep finding more openings and going to low ropes going down into different openings to different levels of the lower world and meeting new spirits. You can journey to different levels of the upper world and meet new spirits and see new territories.

A lot of people talk about that the lower world is like you can stick your fingers in there, really earthy. The upper world although it has forests and oceans, it more feels like the lights are luminescent, pastel-ly. You know you're standing on something, but you're not quite sure what you're standing on. People talk about crystal cities.

Many of us journey into the void which I'll be talking about a few sessions later—that place where you can manifest your dreams, the place of unpretentious identity. Then, also, you start to learn when you

would journey down, when you would journey up, when you would journey to a power animal, when you would journey to a teacher. That's something that you learn in your own time.

Like for me, my power animal does all my healing work. I've only worked with him for the last 35 years of healing where my teacher, Isis, she's more concerned. My current teacher, I've had other teachers, but she's more concerned with being in service to the world and guiding me with my writing and my teaching. I've just learned over time where I'm going to get the best information for what kinds of issues. That's just practice for you.

You can journey to an empowering animal and get one opinion and journey to a teacher and ask for another opinion. They're all going to have their opinions. They don't have egos. They don't get jealous. If you ask your other spirits for a different opinion, a second opinion, they respect that. There's lots that you can do as you start to explore more and let yourself explore more. When you ask questions, see what power animals show up. See what teachers show up.

Again, if you journey to the lower world and you realize that you should have gone to see your teacher, just like we did with the eagle, just go up. If you went to the upper world and you wished you went down, just go down. It's really easy to travel between the worlds. We're going to continue with this theme of healing and working with teachers and power animals. We could have done everything we're doing tonight with power animals too. I just made a decision to work with teachers in human form.

In tonight's ceremony, I'm going to show you how to do a generalized healing. We're going to run over. I'm sorry, but I'll talk a little bit about ethics. If you want to try what we're doing tonight with other people—because you can't hurt anybody doing it—there're ethics about asking permission before you do this work. What we're going to do tonight, is one of my favorite ceremonies, where we're going to go to the dome.

Again, I'm going to guide you. Don't worry about remembering anything. We're going to walk through nature again and go to our beautiful dome. We're going to be cleansed by the guardian spirits. The guardian spirits won't let us into sacred space without being cleansed first. They care for our highest good. Once we're in the circle and I'll talk you through this, I'm just giving you the bottom line of the ceremony, we're going to split the group up into half.

I know it sounds, "Well, how do we split hundreds of people? We don't have anybody's name. How do we do that in half? We can't see each other." I'm going to split the group up in alphabetical order. That's how we're going to do it. Half of the group is going to lie in the middle of the circle and half of the group is going to be journeying.

What you're doing in the journey is you're actually going to be asking your teacher in human form. If you didn't have success meeting a teacher, you can call in a power animal if you had success with a power animal or guardian spirit like an element. Many of you are working with elements. Call in a helping spirit that you work with, and you're going to become the traditional shamanic role, the hollow bone. You call in your healthy spirit.

You move your ego out of the way. It's easy because you're not doing anything in this journey. You're just calling. You're helping stir it in. You're asking your helping spirit to move through the people in the middle of the circle giving a very gentle generalized healing—just a generalized healing. What I mean by

that is what I find one of the downfalls of shamanism being taught now in the West is that we're so focused on methods.

We don't realize that how the spirits work is energetically. We're always telling the spirits what to do. My client needs a soul retrieval. My client needs an extraction. My client needs this or does my client need a soul retrieval. We never open up and just say to the helping spirits please just heal my clients. That's what we're doing tonight. We're not asking them for anything. We're letting them do what they do best as formless, transcendent, ascended spirits. What a gift. They're going to come in tonight and work on every one of us in something that they think we need.

Again, very gentle, the spirits are going to be very gentle. I asked you as tools for deepening to think about or journey on the issue of absorbing a healing because the spirits could do the best healing. But if you're not open, and I think absorb is a better word than receive, because absorb, you soak in that healing, it really affects all your selves and uplifts you into that state of light.

When you're in the middle of the circle—when you're one of the people in the middle of the circle being healed by the beautiful helping spirits, gently, just calming you down, working on your field a bit, just doing some gentle work on you—you want to think about a metaphor for nature of absorbing, absorbing the sunlight, absorbing the rain, and let your body absorb that feeling.

Again, the effects might be really subtle. We really judge the effects of healing in our culture. We all want the fireworks, but it's the subtle effects that go really deep over time. Again, we're going to leave through a room, go to the dome together. You'll be cleansed by your guardian spirit. Then, once we're in the circle, I will give instructions of what to do. I don't want you to think about anything. I will be your guide speaking you through every step of the process, but all you want to do is to surrender to the amazing love of the circle and the amazing love of our helping spirits. I'll be wearing my eye curtain as I lead you on this journey. Lead again.

