



Recommended Journeys/Meditations

Mary Tyrle Rooker | www.ShamanicSpring.com | tyrtle@ShamanicSpring.com

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True Self Remembering (suggested by Betsy Bergstrom)

Ask your helping spirit to show you who you really are, your infinite soul-self, your "True Self" in your fully actualized wholeness. Merge with your True Self daily or more often, as needed.

Soul Remembering (suggested by Sandra Ingerman)

Ask your helping spirit to show you who you were before anybody told you who you were. What strengths, talents, and gifts did you come in to manifest? Ask for a symbol(s). Upon return, draw the symbol(s).

Body Empowerment Spirit Retrieval (suggested by Betsy Bergstrom)

Because we aren't consciously filled with power and light 24/7, it can be good to have a special "Empowerment" helping spirit; Betsy calls this a "Body Protector." If you are filled with power and "light," other people's emotional baggage and hostile thoughts can't readily get into your body; you become like a hotel that has a "no vacancy" sign. You can merge with the energy of your empowerment animal (energy/essence only, not its full form) daily or more often, as needed.

Gatekeeper/Auric Filter Retrieval (suggested by Betsy Bergstrom)

Ask your helping spirit for a personal Gatekeeper. This is a filter for your aura/energy field that lets in what is for your greatest good while blocking what is not. You can merge with your Gatekeeper daily (or more often, as needed). It also filters what you emit to minimize your "psychic vomiting" on others.

Bringing Passion and Meaning (suggested by Sandra Ingerman)

What would bring passion and meaning back into my life?

Habit-Breaking Ritual (suggested by Sandra Ingerman)

How do I break the habit (of depression, self-hate, doubt ...) or bring the quality (joy/trust/love...) into my life? Ask for a prescription for the ritual (what to do and how often, e.g., hug yourself 3x/day for 3 months).

Releasing Attitude Blocks (suggested by Sandra Ingerman)

What is the **core** attitude or belief that I am holding that blocks me from using my creative energy?

- What talisman can I make to embody this attitude/belief?
- Journey: How do I imbue the talisman with all the energy/blockage/attitude ... I got in this journey?
- Take time in ordinary reality to say goodbye to it, keeping the talisman for a time (one hour, day, week, as appropriate).
- Release the talisman as directed by the spirits. For example, burn it in a fire ceremony or whatever element (that is, Earth, Air, Fire, Water) you feel most comfortable with if no clear spirit guidance is given).

Thought-Changing Journey (suggested by Betsy Bergstrom)

What thought (or belief or attitude or assumption) do I have that would radically change my life for the better if I could let go of it?

Accessing Your Hidden Energy (influenced by Tom Cowan)

Look inside yourself or journey and ask "Is there a part of myself I hid for safekeeping that is ready to come back now?" Allow this part of you to return to you fully healed so you can claim it, receive any gift or wisdom it may hold, and be more whole.

Vacation Journey (suggested by Sandra Ingerman)

Ask to be taken to one or more "vacation" spots that you can go to regularly for relaxation.

Gift from Your Helping Spirit (suggested by Sandra Ingerman)

Ask your helping spirit for a gift, one that you most need on your path at this time.

Gift to Your Helping Spirit (suggested by Sandra Ingerman)

Ask your helping spirit what gift it would like from you, then give it that gift.

Dream Work Intention (suggested by Sandra Ingerman)

Before going to sleep, ask your own psyche to open up to the love of the universe for healing.

Ancestral Gifts (suggested by Sandra Ingerman)

What gifts, talents, and strengths come through my ancestral lines?

Releasing Other's Stolen/Given Soul Parts (suggested by Sandra Ingerman)

Journey question: Am I holding on to part of anybody else's energy or soul? What ritual can I perform in ordinary reality to release their energy or soul parts back to the universe?

(Note: do **not** release the soul parts back to the person or their helping spirit; release only to the loving and compassionate spirits of the universe to be returned at the best time and manner for the owner.)

Moon & Seasons Work (suggested by Sandra Ingerman)

Work with the moon and seasons. Notice how your energy is affected by the moon and seasons and make life changes to match (e.g., introvert versus extrovert time).

Soul Retrieval for Places (suggested by Sandra Ingerman)

Bring back the soul of your land/office/bedroom/home/family/business. Journey to a descendant, not an ancestor, for retrieving offices, homes, or rooms, because an ancestor, for example, might not understand how a home could be built with no soul to start with.

Middle World Journey to Meet Land Spirits (suggested by Sandra Ingerman)

Introduce yourself to the Uber spirit (oversoul) of the land you live on (apt., townhouse, house). See if it wants anything from you or has anything it's been wanting to say to you or give to you.

Journey to Descendants to Benefit the Future

Journey to those yet to come (human, plant, animal, element...) and ask them what you can do that would provide the strongest foundation for their world (the future).

Artificial Meeting Journey (suggested by Sandra Ingerman)

What changes do I need to make in my life to support my own health and well being?

Creator's Love (suggested by Sandra Ingerman, 2014)

Journey to the Creator or creative force of the universe and experience the love that went into your creation. Absorb that unconditional love.