



**GALACTIC SHAMANISM
ART OF THE ANCIENTS, KEY TO TOMORROW
OF EARTH
LESSON # 2: LOWER WORLD SHAMANIC JOURNEY
STUDENT HANDOUT**

Supply List:

For this class, you will need:

The following are available on: <https://www.findyourpathhome.com/class-material>

1. "In Touch With Spirit: The Shamanic Journey: Workbook 1" by Gwilda Wiyaka
2. Journey CD or MP3: (either "Betwixt and Between" or "On Wings of Spirit") By Gwilda
3. "The Dream Codex" by Mary Summer Rain <http://amzn.to/2u4xdBA>
4. "Animal Speak" by Ted Andrews <http://amzn.to/2u9NxR9>

These articles you may already have or will need to collect on your own:

5. Bandana to cover eyes
6. Pillow and blanket to comfortably lie on floor
7. Journal and pen
8. Compass
9. Altar cloth
10. Rattle
11. Sage
12. Container to burn it in
13. Fire
14. Four directional markers

15. Candle and holder

Prayers for Calling in the Directions:

Start in the East, and work clockwise to South, West, and North, shaking your rattle, and evoking

each direction:

The purpose of the rattle, is to help us enter an altered state of consciousness, enabling us to connect with the quantum level.

Prayer to the East:

Facing the east, shake your rattle and call:

Spirit of the East – please join me, sister. Land of dawn – springtime – innocence – childhood – of the element earth – and budding things.

Please fill me with your gifts and powers – that I may bring them into the world – through this work – through the will of the Great Spirit – to best serve all concerned.

Spirit of the East – please join me.

Prayer to the South:

Facing the south, shake your rattle and call:

Spirit of the South – please join me, brother. Land of mid-day – ever-light – summer – adulthood

– passion – co-creation – of the element fire – and growing things.

Please fill me with your gifts and powers – that I may bring them into the world – through this work – through the will of the Great Spirit – to best serve all concerned.

Spirit of the South – please join me.

Prayer to the West:

Facing the west, shake your rattle and call:

Spirit of the West – please join me, sister. Land of sunset – fall – midlife – discernment – inward turning – of the element water – and harvest.

Please fill me with your gifts and powers – that I may bring them into the world -through this work – through the will of the Great Spirit – to best serve all concerned. Spirit of the West – please join me.

Prayer to the North:

Facing the North, shake your rattle and call:

Spirit of the North – please join me, brother. Land of darkness – winter – the ancestors and elders

– of wisdom and gratitude – of the element air – and transmutation.

Please fill me with your gifts and powers – that I may bring them into the world – through this work – through the will of the Great Spirit – to best serve all concerned.

Spirit of the North – please join me.

Once you have called in the cardinal directions, direct your intention to the center.

Again shaking your rattle, call in the three aspects of center:

Prayer to the Earth

Looking downward, shake your rattle and call:

Spirit of the Earth – please join me, blessed lady – mother of my body – planet of my birth – Gaia – Land of nurturance – and the feminine.

Please fill me with your gifts and powers – that I may bring them into the world – through this work – through the will of the Great Spirit – to best serve all concerned.

Spirit of the Earth – please join me.

Prayer to the sky

Looking to the sky, shake your rattle and call:

Spirit of the Sky – please join me. Land of the Star Nations – father of all living things – source of guidance.

Please fill me with your gifts and powers – that I may bring them into the world – through this work – through the will of the Great Spirit – to best serve all concerned.

Spirit of the Sky, please join me.

Prayer to the heart

Place your hand over your heart, shake your rattle and call:

Spirit of heart – please join me. Land of unity – unconditional love – neutrality – and balance.

Please fill me with your gifts and powers – that I may bring them into the world – through this work – through the will of the Great Spirit – to best serve all concerned.

Spirit of heart – please join me.

Light Candle

At this point if you have used a candle for the center light it. If you have used a center stone for your altar, simply direct your attention to it.

State – “It has begun.”

The Five Laws of Ethical Shamanic Practice are:

- 1) Shamanism works within natural law
 - 2) Shamanism is not practiced without permission
 - 3) Shamanism does not impose energy, where it does not belong
 - 4) Shamanism does not take energy away, from where it does belong
 - 5) Shamanism does no harm
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Test for Certificate of Completion

Now that you have taken the first class in the Galactic Shamanism Series, you can choose to take the test for completion and send the filled-out word doc to touchin@findyourpathhome.com. Once a passing grade has been determined by a Path Home Certified Shamanic Instructor, you will be sent a certificate of completion for Class 1: The Medicine Wheel.

Further Studies

I sincerely hope you greatly benefit from these teachings, and that they support you and your loved ones during these times of rapid change.

The Galactic Shamanism: Art of the Ancients, Key to tomorrow: Of Earth series has six lessons. The information builds upon itself, so it is important to take them in order.

OF EARTH

Class 1: The Medicine Wheel

Class 2: Lower World Shamanic Journey

Class 3: Sanctuary: Creating Sacred Space

Class 4: Power Animals: The Shamanic Art of Shape Shifting

Class 5: Elementals & Faery Folk

Class 6: Omenology

To be followed by:

Galactic Shamanism: Art of the Ancients, Key to tomorrow:

OF STARS

Lesson 7: Upper World Shamanic Journey

Lesson 8: Spirit Guides and Angels: Connecting with Your Higher Self & Galactic Beings

Lesson 9: Life Purpose

Lesson 10: The Art of Shamanic Ceremony

Lesson 11: The Dance of Shamanic Power (Chakras and Cauldrons of the Soul)

Lesson 12: Manifestation

We will continue to produce and offer more classes in these series.

In addition, we will be offering a children's series of classes: Children of Tomorrow: Galactic Gate Keepers.

More classes will continually become available on www.findyourpathhome.com,

So, visit us often!