We call to the helping spirits in the unseen realm. And we give thanks to you for helping to bring healing to each person in our circle so that we can end our work together, our sessions together, feeling filled up with a love and light of the beauty of the transcended realm. We thank you for joining our circle. We thank you for supporting the healing of every person in our group. In our group, we say to each other that we open up our hearts in the fullest way that we can to the helping spirits.

We are hollow bones that bring through light and loving energy, and we are beings to know how to absorb the power of that light and love so that we can be strong together. Strong together so that we can live our lives in a balanced way. Strong together so that we once again return to a state of harmony.

We begin our journey by opening up the veils between the realms and stepping out of your front door and walking on a beautiful path of nature up to our dome taking in the fragrances, the sounds, the sights, the with your unseen senses.

(singing)

Breathing words of love, cleansing us with feathers, cleaning our energy field, touching us in loving ways as we come together in our altar room in this beautiful dome of shimmering lights. It's like this room is alive and breathes with us and expands as our energy expands, and expands our light and love. this

immense, beautiful dome with our remarkable altered thought in the middle from so many beautiful colors and energies.

Energies of love from the helping spirits that have been woven through pairing a vibration that holds the beauty of our candles. They almost seem to float in the energy of this room and sweet healing sacred herbs. Remember that offering that we have with people's names in them. They will receive a healing from the teachers tonight too.

Remember, we have a beautiful crystal sculpture of Earth on our altar. The teachers will be sharing their healing energies all through the earth too. We gather as a circle, and we start by holding hands and feeling the warmth or the coolness of the hands of the person standing next to us. We are fully in this room together now.

We are a circle of power. We are a circle of light. We are a circle of love. Only that which is of the light is welcome in this room. We hold our hands, and we form a huge chain of love and light that embrace every being in this room, our entire earth, all of those in need. We drop hands. I would like to invite everybody whose last name begins with a letter A through M. So if you have a last name with any of the letters of A through M, come into the middle, and find a nice comfy sleep. Go to sleep. Find a nice comfy place.

Our room, our altar room, can keep expanding. There's no crowding here, but it's not too big. It holds our circle well. Those of you still standing in the outer circle, we want to have intentions to call in a teacher, or if you want a power animal you trust or another guardian spirit who we work with.

You just want to ask this teacher if it's willing to come through you while your hands are facing towards the inner circle, and allow your helping spirits to perform a healing on everybody lying in the middle of the room, the names and our prayer balls, and to our beautiful earth. Remember, those of you in the middle, your only role is to absorb the healing energy being shared. I will put down my rattles and pick up my drum as we give thanks and greet the helping spirits who bring through healing energies to our pain and suffering.

Again, those of you in the outer circle, just be open. Just call to your helping spirits and let them come through it through their work. Those of you in the middle, breathe deeply. Absorb the love and light that is being shared. I will drum in silence as we do this.

(singing)

For those of you in the middle of the circle, there is no rush. Just breathe and feel how you're feeling right now. Those of us in the outer circle, let's thank the helping spirits who we called in and let them know that it is time to take their leave. Now, very slowly and gracefully, we trade roles. Those of you in the middle of the circle, crawl out and stand up if you can in the outer circle, and those of you who are the hollow bone for the spirits, it's your turn to lie in the middle and absorb this beautiful healing energy.

New helping spirits will come in to share healing with you, the names in our prayer balls that have been left by people in our circle, and to our beautiful sculpture of Earth where all the healing energies will be absorbed by the earth. Those of you in the outer circle, it is now time for you to call in a teacher or

power animal or guardian spirit who you trust. Ask them to come through your hands that are open and facing the circle, alleviating pain and suffering as your helping spirits see fit, and performing a gentle healing on each person as is needed. I will drum for us as we do this.

(singing)

Sharing healing energies, absorbing healing energies. Sometimes, it doesn't matter whether we're in the role of healer or client because when we're in the role of the hollow bone, we get all that healing energy coming through us. It's a beautiful way to be part of a healing where the healer and the client go to get healed at the same time. Those of us in the middle of the circle, take a deep breath and really feel yourself absorbing those light-filled energies.

Place your hands on your heart and give thanks and gratitude. For it is now a time for us to end our work. Those of you in the outer circle, let your helping spirits know that it is time for them to take their leave. We give great thanks to all the helping spirits who joined us this evening to bring so much healing to our circle and to the planet. Thank you.

