



Beginning to Work with the Spirits of Place

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Everyone is "mediumistic"—born with the innate ability to sense energies in the spiritual realm. Shamanic "seeing" is being able to sense the spiritual realm, which we "see" with what the West calls our "imagination." "Seeing" is not necessarily visual but entails any or all of our ordinary and psychic senses, such as clairvoyance, clairaudience, claircognition, and so on.

Walking Divination/Journey

1. Prepare Yourself

- a. Clarify the question or intention you want to ask.
- b. Plan what offering you want to give in return for the wisdom you're expecting to receive. The point is to show that you understand reciprocity and aren't just there to take. Examples include
 - i. tobacco or cornmeal are traditional offerings on this continent, but lavender or myrrh are common in some European traditions;
 - ii. any appropriate food or beverage is good, as long as it will not harm the land or any animals. Chocolate is not a good offering, as it harms many animals;
 - iii. some of your hair, spittle, etc.; or
 - iv. a song or story or a simple, heartfelt thank you.
- c. Remember that everything (everyone) you see (sense) around you, including the elements, is a living being and with their own spirit.

2. Greet & Focus As you walk, say hello to the land in general while focusing your thoughts and energy only on your question or intention. Deepen into the question so that all other mind chatter fades; you may experience a light trance state as you walk.

3. Pause Where You Feel Drawn When you sense the particular spot, tree, plant, stone, creature, horizon, etc. who has your answer, pause to remind yourself to interact with the animal, plant, rock, stream, rain, wind, mountain, etc. as you would a person with full rights and a spirit of their own.

4. If Needed, Repeat Your Question You may get a full, immediate answer or a simple hello greeting. If their answer isn't immediately clear, respectfully repeat your question.

5. Express Gratitude Say thank you or make some other offering to the being who shared the wisdom you received.

6. Release Any Trance and Focus Come back to yourself and your normal waking consciousness; feel your body fully again.

7. Take Notes Note any messages, insights, and wisdom you got from the experience.

Finding a Power Spot

1. Find a spot where you live, whether indoors or outdoors, that you feel drawn to, that feels special to you.
2. Spend some time whenever you can in this place and get to know all the beings that live there. For example, I know the blue spruce in my front yard as “Big Blue”; at the edges of Big Blue in several places are spots that feel like gates; neighbors are the cedar (“Grandma”), and a spot near the sidewalk about 3 feet by 4 feet that is home to a community of the “hidden folk”, etc.
3. Ask if any of them are willing to partner with you to heal yourself or others. If so, ask how they are willing to help.

Key Shamanic Principles

1. Everything is a living being and has its own spirit (core shamanic principle).
2. Cooperation and collaboration are key (Sandra Ingerman).
3. Reciprocity and relationship are essential (core shamanic principle).

Additional Exercises for Further Exploration

Observing the Land (suggested by Sandra Ingerman). Spend time outside, just walking or sitting and observing what plants, birds, insects, animals, rocks, water are around you. Who’s doing what? How do they interact?

Created Art from Nature Walking in nature, create outdoor art pieces using found natural “objects.”

Earth Merge (suggested by Sandra Ingerman). Merge with the Earth. As you become one with Earth, connect your heartbeat so your heartbeats are one. Once you are in this connective state, embrace the Earth energies with the understanding that you and the Earth are one—one organism, one heartbeat.

Land Merge (suggested by Sandra Ingerman). Ask the land where you live for permission to merge with the elements of the land. After merge, fully de-merge and come back to yourself. Give thanks!