Journey Journal

HOW TO EFFECTIVELY INTERPRET YOUR SHAMANIC JOURNEYS & OTHER SPIRITUAL MESSAGES

Once you've returned from your Journey with your pearls of wisdom, here are some things to think about.

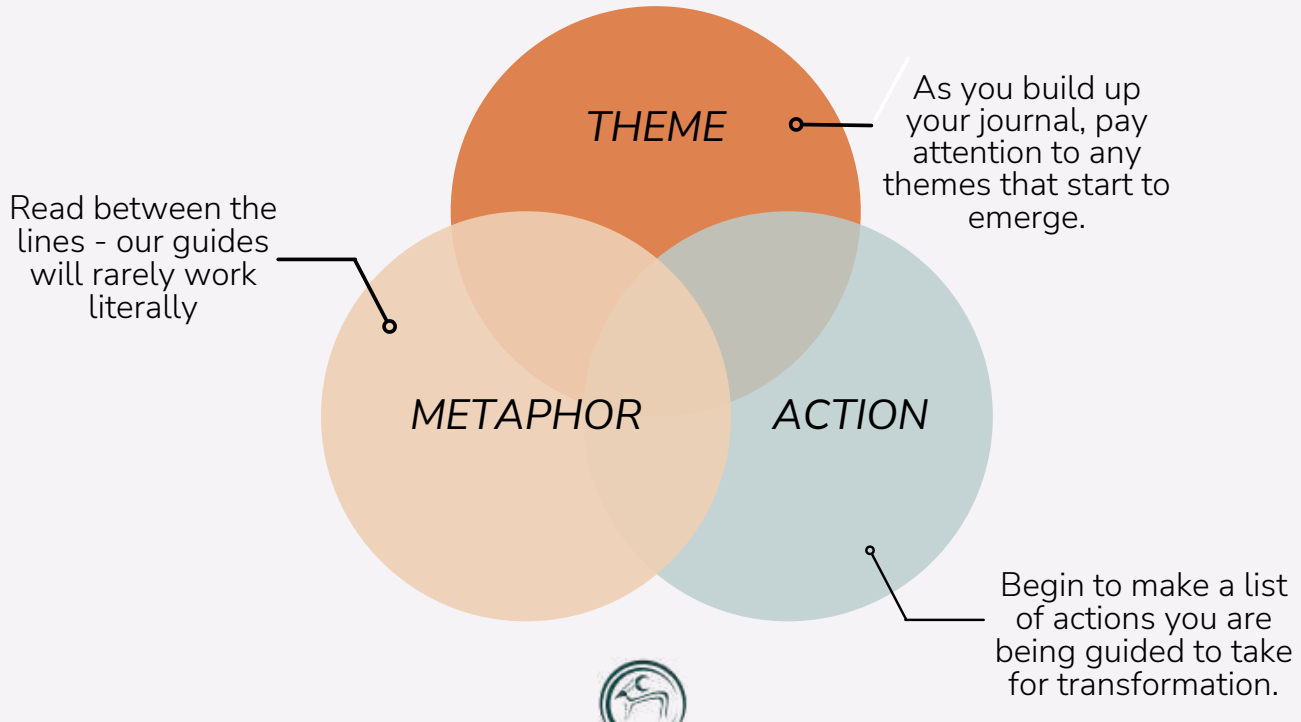
DON'T GOOGLE IT

At least, not right away.

One of the biggest challenges to interpreting the messages we receive from our spirit guides is releasing our expectations and ego. So often we ask a question and we have an answer that we want in our minds. When we come from that perspective, we run the risk of twisting and turning each message or input we get to give us the answer we desire.

So, the first step in interpreting messages you get is to release the answer that you want to get and instead focus on what is coming across to you objectively. Ask yourself: What could the meaning of this message be? How does it relate to what I am asking about or dealing with?

Think of these top three pointers:



Examples of themes

- Nurturing themes - how are you with self-care?
- Emergence - what part of your authentic being is ready to emerge?
- The Past - forgiveness, acceptance, healing?
- Masks - what masks are you ready to shed to reveal more of your true nature?
- Honouring - are you being shown to honour the Land where you live, Mother Earth as a whole or your home in new ways?
- Healing - your guides may be taking you through healing journeys
- Passion - are you being shown a new path full of joy and passion and the ways you can move towards this?
- Trickster - are you being challenged to look beyond your earthly thoughts and go deeper to recognise your own shadow?
- Abundance - are you being shown the path to abundance? Are you being given ACTION to remove your current blocks?
- Protection & Boundaries - are you being shown that more work is required here?
- Perspective - are you being shown a new perspective of a difficult experience in your life?

Important

Your interpretation of your Journey is exactly right for what you need in that moment. Asking advise and listening/reading other opinions can certainly spark and inspired thought in you - but do not give your power away to others. DIRECT REVELATION IS KEY HERE!

Continue to journey and journal - you will be amazed at the wonderful resource your own notes and thoughts turn out to be for you as y ou move through your life.

