

LEARNING TO JOURNEY - OVERVIEW AND TIPS FROM INKWOOD HEALING

You will need a drumming track (you can find 15 and 30-minute solo drumming tracks in this [Spotify Playlist](#)), and a comfortable, private space to sit or lie down in. Sitting is recommended (with your head and neck supported, ideally).

1. Determine the purpose or goal for your journey. It can be as general as 'I want to explore the lower world of the spirit realm', or as specific as 'I want to know why my knee isn't healing'.
2. Spend a few minutes focusing on your breath, and quieting your mind (as you would for meditation)
3. In your mind's eye, access the spirit realm through a natural object like a cave, a tree, or a body of water (traveling into, through, or up/down)
4. Travel into/through your object until you come out in the spirit realm
5. Journey in the lower, middle, or upper worlds until you find what you're seeking (listen/be aware for guidance/knowing when you've arrived)
 - a. Travel in the spirit realm can happen in many ways. Flying, or even shape-shifting into a bird is common.
 - b. If you have a spirit guide who is a larger animal, you can ask them if you may ride them to find your destination (only do this with an animal or guide you have an existing relationship with, unless one comes forward and offers)
 - c. Listen to the drumbeat, and let it carry you however you end up traveling
6. Try to keep your mind quiet and focus on taking in what you see and experience, instead of narrating, questioning, or directing your experience.
7. Guides, ancestors, or other spirits may find you - dialog with them and see why they've arrived.
8. Stay open to whatever happens without changing or shifting away. Remember that you are safe. If desired, call a guide to aid or protect you.
9. When your work in the spirit realm is complete, thank any guides or other entities that have worked with you, and travel back the same way you came.

10. Ground yourself after returning (touch the floor, hug a tree, eat a snack) to make sure you're fully back in your body.
11. Record your experiences, preferably through writing. Often you will get more details once you start writing out your experience. Questions you had may get answered.
12. Do not worry about whether you're 'making it up' - our imagination is what gets us started on our journey, so making it up is actually a part of the practice. Eventually, other experiences take over. Yes, your experiences were real - that you can rely on.
13. If you struggled to see or experience anything, try again another time. It's not uncommon for journeys (especially in the beginning) to be confusing or limited.

Tips for Successful Journeys

- Try not to journey after a big meal - digestion can take away focus and energy and leave us drowsy.
- Higher amounts of caffeine can disrupt our ability to see into the spirit world. Alcohol in any amount can also be disruptive.
- Earbuds or headphones can help cancel out background noise and keep us focused on the music and experience.
- Many aspects of the spirit realm are accessed through our heart center, including shape-shifting and communication with spirits and guides. Take time to breathe into your heart center to allow it to open more fully in your journey.
- Our third eye center helps us take in what we experience - focusing on this energy point can help when you're struggling to 'see'.

Resources

[Learning to Journey for Self Healing](#), Cynthia Menard

[Shamanic Journeying, A Beginner's Guide](#), Sandra Ingerman (*contains affiliate link to Bookshop.org*)