Now, we invite those of you in the middle of the circle to come back and join our circle. Let's all dance to close our work of this ceremony to bring up to completion, remembering that we must all slow down. We want to move that at the trance that society is trying to keep us in right now distracting us from what's important. This is important.

Your growth, your healing, your evolution, feeling balanced, this is what's important. We hold hands in gratitude for the opportunity that we have to work together as a circle with this collection of spirits who will continue to grow over the sessions to come. But for now, we drop hands and thank the spirits as it's time to take our leave. We say goodbye to the guardian spirits who cleansed us. We walk down to the door. Now, we travel back down the path from our shimmering dome that we can visit as much as we want to, and continue to heal and to feel, and absorb the healing energies that will linger in this room for a very long time.

Notice how our dome is glowing even brighter. Notice how it's moving with the wind in a graceful way. As we travel back down the path of great beauty, feeling around us. And the colors might seem just a little bit brighter to us now. All the sounds of the night sound so lovely and the fragrance—there's still such vibrancy. You can even taste the air as you enter back through the veils separating the seen from the unseen back into your journey room.

You have a seat, and you feel inside yourself—Am I truly back. Am I in my room? Am I altogether? Are all my parts with me? I feel my deep connection to the heartbeat of the land where I live. This is land. That is also a helping spirit for me that wants to help me find a good way to live in harmony with the land that I live on right now. I connect my heartbeat with a heartbeat of the land to help me ground back into myself again and back in my home. Start to open your eyes and wiggle your toes and fingers as our work is done for now.

Again, the effects of the healing that you received could be very subtle but allow yourself to notice and check in on how you're feeling over the next two days. Just notice how you're feeling. Just to end our sessions, I want to take a couple of minutes to talk a little bit about ethics.

This particular work that we did in the ceremony tonight is really powerful to do with other people. It's powerful to do with children, animals, and powerful to do for places on the earth. To actually be a hollow bone for the helping spirits and ask them to go help. What happened to me is back in the 1990s when I started teaching shamanism, my phone number was always listed. People called me all the time for work.

Back in the 1990s, I still remember the day I was in my office. I was running late. I was trying to dash out. My phone rings. I got a message to pick up. It was somebody in a really true crisis. They really needed help. They really needed help right then. There was no way that I could do a journey for them. I had to leave. I quickly, from a place of honor and deep respect and from my heart, I really tried to pull in the principles of ceremony and honor my helping spirits and honor the work.

I asked my power animal if it would be willing to travel to that person and to help. When I came home, I had this miraculous message on my voicemail about how much help this woman received. I started teaching this more and more to people because we get so logged in by thinking we have to do this method or this method or this method. Oftentimes, I actually don't see the powerful results that many shamanic practitioners and shamans have had over the years when people get so focused on methods and form, because we really want to bring in the formless energies of the spirits that know what kind of healing is needed by all the beings who we share this planet with.

But from a shamanic point of view, there are ethics. Not every tradition is going to agree on what I'm going to say. I'm going to say what many traditions believe and how I work. I do not journey for anybody without permission. It's seen from a shamanic point of view just like stalking. When you start to look into people's bedroom windows without their permission—that is seen as imbalanced behavior and stalking.

There are consequences for that. When you start journeying for other people who haven't asked for help, you're invading their energetic psychic field. Their whole field of energy is actually being invaded by unwanted energies even if they're helpful energies. I believe that part of the magic of healing, one of the roles the client has, is to really want help and to ask for help. That's part of the success of the healing—not to sneak in a back door and trick a person into healing.

I studied with a medicine woman who believed that that was okay to do. She said trick people into healing. That was her philosophy. That is the philosophy of some people in shamanic cultures. But in many cultures, there's the understanding that asking for help is really important and that people who don't want help, that's really important because they have the right to make that decision for themselves.

You can ask a friend say, "I'm taking this course. I'm learning some healing. Can I do this experience for you?" You can even ask a child if you want to. Would you like me to do some healing for you? You know the words to do that. If a child is too young to speak and if you're working with an animal or you're working with a place, that's where you can do a middle world journey. I'll be teaching middle world journeys next week.

If, for this week, if we stick to just working with people who you have permission for, then next week I'll describe more of the middle world journeys. We had a beautiful session tonight of learning about a chanting journey, how to journey to the upper world, getting a healing from a teacher, and then

expanding our healing work to all receiving a general healing this evening, and how to do this with somebody who you have permission to work with.

Thank you, everybody, for your persistence, and keeping up the work. Okay, everybody. Thank you so much. I send blessings to all of you and see very soon.