

HOW TO GUIDE *Omen Walking*

WORKING WITH THE SPIRIT OF NATURE FOR GUIDANCE & PERSONAL HEALING

The Key to this Guide

- 1 Don't ask too much – keep it simple!
- 2 Stick to one intention and avoid changing during your experience.
- 3 Avoid Fortune Telling. This is a murky business and not particularly helpful. Your ACTION NOW will affect your future!
- 4 Avoid asking what you 'should' do. Keep the responsibility for your decisions in your own heart. Instead, ask for ACTIONABLE advice or healing for blocks.
- 5 You don't have to remember your intention for the whole experience. Write it down, pop it in your pocket and relax.
- 6 You can go back with the same intention more than once, each time you will receive more information and Nature will soon tell you when you've had all the information you're going to get!

Nature speaks to us all the time; we just need to learn how to listen.

Shamanism is a practise of direct revelation, so we don't want to limit ourselves to a traditional shamanic journey.

We can receive profound messages from nature when we take a walk holding a specific intention.

Nature is a helping spirit or spirit guide and as you begin to deepen your ability to connect with Nature, you will find your way enlightened with signs and omens.



Step 1: Connect with your Shamanic Guide

Connect with your Shamanic Guide, Divine Light, Helping Spirit or whatever other name you give your spiritual support.

Connecting with your Guide is an intentional act. This means that you think about connecting with your Guide and then you will be connected.

Tip Use intentional breathing to help you connect with your guides.

Step 2: Decide your Intention

What is your Intention for your Omen walk? Are you asking for clarity, an action, healing, or information?

You don't need to remember your Intention for the walk.... this will be very distracting!

Tip Write down your intention on paper and take it with you on your walk.

Step 3: Walk

Go on your walk, relax and enjoy your surroundings.

This type of connection works best if you do not focus too hard but wait for the sign or omen to come to you. You do not necessarily have to be in Nature.

Omen walks work anywhere, including cities and towns.



Step 4: Make Notes

Makes notes.... Always.... You think you'll remember but in my experience, these experiences can be like sand and fall away really fast.

It's also lovely to be able to read back over our experiences in the future and continue to benefit from our messages as our understanding deepens.



When we re-read messages, we can understand deeper meaning as we grow.

Step 5: Action

Whenever we work with Guides it is important to **HONOUR** the wisdom and guidance we are given.

If you are given actions to take, it is important that you do your best to put those into practice.

Transformation will always evade you if you avoid **ACTION**.

Don't be the person who misses the memo on **ACTION**!

Final Tips

- 🌀 This work takes practice - be patient with yourself.
- 🌀 Go at this work with determination & focus - flippancy tends not to yield good results!
- 🌀 Try to let go of any fear of 'getting it wrong' - go with your first thought.
- 🌀 If you're worried that you're just making it up then please try to let that go... our imagination is one of our most precious gifts!
- 🌀 Put your guidance into **ACTION** for transformational change.

