Let's Study- How To Enter A Shamanic Trance State

Video:

Shamanic Drumming and Humming- Let this be your "go-to" video for experiencing a deep meditation in which a trance state will be entered. This is Shamanic meditation. (Hold down CTRL and click the video link, while online, to go to the suggested video.)

Study Material:

Chanting To Enter Shamanic Trance States, Using Breathwork To Enter A Shamanic State, Using Shamanic Trance States (journeying) all by Author/Master Psychic Spiritwalker of Starseed Psychics.

Practice:

We should truly be in meditation every day. Not for an hour or even 30 minutes. But for as little as 15 minutes a day is nice. Even a few times a day, like that, is nice. However, when it comes to Shamanic journeying and meditation, this should be done as often as a few times a week. Answers will come easier the more you journey. The spirit realm will eventually get used to feeling your presence and realize that you are there for answers and to awaken as much as possible and will begin to answer that call. So, lay down, put on noise canceling headphones, turn the video up. Relax, enter a meditation, and wait for the visions. Remain calm, no matter what. When you want to come back, take it slow and make the intention known to the universe through thought or even speaking it.

After each journey, use a journal and record any and everything you experience. Wash your hands in cold water, drink cool water and reground yourself, you will need to do this each time. It IS very important.

Each time you journey, you should practice the different methods that I have taught you in the PDF lessons. All may not be good for you. That would be normal, and you should find what works best for you and use that method all the time. However, if they all work for you then that is wonderful, and you can use any or all of the methods.

Tip/Trick:

*It is best to relax as much as you can before attempting to get your visions, each and every time. If you allow your mistakes to tense you up, you will only repeat the same mistakes. Everyone knows how to relax. However, I want you to concentrate on a very forgotten area, your face. Yes, relax your face as much as you can. If you smile, you will use muscles. If you forcibly frown, the same but more so. Just let your face feel as if it is actually hanging on your bones. Now, breath shallow, slow down. Now, the visions will be clearer.

*Even if you go shallow, it works for you. In time, you will go deeper.