



The Journey Worlds

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Classical Spiritual Realms

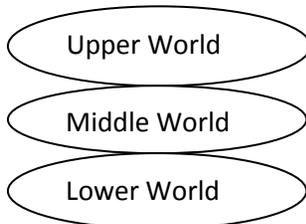
Lower World: usually feels much like the earth to most people.

Upper World: usually has an ethereal quality, like your feet are not quite on the ground.

Middle World: here, this world, which also has a spiritual aspect to it. Middle World journeys are especially great if you want to find lost or stolen objects or to do long-distance shamanic healing.

Notice in which world (upper, lower, middle) you get the best info for what type of question.

We often think this:



Upper

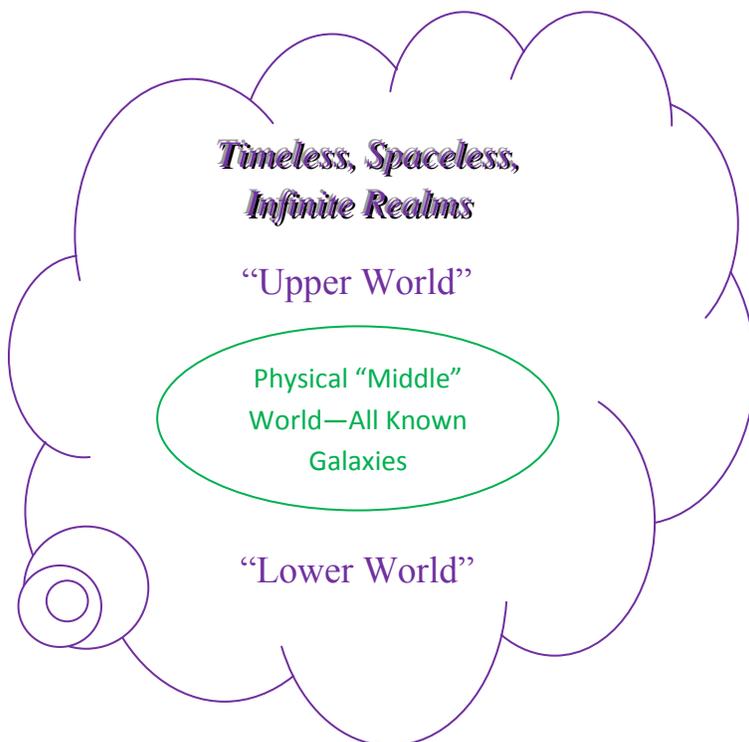
Middle

Lower

World Tree Image: SacredEarth.com

Emerging Spiritual Realms

Many no longer experience the three classical realms of Lower, Upper, and Middle Worlds. Instead, they simply experience "here" (what classically is called the Middle World) and "there" (the realm with neither time nor space, which is classically called the Upper and Lower Worlds).



Notice that the "Upper" and "Lower" Worlds blend into one all-encompassing realm in this model.

Do all shamanic traditions have these three worlds, Upper, Lower, and Middle?

Most do, but not all. Some, like Celtic cosmology, have two: a visible realm (“Middle World”) and an invisible realm (the Upper and Lower Worlds, combined into one). And in some systems that use all three, the Lower World is also an egoic realm where ancestors go but do not cross over.

How can I tell if I’m in the Upper World, Lower World, or Middle World?

“Upper” and “Lower” generally refers to the direction you sense yourself traveling when the journey begins: a sensation of floating up leads to the Upper World, while a sense of going down leads to the Lower World. Both directions assume that you feel yourself passing through a “barrier” at some point that is not there in the ordinary, physical Middle World. For example, you start going down through a tunnel to the Lower World; you start floating up and sense a film or membrane or fog at some point signifying that you’ve entered the Upper World. If you do not experience the barrier/transition, you are still in the Middle World, even if you are on the Moon or in a different galaxy.