

MAHC 2022 – Fire Trance & Journeying

Background

I ran across fire trance back in the late 1990's while at a gathering of site reps working on the CompuServe New Age forum. Gray Hawk asked if I could do the drumming and tend the fire for a sweat and I ended up journeying while drumming with the assistance of the fire. This hints at my Taoist "Just go with it" attitude and enjoy the experience. This led to my talking to a number of shamans I knew at the time about what I had experienced and a variety of responses around my not having prepared ahead of time for what I had experienced, among other things. Some experiences just happen when it comes to me and metaphysical work. I was clearly not on the traditional track for metaphysics. In exploring various meditative inductions I came across a light/fire induction that was similar to what I would discover paralleled shamanic fire trance journeying. This led to further research into journeying in general and through contact with a number of shamans. Be aware that I am looking at this from the outside in, not through specific training under the guidance of one or more shamans. This seminar is to give you a basis of understanding and a starting point to launch your interest into the subject of fire trance induction.

Quantum Theory Elements

When we look at current theories on awareness, universal awareness, and quantum state, light plays a key part in determining spirituality at any number of levels which would include present life, past life, spirit guides, as it influences you in the present life and the related journeying involved to recover such information. But trance inherently opens the individual to experiences guided by the unconscious mind which may take you in unexpected directions.

There are additional elements that may develop around upper, middle, and lower world domains (This appeared to me as three paths.). This is a journey within yourself to answer questions you have, good or bad. Interpretation can be anywhere from literal through metaphoric. It is up to the individual to make that interpretation, usually from an intuitive perspective.

Foundation

In this session we will be looking at the elements of light and fire as a way of inducing trance with a clearly defined goal in mind. This incorporates Eriksonian techniques through the use of more indirect dialog that opens the unconscious mind to a more dynamic journey. Why?

Self-Respect reflects your intent and I found that it is best to be purposeful so that your response to your intent will be at the same level of integrity. Think of the conscious/unconscious mind as reflective and you will realize that you will get the same response that you put into this. At the least you should go through the rituals under the guidance of a qualified shaman before using them with clients. Realize that each shamanic teacher will have variations and different emphasis for your specific journey.

- Have a goal in mind. (Direction/Quest/Journey). This narrows the journey to a specific goal. Understand that an undefined journey opens the individual up to what the unconscious mind finds important for you to know at that point in time.
- Some people fast beforehand but I have experienced this both ways. I am suggesting that you try both ways and learn what the differences are for you because they are dependent to the individual.

MAHC 2022 – Fire Trance & Journeying

- Some feel that fasting infers sacrifice in some way. You are consciously/unconsciously “paying for/valuing” your journey and the personal cost is the value equal to what you desire to get out of it. This is fundamental to metaphysical energy work.
- Both conscious & unconscious mind seeks respect.
- Keep in mind that food creates a digestive heaviness that can block or limit the energy desired for deeper metaphysical work. Yes, eating can make you physically sick depending on the concentration of energy manifested.
- In this seminar we will be doing a walkthrough without doing anything “deep”

Preparation

- Prepare your fire and the fuel source.
- Set your fire - Natural is best, but sometimes that is not possible.
- I recorded a fire for this seminar.
- Grounding, Centering, and Haven/Safe Place/Sanctuary.
 - There is also dynamic Self-Centering technique that shamanism tends to use. Your awareness is your ground, it is a state of “Beingness” (See: NLP core states)
- Determine the purpose of the journey.
 - Spirit Guide - Seeking a mentor to aid you in opening your spiritual self into your conscious mind.
 - Seeking your purpose in your life.

What you Experience

- What do you see? Symbol, Metaphor or something else?
- What are you experiencing? A Direction, Goal, Quest, Journey?
- Releasing the Ego. (Symbolic) dismemberment of the body leaving soul.
 - Some people see this as a metaphoric sacrifice
- The metamorphosis of the human body into a cosmic (energy) body.

Induction

Creating Sacred space. I traditionally see the following (in a nutshell) as. . .

There are certain groups that see this differently or more complex in any number of ways depending on tradition, global location, or cultural location.

- Grandfather is the vibration of the **All-Spirit/Quantum Awareness**
- Grandmother is the vibration/energy of the **Earth (Inclusive)**
- **The World Structure**
 - **Middle Spirit World** - Present. Energy that clings to us physically and emotionally.
 - You only take with you what you choose to carry.” Hence the need for purification of negative vibrational energy.
 - Conscious reflection of the shadow mind and conflict with the ego. (Jung - Shadow Mind)
 - **Lower Spirit World - Learning from our past. Quantum entanglement.**
 - Some see this as the shadow mind (Jung).
 - Realm of Spirit Guides. Some see a Spirit Guide as individual or collective past lives.
 - **Upper Spirit World** - Quantum Awareness States. Energy and light.
 - Spiritual Healing
 - Some see this as movement (physical and/or spiritual) into the future.

