

Drumming has been used in many indigenous cultures as a way of communicating, healing, holding ceremony and also to go on journeys deep into our inner landscape.

You can use this cd for relaxation, meditation, journeying or to support your own healing practice.

In Shamanic Drumming the monotonous beat, of 4-7 cycles per second, creates a change in consciousness from the awake (alpha) state to the dream-awake (alpha-theta) state. Unlike daydreaming, the dream-awake state is more akin to the "twilight" space just before you are fully awake - where you are aware of all going on around you, but you are still dreaming.

When you are ready to start a meditation or journey, make sure you have some time where you will be undisturbed. You can open sacred space before you start and then make yourself comfortable for your journey. You can lie down or sit upright, whichever is your preference- Not too comfortable, as there is a difference between dreaming and journeying! :)

It will be best to use earphones for your journeys - and please do not listen to this cd when driving.

You can use an eye-mask or bandana if the space is too bright.

So now you are set up to start a journey and you might ask...

### **What happens during a journey?**

Before we get to the content of journey work let's look at a few important cues that you will hear during the drumming. When the track starts you will hear four sets of 4 slow beats - like this...

Use this time to focus on and repeat your intention for your journey - with each set - so four times. The clearer the intention the clearer the journey.

After the 4 x 4 beats, the drumming will start and continue for 15 or 30 mins - depending on the track you chose.

Near the end of the drumming session, the beat will change slightly to softer beat and fade out. This will be followed by the slow 4x4 beats again - use this time to thank the landscape, your allies, guides or power animals who accompanied you on your journey and say your good-byes.

You will then hear a call-back signal - a whistle which sounds like this...

this indicates to you that it is time to return to the present time and surroundings.

Open your eyes and take a deep breath and have a good stretch, welcoming you back into the present.

### **Journey Content**

If you are new to Shamanic Journeying, just focus on the beat of the drum and let any emotions, sounds, images or inner-knowing come up and unfold, throughout the journey. If you find that your thoughts wander off, just gently bring your attention back to the beat of the drum and to your intention. If you find that the inner-critic jumps into your journey with... "you are just making this up" or "this is just your imagination" the best advice I've been given is... Just agree with it and continue with your journey. There is no value in getting into a discussion with the inner critic as to whether you are making it up or not... and then miss out on important insights and teachings.

It is very important to note that there is no right or wrong way to do a Shamanic journey, there is only YOUR way. In your everyday life you might be more visual, auditory or more of a feeling person - the same may apply in your journeys. You are unique and your journeys are unique to you. So allow

whatever senses are strongest in your journeys and you might find that your other senses will develop more as you get more practiced at journeying.

### **So where is it that we are journeying to?**

Michael Harner has coined the term Non-Ordinary-Reality. In the Celtic traditions it is called the "Otherworld" and the Aborigines call it the "Dreamtime". From a psycho-spiritual perspective, we journey into our inner landscape.

So whatever your belief or life view the drum does not ask you to change any of it. It invites you to open up to the possibility of you and to have a deeper experience of yourself and what you believe in.

### **Guided meditation**

To give you a mini-experience of what a shamanic journey might be like for you. I am inviting you to take a comfortable position and go on a guided journey with me.

Click on the link below that will take you to a track on Insighttimer.

<https://insighttimer.com/joannemacmillan/guided-meditations/guided-meditation-to-shamanic-journey>

This guided meditation is only to give you an experience of what it might be like for you on a Shamanic Journey.

There will be no external guidance during a Shamanic journey- apart from the beat of the drum, but this exercise gives you a small taster of how you might experience a Shamanic journey. Which of your senses were stronger? What did it feel like to be in the "other world"?

If you are a beginner you are welcome to start your journeys at the ancient guardian tree, as in the guided meditation, and then explore the otherworld from there, going to the lower world by going down the trunk of the tree... or why not explore the upper world next time by going up the trunk of the tree...

Take some time after your shamanic journey to write down what happened and the teachings that you received. Reflect on the symbols, gifts and messages and how it relates to your intention and to your life at this time.

I am wishing you well on your journey, in this world and the other world. May you walk in beauty.