



# **How to Journey**

## **a companion for your Journey Journal**

The expanded Guided Edition offers you over 30 pages of content to connect deeply in the unseen realms.  
Herein are your basics for journey success.

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# How to Journey

A journey can unfold in any number of ways, but each journey will include these elements.

- An Intention
- A Sacred Space
- the Journey itself
- Your Return to Waking Reality
- Capture the Experience in your Journey Journal
- Integration

## What is a Journey?

A journey is an experience that moves you beyond your own perceptions. **Journeys access another realm of knowing rich with guidance, healing, and love.** They are landscapes available to all through inner pathways.

When you engage in the journey, the world around you comes to life. In many cases, you see that indeed all is life and the world responds to you in joy.

**Journeys are ritual mindset states that alter your awareness.** You can do this most anyway but traditional tools include drums, plant allies, guided meditations or even just your own breath.

To do a journey requires little effort other than your attention.

**Journeys are of benefit to all.** Your imagination is already primed to get you there. Knowing how to get into these journey states helps.

## **Set & Setting**

Set and setting are important components of every journey. To have a clear intention will align you in the highest possible direction to receive the clarity and guidance you seek.

## **Set the Space**

Just as a clear mind is necessary, so too is a clear space. Be free from distractions, in a safe place that allows you to relax completely.

**Sit up or lay down** – a personal preference, comfort above all is the key. Note that laying down may actually make you fall asleep. If so, enjoy the nap and know it was exactly the blessing you most needed in that moment.

An eye covering is always a grand idea to truly aid you in drifting beyond this world.

**Music** – most journeying is done to the rhythmic sound of drums. Try this traditional method with “shamanic drumming” tracks easily found on your favorite music app. These tracks often include the “callback” which signals it is time to return to the waking state.

You may also prefer to journey to gongs, singing bowls or even ambient music. Try them all to see what different sounds invoke for you.

**Set a Sacred Space** – grab the items that feel sacred or precious to you. These may be images of loved ones, of guides, or even treasured mementos. Crystals are ideal allies to help you capture what occurred in the unseen and can anchor this energy into your waking life.

Candles and incense are great to help set a space that feels imbued with a lil extra magic. Choose scents and lighting that support wherever you plan to go.

**Breath** – before you begin, take some moments to come deeply into your body through breath. Give permission for your mind to relax and accept whatever it is that is to come. This conscious act of inviting peace will set the tone for what you will experience.

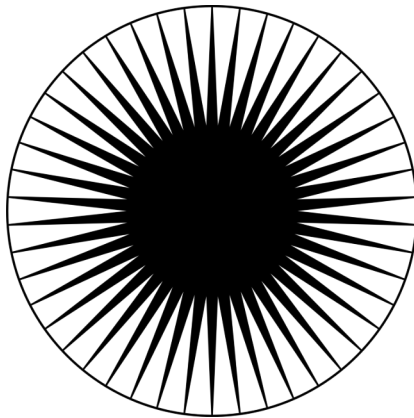
## Setting - Set an Intention

**Intention aligns your mental state to meet spirit.** It is a carefully crafted petition to ask clearly for what you desire. When your intention is clarified, you can receive the most pure guidance.

Often you may be nudged to go in without knowing an exact purpose. **Asking for a healing, a blessing, or a teaching** are excellent places to start.

Take a few moments to contemplate what it is you seek. Consider how any problem has affected you and ask for the most harmonious resolution to be offered.

Write your intention in your Journey Journal before you begin.



# How to Take the Journey

A journey is an altered state of consciousness. You'll find it to be a world that is vibrant and responsive. It will often feel like your imagination running wild. Love, **your imagination is the engine of your intuition**. Open your heart to receive in ways that likely make no sense to your mind.

Breathe deeply, relax the mind, and let the music carry you in. Let your intention swirl in your thoughts as they begin to fade.

## Entering Another World

The landscape will change as you find yourself in another place and time. Take it all in and **engage with all your senses to truly anchor yourself into the other**.

Call out to **meet with your Spirit Guide**, that guide which is most able to help you now. Often they are there waiting and are overjoyed to see you.

Present them with your Intention and let them lead you to the answers.

## The Journey

The journey is here in their answer. It may be a playful jaunt through a jungle or a spot of tea in a galactic ship. If your Guide brings you there, it is there your answer will be.

Listening and receiving will be your greatest assets. There is nothing to *do* here, but instead allow yourself to step outside of yourself to be treated as the treasure that you are. Spontaneous healings, a luxurious new garment, and tools of power are often granted to you.

