You are the master of your own destiny!

Be inspired, chat with friends and read books – but always follow your gut instinct and your own guidance. You and your guides know what is best for you at any given time. We all have our own path – walk yours with confidence and in connection with your guides, helping spirits and power animals.

The Importance of Intention

In shamanism intention is everything. It is the fuel that drives our journeys.

Having a clear intention is crucial when given the vast latitude and potential that will quickly appear as we head into non-ordinary reality. Even if one’s ‘goal’ is to head to the upper or lower worlds with a general intention to let the spirit teachers and power animals there show us something we need to see, teach us something we need to know, or in other ways work with us in the manner they best see fit, this is still a pre-established clear intention for the journey before embarking.

Try to avoid ‘fortune telling’ – ask questions based on your current life and your healing goals.

Avoid:
When will I fall in love/get a new job/buy a car?

Instead try:
How can I heal the blocks that are preventing me from falling in love/getting a new job/buying a new car?

If you get confused, think about RESPONSIBILITY – are you passing any responsibility to your guides or to another person? Frame your questions in terms of what action can you take or what you would like to receive in your journey. Keep the focus inwards and firmly on ourselves and not on others.

On the Subject of Ethics

If you choose to journey on behalf of a friend or relative – you must have EXPRESS permission to journey on a person’s behalf. You wouldn’t stick your head into someone’s living room window to
listen to a private conversation – the same goes for shamanic work. Always ask permission! It will keep your work crystal clear and deeply meaningful.

If you come across a Being who offers something in return for help; thank the Being and quickly move on. We do not barter! This will cause unhealthy entanglements and will muddy the waters of the clear work that we are doing for ourselves.

**Setting up Space**

When embarking on a Shamanic Journey here are some steps to help you remember how to set up a safe space. Remember these are just guidelines and not rules – your own way will develop over time.

- Light a candle – connect with the light and the intention that you are setting up safe space for yourself;
- Sain your space – you can use smoke from herbs, incense, sacred saining symbols or rattling around the room to make the space sacred & through any energy ensuring a dynamic and clear space for your journey;
- Call in the four sacred directions – North, East, South and West;
- Call in the Sky and the Earth – this will complete your 3D circle;
- Fully connect with your guides using your breath to centre yourself and let go of any concerns of the day;
- State that you are not available for any other work. You are only available to work on yourself for your best and highest good.

You can also think about the following list of beings you can call on. This list can help you develop how you set up your space:

- Four sacred elements – Earth, Air, Fire and Water (Celtic Medicine Wheel)
- Your Ancestors
- Tree Spirits
- Hidden Folk
- Giants
- Spirit of the Land where you are journeying
- The spirit of the room you are journeying in
- The Sun, Moon and Stars
- The Galaxy, Universe, Star Systems
I have written to ‘call on’ as this is a traditional way – however, you can use any language that you are comfortable with:
- I acknowledge
- I thank
- I call on

The Shamanic Map

Non-ordinary reality is infinite. To help us to navigate this infinite space, maps have been developed across many indigenous cultures. These maps are often surprisingly similar worldwide. We worked with the Great Tree, the upper, middle and lower worlds or Imm-ra to the Celtic Otherworld.
These are the steps at the start of your journey:

- Set up sacred space
- State your intention (sometimes it helps to write it down but you don’t need to remember it all the way through your journey)
- Connect with your Main Guide and/or Power Animal (if you don’t know who that is – just know that they are there with you!)
- Begin your drumming, rattling, music (for yourself or with an audio track)
- Go with your guide/s to the Great Tree – from the Great Tree you can travel to the Upper World, Middle World or Lower World based on your intention. It is useful to go on a series of
journeys with the intention to be shown each of these realms and to develop your own understanding and relationship with these places. You can also choose to develop your relationship with Imm-ra, the Celtic Otherworld or both or none of the above! Whatever feels right to you and to your Guides.

Things to remember:

- You might not see things like a movie or even at all. Tap into your full range of senses.
- Guides can come in many forms. If you don’t know who your Guides are yet, hold the intention that your guides are with you anyway. Because they always are!
- If you are feeling blocked or disconnected – that’s OK. Seek help from a practitioner to clear any blocks you have.
- It’s common to see flashes of images or eyes. Keep note of these flashes.
- Your messages will come in metaphor and will likely be difficult to interpret to begin with. Nothing is as it seems, and messages are rarely literal.
- If you get messages about other people, that is usually for you in some way. Not information to be past on. Often our Guides will use the images we know to convey a message – much the same as in dreams.
- I teach Empowered Spirituality. I do not subscribe to one way or to one lineage. I create an opportunity for you to learn to connect in a way that works for you – be patient as you build your map and your confidence with this work. There is a way for everyone!

Happy Journeying