Four Shamanic Drum Journeys
Jane Hardwicke Collings

Contents
Instructions | A guide to Shamanic Journeying
Four Shamanic Drum Journey Recordings
Inner Goddess - into your womb to meet your Inner Goddess
Upper Realm - to meet your Teachers and Guides
Middle Realm - to connect with the Land or your Life Situation
Lower Realm - to meet your Power Animal

Instructions
Be sure to read through the Guide to Shamanic Journeying before you do the journey.

A Guide to Shamanic Journeying

History of Shamanism
Originating in the Tungus tribes of Siberia; the word shaman comes from the Russian saman meaning "one who sees in the dark". Dating back at least thirty to forty thousand years, shamanism was the first spiritual practice of human kind.

Shamanism comes to us from our ancestors. It was both their ‘world view’ and their ‘what to do about it’ - their cosmology (the understanding of existence and the nature of reality), their spiritual practice and their healing modality. Shamanism is cross-cultural and similar in each tradition’s culture. The shamanic framework precedes all modern understanding and is what links us all. There are variations in the different cultures practices, and these are due to the differences in their experiences and connections with the specific nature around them, however the basics are the same.

Shamanic Cosmology
The shamanic world view sees the Earth as alive, and all beings, creatures, plants, matter, etc also as alive, with a spirit and part of the whole, the ‘Divine’, the ‘all that is’. The interconnectedness of everything is the basis of the ‘structure’ and shows us both the opportunity and the responsibility. Throughout and within the whole of existence and experience is a pattern and a weaving of the thread of the Divine. This holds both mystery and power. The patterns that reveal themselves in our lives and our being-ness can be seen in the patterns of nature, the cycles, the structures of life and are often reflections, mirror images of what is around us.

We are the Weavers, We are the Web.
The Lower Realm is the place of Animal Spirits and Helpers, Spirit Guides and Guardians, Power Animals, the Dead. It may also be called the Underworld. Journeying to the Lower Realm is done to find one’s Power Animal, to recover lost power, and to find and retrieve parts and aspects of someone, or one’s self, for the purpose of ‘soul retrieval’.

The Middle Realm is both the reality in which we live and the spiritual parallel to it. We can access other parts and places of our ‘ordinary’ reality shamanically. We may do this to effect positive change in places that need that; to connect with the land, to investigate a situation in process – be ‘a fly on the wall’ so to speak. And we may access the magical spirit realm of the plants, creatures and minerals that also inhabit the Middle Realm as well as our Inner Goddess and Inner Shaman.

Upper Realm is the place of archetypal knowledge and patterns, Spirit Guides, Teachers, Gods and Goddesses, Angels, ‘the matrix of possibilities’, and un-manifest potential. Journeying to the Upper Realm can be done to meet your Teachers and various archetypes, for the purpose of learning, clarification, inspiration and insight.

The three realms are linked together by a vertical axis, the ‘axis mundi’, or the ‘World Tree’ and can be easily accessed using the image of a tree, the Upper Realm as the branches and above, the Middle Realm as the trunk, the Lower Realm as the roots of the tree. We can also see this image in ourselves, with the Upper Realm above us, the Lower Realm below us and our presence in the Middle Realm.

The worlds or realms of the shaman are both actual and metaphorical and are accessible by everyone. The Shamanic Journey is an inner journey.

Guide to Shamanic Journeying

Journeying to the beat of the drum is a simple and easy way to access the other realms.

Scientific studies have shown that as we listen to a monotonous drum beat our brain waves slow down, and move from the normal state of consciousness (Beta state) into a deep meditative state (Alpha state) or even a deeper hypnotic state (Theta State). In these trance states we are free to enter into the parallel universe of non-ordinary reality enabling us to have visions and access to the archetypal field of information.

You can choose to journey with a specific intention such as to meet your baby if you are pregnant or planning pregnancy, meet your Inner Goddess or simply to meet what is “there” for you at any given time.

Sometimes during a journey you may encounter a Being or Presence that you feel unsure of. If this happens, ask this entity “Are you for my highest good?” If they are not, they will disappear. If they are, they will stay and you can ask them a question, like “What are you here to show / tell me?”

If you know your Power Animal; it is customary to travel with her to the other realms each time you journey. She may guide you, assist you and be able to access further information during your encounters in the realm you visit. You may also shapeshift into your Power Animal for or during a journey. To start your journey, create a vision in your mind of a favourite place in nature. Depending on which realm you intend to travel to (Lower, Middle or Upper), will decide which way you go from here.