**This is a plane beyond the mental where answers are given in sacred symbols, psychic insights, feelings,** and even at times metaphor.

Engage with questions that give you greater insight and bring you to a calm within. Do not pepper them with questions, but rather engage in a rich and deep dialog that brings you into inner knowing and resolve.

Move from the head and into your heart as you receive the guidance. Play here for a while as your body continues to sink deeper, remembering a way of being that is in greater peace and ease.

A satisfied mystical experience or a “return call” from the drum will tell you when your journey is complete.



## Return to Waking Reality

When it's time to return, ask to be brought precisely back through where you went, bringing all pieces of you home. Don't stress about this, just ask this of your Guide and they'll ensure your safe return.

Notice how you feel after. If your mind cannot make sense of it, take it as a good sign! Messages of love were delivered beyond the realm of meaning and time.

## Journal

I journal immediately after every journey. The details begin to fade too quickly upon re-entry. **Capturing the key elements right after ensures you get all the juice from what you've been given.**

The Journey Journal offers an easy place to remember what's most important. It's crafted to be the perfect companion to your escapades into the mythic landscapes.

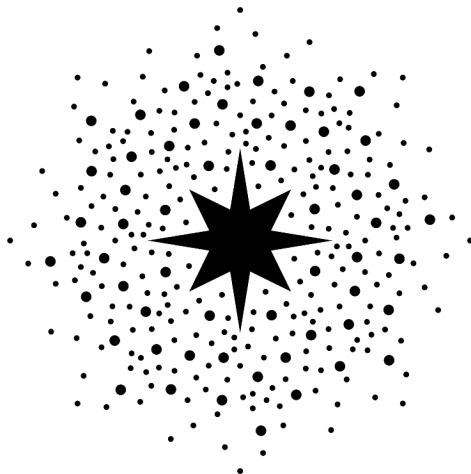
## Integrate

Integration is a measure of time. It takes time to take what was offered in the spiritual realms and bring it here to the waking world.

Don't expect miracles. **All changes will come from your direct action.** The wisdom offered in journey can give you clarity and courage. But only you, lovey, hold the keys to enacting your blessings.

Your body, mind, and nervous system will all need to absorb what was offered. You may feel your mind glitch or grasp to understand what was given. You are working in worlds and ways far beyond meaning so go ahead and let go of a need to *know* anything.

**Focus on the feelings of peace, certainty, and love that were offered.** It is these subtle ways that your body can integrate the expanse of gifts from the unseen worlds.



# Getting Started, Your First Journeys

It may be tempting to jump in and see what happens, but **these initial journeys will ensure your highest success & protection in all future experiences.** These Guardians will be your primary and strongest allies. They will guide you most harmoniously in the invisible realms. Putting them in place first is best practice.

## Your 1<sup>st</sup> Journey – GateKeeper

Each Spirit Guide has a specific purpose and area of expertise. Knowing your GateKeeper is a “best practice technique” to ensure you are working with the most benevolent energies. It will be the role of your **GateKeeper to protect you from places you should avoid and those energies who may wish to mislead you.**

As with all guides, learn to trust this Spirit Guide implicitly. It is their wisdom and devotion that will keep you safe in all realms. **If they appear in any journey, heed their appearance and back out.**

## Your 2<sup>nd</sup> Journey – Power Animal

**A Power Animal is your most devoted and attuned bestie. It is an overseeing spirit or totem that guides you in the spiritual terrain. They provide you with guidance, strength, and protection.**

Your Power Animal is your source of protection and supreme navigation. Would you travel a foreign land with no guide, no experience and no know-how at all?

While even the best of us carry an adventurous spirit, to travel somewhere completely blind invites challenges.

As you meet with your Power Animal, it is they who will guide you to all others. Seek them out first in any journey to ensure you are supported in the most aligned way.



## **Anatomy of the Journey**

It can feel overwhelming at first to do all the steps, but a few crucial components will be a part of every journey.

- **Music**
- **Relax the mind & open the heart**
- **Ask to meet with your Guide**
- **Offer your intention to your Spirit Guide**
- **Follow their lead for the resolution you seek**
- **Enjoy the journey**
- **Return to waking reality**

There is no journey like another. Each time you enter these realms more opens to you. Have compassion and patience as you are getting started. Your brain is learning something new and unlearning the mental field.



## **JOURNEY JOURNALS**

Guide-Free Editions of all Journey Journals are also available.

Watch for new Editions coming soon including:

- Plant Medicine Allies
- Ceremony & Ritual
- Ancestral Healing
- Past Lives

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