

Shamanic Journey Instructions
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STEP #1: What is the deepest place in Nature you've been to? Maybe it was caverns, a tunnel, under a house, or even a lake? Pick such a place you recall well. You might briefly walk through the memory to confirm you recall details such as colors, sounds, temperature, and textures, and so on.

What's the place? _____

STEP #2: Where do you need help in life? Surely something comes to mind! Now, what kind of energy can help you face that challenge? Maybe you need more confidence, calm, endurance, acuity, flexibility, clarity, openness, caring, protection, or...? If unsure, you might consider qualities that animals have.

What do you need help with? _____

NOW STATE YOUR MISSION: "I will visit the Lower world to meet a Spirit Animal and get more / get help with _____".

The Lower World is a realm of wise Nature spirits: plants, animals, and primitive people. You can visit there to learn, heal, and re-energize. You get there by starting from a real place in Nature. Once there, you can find an animal spirit to help you.

STEP #3: Now, lie down with eyes covered and ride the drumming. Start with your memory of the deepest place. Walk through and relive it in detail. If you get distracted, focus on the drumming and return to the memory. As you recall, you will likely notice a small dark opening that goes deeper or an animal that beckons you. Go down that opening or follow that animal to find yourself in a new place.

STEP #4: As you journey, converse with the plants and animals. You might say:

- 1) Hello, nice to meet you.
- 2) Are you my spirit animal?
- 3) Can you help me?
- 4) What message do you have for me?
- 5) Will you return with me?

You can behave like a guest here. When you feel lost or unsure what to do or say—just ask for help from the spirits. If you feel distracted or see modern world stuff, listen to the drumming and look for a path to go deeper.

STEP #5: The drumming will change to call you back. If you found a spirit animal to help, say "thank you" and ask "What can I do for you?" Then **hug it and draw it into your heart**. Finally, retrace the path you took until you return to the waking world.