

## A Simple Guide to Shamanic Drum Journeying

Shamanic journeying is a practice that dates back hundreds of thousands of years. If we go back far enough we all have indigenous Ancestors who worked with some form of journeying (entering an altered state by means of percussion, chanting, dancing, ingesting psychotropic plants, etc.) to learn how to live in harmony with the natural world and to learn about the resources and gifts the natural world provides us with for guidance and healing. The practice of journeying enables a person to access direct revelation from Spirit and to establish a direct connection with the Spirit that resides within all of creation. Plant Spirit journeys enable you to journey to the spirit of a plant to begin and/or deepen your relationship with them and to receive unique guidance and healing.

### **Preparation:**

I recommend being free of substances such as alcohol and Cannabis to support having clear and successful journeys. Ingesting a substance or psychotropic plant means that you are now merged with the essence of that substance and what you experience will be filtered through the lens of that particular essence. Consuming alcohol within 24 hours before or after journeying can cause an unstable state as unexpressed emotions tend to arise as well as poor energetic boundaries. Consuming Cannabis within 4-6 hours before a journey can cause poor energetic boundaries and difficulty with concentration and focus, remember journeying is a discipline. That said, I have met folks who feel more grounded and focused when they consume Cannabis, if this is the case you may find it more difficult to journey without consuming a small amount of Cannabis. Everyone is unique.

### **What you'll need:**

- Simple intention
- A drum, rattle or digital drum/rattle track
- A portal/starting point where you'll journey from.
- An eye covering (scarves and bandannas work great)
- Quiet/private space where you won't be distracted for 20-45 minutes.
- Journal to record your journey.

### **Embarking on your Journey:**

1. Set a simple intention to journey on. Remember to try and form questions/intentions that begin with who, what and how. You can also set a simple intention to receive a healing or guidance around a particular area of interest to you. An example intention "*Journey to receive the guidance and/or healing I most need now.*" For a Spirit Journey where you would go in to meet the spirit of an animal, plant or place I would go in with the following intention: "*Journey to my heart garden to meet the Spirit of \_\_\_\_\_, ask the spirit what medicine do you bring to me? How can I work in partnership with you? How can I honor you?*"

2. Take 5 minutes to sit quietly, close your eyes and follow the flow of your breath. If you have a lot of chatter in your head I suggest taking a deep breath in and on your exhale imagine blowing out anything keeping you from being fully present such as dense energy, thoughts, feelings, worries or concerns. Repeat as many times as you need until you feel fully present in the moment. *(Note: No one can journey 100% of the time if you try to journey and are unsuccessful I encourage you to try again another day.)*
3. Take a moment to welcome your helping spirits and/or the spirit of the animal, plant or place you'll be journeying to.
4. Now find a comfortable spot to lie down, stand or sit up, put your eye covering on and begin drumming/rattling and/or your digital track.
5. Choose your portal/starting point where you will enter non-ordinary reality. This can be a place you imagine yourself in that you really love in Nature or you can imagine yourself walking up to a tree and the tree being your portal. Trees work great as they provide easy access to go down and up. In your imagination bring yourself to your portal, if you feel lost and/or are having a hard time staying focused, I suggest repeating your intention a few times.
6. When you are complete with your journey make sure that you fully return. Some ways of achieving this are retracing your steps back to your portal, calling yourself back and saying your name 3 times. If you feel light headed and/or disoriented then you are most likely not fully back from your journey. Some simple ways of grounding yourself are writing a to do list, going for a walk and eating food. If you still don't feel completely back take a moment to close your eyes and imagine pulling your essence back from all the places you were in your journey, pulling that essence back into you.