

Neo-Shamanic Journey

Northern Star College of Mystical Studies.

Requirements- rattle, drumming tape, aromatic spray, eye cover, journal and pen.

Use aromatic spray, or burn sage. Cleanse whole aura around your body.

Call in the Four Directions- rattle or drum.

Turn on Drumming Tape.

Find a relaxing place to lie down. Cover your eyes.

Think of an intent, (reason for visiting), or relax and see what happens.

Find your opening into the underworld.

Find your power animal or plant.--- or enjoy what is happening.

Start to come back when the drum beats **4 fast beats.**

Thank your power animals and plants.

Write down your journey in detail.

Share journey in circle.

Is there any information that requires follow up or action?