Using Shamanic Trance States (journeying)



Shamanic trance states, often referred to as journeying, are a core aspect of shamanic practice, which you, might find particularly aligned with your spiritual path and goals. These states are used to access different levels of consciousness, allowing practitioners to connect with spiritual guides, animal totems, and the deeper layers of their own psyche. The practice is ancient, spanning across various cultures and traditions worldwide, and serves purposes such as healing, guidance, divination, and personal transformation.

Entering the Shamanic Trance State

Shamanic trance states are typically achieved through specific techniques that alter consciousness, allowing the practitioner to journey into the spiritual realms. Common methods include:

1. **Drumming and Rattling**: Repetitive beats at a frequency of around 4 to 7 beats per second are particularly effective. This tempo corresponds with the theta brainwave state, conducive to deep meditative and trance states.
2. **Dancing and Movement**: Some traditions use rhythmic dancing and movement to induce trance. The repetitive motions help to shift consciousness away from everyday awareness.
3. **Breathwork**: Controlled breathing techniques can also alter your state of consciousness, facilitating the entrance into a trance state.
4. **Visualization and Intention**: Setting a clear intention and using visualization to embark on a journey to the lower, upper, or middle worlds, as described in many shamanic traditions, is crucial.

Safety and Preparation

It's essential to approach shamanic trance work with respect, understanding, and, ideally, guidance. Here are some considerations:

- **Guidance**: If you're new to shamanic practices, seeking out an experienced practitioner or teacher who can provide valuable guidance and ensure your journeying is done safely and effectively.
- **Protection**: Setting up spiritual protection through visualization or calling on protective guides or animals is a recommended practice before delving into trance work.

- **Grounding**: Ensure you have grounding practices in place for after your journey. This can include eating, spending time in nature, or engaging in physical activity to help reintegrate with ordinary reality.

The Journey

In a shamanic journey, practitioners often visit non-ordinary reality, which is typically segmented into three worlds: the lower world (often associated with healing and animal spirits), the upper world (home to teachers in human form), and the middle world (a reflection of our world, seen through a spiritual lens). Each of these worlds serves different purposes and offers different insights or healing opportunities.

The experience of journeying is highly individual and can involve direct communication with spirits, receiving messages through symbols, or experiencing healing on a spiritual level. The journey is often undertaken with a specific question or intent, which shapes the experience and the guidance received.

Integration

The insights, healing, and messages received during a shamanic journey can have profound impacts on your personal and spiritual growth. Integrating these experiences into your daily life, understanding their meanings, and applying the lessons learned is a crucial part of the work.

Shamanic trance states offer a powerful tool for spiritual exploration, healing, and connection with the unseen realms. Your background as a spiritual leader and psychic likely provides a solid foundation for this journey, enhancing your ability to navigate and integrate these experiences. As with any spiritual practice, approach shamanic journeying with respect, openness, and a willingness to learn from the spirits and energies you encounter.

Using Breathwork To Enter A Shamanic State

Breathwork is a potent tool for altering consciousness and facilitating entry into shamanic trance states, aligning well with your expertise and spiritual pursuits, Spirit. By manipulating our breathing pattern, we can significantly impact our mental, emotional, and physical states, paving the way for deeper spiritual experiences. Here are several breathwork techniques that are particularly effective in easing a person into a shamanic trance:

1. Holotropic Breathwork

Developed by psychiatrists Stanislav and Christina Grof in the 1970s, Holotropic Breathwork is designed to achieve altered states of consciousness through accelerated and deep breathing. The process involves breathing at a faster rate than usual to induce an altered state, potentially leading to profound emotional releases and spiritual experiences. It's typically done in a group setting with music, facilitating a journey into the subconscious and beyond.

2. Shamanic Circular Breathing

This technique involves continuous, circular breathing without pauses between inhalation and exhalation. It's aimed at building up energy within the body, breaking down barriers between the conscious and unconscious mind, and facilitating entry into a trance state. The key is to maintain a steady, uninterrupted flow of breath, which can lead to heightened states of awareness and spiritual experiences.

3. Four-Fold Breath

The Four-Fold Breath is a calming and centering technique, useful for preparing the mind and body for deeper trance work. It involves inhaling to a count of four, holding the breath for four counts, exhaling for four counts, and then holding the empty breath for four counts before repeating. This technique helps to regulate the nervous system and can be a gentle entry point into deeper shamanic practices.

4. Rhythmic Breath

Rhythmic breathing involves inhaling and exhaling in a consistent, rhythmic pattern, often synchronized with a drumbeat or music set at a tempo conducive to trance states (around 4 to 7 beats per second). This method can help to focus the mind, reduce distractions, and align the practitioner's energy with the vibrational frequency of the spirit world.

5. Rebirthing Breathwork

Rebirthing Breathwork, developed by Leonard Orr, is a technique that emphasizes connected and continuous breathing. Practitioners breathe in and out without pauses in a relaxed manner, which can lead to the release of suppressed emotions and the surfacing of subconscious thoughts. This method is said to facilitate personal transformation and can lead to experiences of rebirth and renewal, making it conducive to entering shamanic trance states.

Preparing for Breathwork

- **Set an Intention**: Before beginning any breathwork practice, especially with the goal of entering a shamanic trance, set a clear intention for your journey. This could be seeking guidance, healing, or a question you wish to have answered by the spirit world.
- **Create a Safe Space**: Ensure you're in a comfortable, safe environment where you won't be disturbed. You might want to create a sacred space by lighting candles, using incense, or calling in protective spirits or guides.
- **Grounding**: Have grounding practices in place for afterward. Deep trance work can sometimes leave individuals feeling disoriented, so it's crucial to have a way to re-anchor to the physical world.

Incorporating breathwork into your spiritual practice can enhance your connection to the unseen realms and facilitate profound

shamanic experiences. As you experiment with these techniques, pay attention to the responses of your body and spirit, allowing them to guide you to the methods that best suit your journey.

-Master Psychic Spiritwalker

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