Metaphors & Messages

What to think about understand the metaphor of your messages:

- Where did your guides take you through the Great Tree/across the Lake? A familiar place or somewhere you don't recognise? Begin to chart the different realms and increase your knowledge and understanding of NOR (Non-ordinary reality).
- What did you see, hear, smell, taste, touch or sense?
- Were you shown anything you didn't understand? Be sure to write this down to come back to at a later date.
- Did you notice thoughts from your daily life creeping in? Were they relevant to or a distraction from your journey?
- What objects did you see? What thoughts did that bring up for you?
- How did Beings and Objects interact with each other? Can you imagine what that message might be for you?
- What was the landscape like? Vast and open, enclosed, light or dark, snowy, or fresh & green?
- What words were given during your Journey? What did those words make you feel like? What was your first thought about your message?
- What colours did you see and how did they interact? What feelings did those colours spark in you? What do you think that means for you?
- What did your body feel like? Cold, warm, pins & needles or did you forget you were in that body? Ask those sensations what they were trying to tell you.

If you hear someone say "metaphorically speaking," it probably means that you shouldn't take what they said as the truth, but as more of an idea. It's the same for Journeys!

What is a metaphor?

A metaphor is a figure of speech that describes an object or action in a way that isn't literally true, but helps explain an idea or make a comparison.

Here are the basics:

- A metaphor states that one thing IS another thing
- It equates those two things not because they are actually the same, but for the sake of comparison or symbolism.
- If you take a metaphor literally, it will probably sound very strange (are there actually any sheep, black or otherwise, in your family?)

No metaphor has a single fixed definition; the same image can refer to many different meanings.

That's why Google can be very limiting (although helpful when we are starting out to gather ideas and possibilities)

The genius of the human imagination is its infinite ability to create novel extensions of pre-existing ideas.

This is precisely what happens so often in dreaming when the unconscious mind spins out an endless variety of metaphorical images.

Dreams, Journeys, and other spiritual connections do this to promote out psychological healthy, as a way of integrating our emotional experiences and weaving them into a meaningful whole.

Examples of Metaphors

FALLING FROM A BUILDING, CLIFF OR FROM THE ARMS OF A GUIDE

If you see yourself falling in a Journey, could it mean you're falling for someone or something? Does it feel safe or is it a warning? Look at other symbols in your Journey to help you decide.

A CAT TURNS UP REPEATEDLY, BUT DOESN'T FEEL LIKE A GUIDE

Perhaps this has to do with cats being curious, playful, and affectionate; perhaps it relates to their being independent, cruel, and dangerous. Perhaps it reflects a cat-like part of yourself, or a cat-like person you know from your workplace, or a cat-like energy you sense in the world around you.

YOU WITNESS A VOLCANIC ERUPTION

This could mean that you are holding something inside that is going to explode if you don't address it head-on. It could mean there is an issue bubbling beneath the surface that you're unaware of.

YOU SEE A BRIDGE BEING BUILT OR DESTROYED

Bridges link two places together. What two areas of your life need to be linked - situations, people, relationships? Or perhaps it's a metaphor for having better boundaries? What needs to be unlinked? What energy are you giving to maintaining bridges that are better left to fall away?

YOU'RE BEING BLINDED BY WHITE LIGHT

What do you need to open your eye to? What are you being blinded by? Perhaps it's an invitation to forget about what you're trying to see and relax into the flow of not knowing?

YOU SEE DEATH

This can be scary to see! But seeing a Death doesn't mean someone is going to die. Metaphorically, it's showing you that something needs to die. A friendship, an old habit, a job...we face mini-deaths all the time. Endings of things we hand onto for far too long.

Action

Action = change. What action are you being shown? What steps can you take today?

You can embark on as many courses, journeys, healing experiences and retreats as you like...

Without affirmative, daily action on your part, you will not create the change you wish to see in your life.

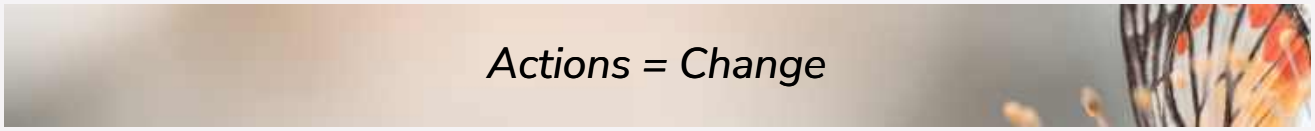
And by action I don't mean speaking to the Guides and banging a drum...although that is certainly one important aspect!

I'm talking about facing the mundane, hard, shameful, deeply ingrained behavioural issues we all have. Yes, these are usually caused by someone else in our childhood; but at some point it becomes our own responsibility to face and overcome!

It is so important to put your messages into practice!

For example:

- Recapitulation
- Learning to say NO
- Creating a values list and having boundaries
- Dealing with aggression or anger issues
- Communicating clearly and not making assumptions
- Not taking everything personally
- Putting yourself first for a change
- Embracing self-care
- Using Mantras to support Mindset changes

This is a small list of the vast possibilities.

What are your messages inviting you to put into ACTION?