To journey to the Lower Realm, the initial process is to ‘descend’ - down a hole in the earth, a tunnel or via a tree root. To journey to the Upper Realm, you ‘ascend’, perhaps up a tall tree. Once you have reached the top there is generally a passage through clouds, mist or a fog before arriving into the Upper Realm.
To journey to the Middle Realm, you may go inside your body or via a place in nature wherever the journey takes you.

Regardless of which realm you initially head off to and the original reason for which you have chosen to journey, you will always have the journey you need to have. In the shamanic world, the possibilities are endless and varied. There are no set rules or definites. Perhaps instead of visiting the Middle Realm, on the way there you suddenly find yourself in the Upper Realm. Or maybe you have set off to ask a question of your Inner Goddess and your Power Animal arrives to share some wisdom instead. Flow with what happens and trust that whatever unfolds will be perfect; there will always be information there for you.

To return from your journey, it is important to retrace your steps back to your body into this world, so remember to go back up the tunnel or down the tree the same way you came.

Once back into your present moment awareness, it’s a good idea to immediately write your experience in your journal. Drawing or painting a picture can be very useful too. Grounding the experience in this way helps you remember and interpret later what happened in your journey.

**Example Journey to Lower Realm**

*Drum Journey to consult / connect with your Power Animal.*

Your Power Animal may come to you in a variety of ways. It is generally accepted that if it shows itself three times within your journey to meet ‘it’, perhaps in different ‘scenes’, then that is the sign she has arrived. However it is always more important to listen to your inner knowing than rely on a count of viewings. It is also considered that if an animal bears it’s fangs to you in an aggressive way, that it is not your Power Animal. You may meet several animals on your journey that will lead you to your Power Animal. If you are not sure, simply ask “Are you my Power Animal?”

To begin, cleanse yourself of any negative energy. This can be done by smudging or through willful intention by speaking the words “I cleanse myself of all negative energies”.

Lie down and cover yourself for warmth.

If you are in the company of others, be careful to not touch anyone else - you may go on the same journey if you do!

Relax; melt your body onto the surface you are lying on.

State your intention 3 times, “I am going to the Lower Realm to meet with my Power Animal”

Listen to, focus on the drum beat.

If you start thinking anything such as “gee that’s loud” or “that’s so fast” etc then simply bring your attention back to the drum beat, just like bringing your awareness back to your breath during meditation when you start thinking. It’s your undistracted single pointed focus that is needed to create the Alpha brain waves required.

Go to a place in nature that you love.

Enter the Earth going downward; down a tree root, a tunnel etc.

Pay attention and notice what occurs.

Commune with your Animal in whichever way you feel called. Be open to what she has to show or tell you.

If you are there to connect with your Power Animal for the first time, you may ask her to return home with you. If she does, once you return from your journey, you can enhance this new connection and relationship by holding an image of your Power Animal in your mind, project this image into your cupped hands as you hold them in front of you, and breathe in the image, breathing the animal into your energy field at the level of your heart.

When it is time to return from the journey, you will hear a call back through the change in the drumming rhythm. This should have been explained to you prior to starting.

As you return from your journey, it is important to retrace your steps back to your body in this world, so go back up the tunnel or tree root via which you came.

Once back into your present moment awareness, wiggle your
Journeying to other Realms and for other Purposes

The reasons to journey are many and varied. With intention you can travel to the specific Realms for specific purposes. Again, remember you will have the journey you ‘need’ to have. However your intention, spoken either out loud or to yourself three times at the beginning of your journey, will greatly influence the outcome.

In the Lower World you can journey to connect with your Power Animal/s and Ancestors.
In the Upper Realm you can journey to connect with your Guides and Teachers.
Journeying to the Middle Realm, via a familiar place in nature, you can also meet and connect with your Inner Shaman. He/She can then accompany you on your further journeys as a spirit ally, and will be available to you at any time you need to access their wisdom or support.

When planning pregnancy a woman can journey to her womb to meet her soul baby. During pregnancy, a Mother can journey to her womb to meet with her baby inside. This is a potent process and the connection formed often brings great healing.

Valuable tools and information for pregnancy, labour and birth can be accessed by the mother, even such things as the baby’s name and information on who should be present at the birth! Journeying within offers great preparation for labour and birth as both are best approached from a similar altered state of consciousness. Within that altered state of consciousness, which is the blueprint for the birth process, there is less pain in labour, an inner knowing of how to best flow with what’s happening, and the least complicated ‘unfoldment’ of the birth process.

Also available from

www.moonsong.com.au

For further exploration of shamanic journeying you can purchase ‘Shamanic Drum Journey for Pregnancy - to meet your baby’ which includes a drumming soundtrack to use in labour.