MAHC 2022 – Fire Trance & Journeying

- Drumming, chanting, rattling, or bells ringing as an audio induction into a deeper trance state. (Theta frequencies).
- Those familiar with trance work may find that when you look through/beyond the fire it is easier to enter into a trance state. Perceptually it is a “becoming” that can only be experienced paradoxically as a no-time/no-space state.
- Depth of view is transitioned into light. Light is transitioned into energy. Energy is embraced as state-of-being. At some point between the latter two steps, the individual may become weightless or not be able to feel the weight of their body.
- The guide should talk evenly while focusing more deeply on the sensory elements of the fire. Use all five senses. What do you see, feel, hear, taste, and smell? These act as deepens that the individual transitions from an observed state into an existing-as state.
- The multiple sensory focus creates a saturation of the conscious mind. and it drops into a deeper state to process the information. When done calmly through recording or guided, the individual slips into trance.
- Key metaphors
 - Fire - The Great Spirit as light
 - Smoke - The transitional state between physical form and Spirit
 - Wood, Herbs, & flowers; The physical world - Your transient existence. This state evokes the emotional energy of yourself and is reflected in how the resources are prepared for your three-fold journey (Body, Mind, & Soul).

Session/Journey

- There is no fixed structure or pattern. You have to go with what the client leads you towards. It is their journey, not yours, you are just a guide suggesting,, but not demanding, what they may wish to focus on.
- The biggest reason people avoid Journeying is because it creates a variable outcome.
- The nature of Journeying is creating something new/unknown that will reveal its value through the journey itself. It is self-realization through synchronicity, harmonic (Some experience as tonal) vibration, symbolic and metaphoric.
- Sensory experience - What is the impression and emotional feelings that you are experiencing.
- Symbol - What is the meaning in this instance?
- Metaphor - Complex meaning. Analytical, Emotional, and experiential perspectives.

Emerging

- Remember the journey.
- Write it down – Journaling.
 - What does the journey mean to the client?
 - What is the direction of your journey, literal and metaphoric?
 - What were you drawn to focus on?
 - What is the meaning of that focus?
 - What are you being made aware of?
- There is no end.
 - Muddy Boots – Spiritual respect of the journey.

MAHC 2022 – Fire Trance & Journeying

Notes

MAHC 2022 – Gems, Meditation, & Hypnosis

Integrating Gems, Meditation, & Hypnosis

This class covers the most basic techniques of gem and crystal technology from an analytical perspective. Intuitive gem technology follows a more perceptual exploration of the use of gems and crystals requiring more of a one-on-one training that is aligned to the psychic skills of the individual since psychic skills are more dynamic in nature.

Basic Techniques - 2-Hours

- Selecting a Gem – Co-Resonance Frequency with the user
- **Testing Gems** – Common Gem Attributes
 - **Raising Energy** – Visualization & breathing techniques
 - **Water & Energy “Puffing” technique**
 - Manifesting Energy (Qi/Ch’i/Ki/Mana/Prana/Pneumo) exercise
 - **Psychic Skills** sensitivity, drift, amplification & and concentration.
 - Intuitive perception – what changes?
 - Analytical – Mechanical & Theoretical structures
 - Chemical Properties and related attributes – Your Research.
- Clearing a Gem – Elemental (Earth/Air/Water/Fire)
 - Removing Negative Energy Patterns (NEP)
 - Negative or dominant awareness patterns
 - Issues with chemical, passive, and religious ritual clearing
 - What to do when a clearing does not work
- Keying a Gem – Soul Alignment
 - What you bring with you when keying a gem is what will also be stored in the gem. We call this “Energetic Personality” (EP).
 - Storing a gem and use.
 - Usage – Keeping your hand in, and developing your intuitive skills
- What changes physically, mentally, and spiritually related to your five senses.
- Grounding Techniques – Centering/Grounding/Anchoring
- Protection Techniques
 - Earth Grounding
 - Self-Aware

Intermediate Techniques – 2(overview)-8(in-depth practice) Hours

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| • Energy Manipulation | • Mindfulness Meditation |
| • Vibrational Energy Healing | • Soul Healing |
| • Gem Energy Storage | • Storing Energy |
| • Amplification | • Linking Gems |
| • Gem type for specific healing work | • Wards |
| • Clear & Smokey Quartz examples | • Gem/Chakra Information |
| | • Gem Attributes |

MAHC 2022 – Gems, Meditation, & Hypnosis

Advanced Techniques – 4-8 Hours.

- Healing Techniques – Incurable issues. Nothing is in stone.
- Elemental energy techniques
- Journeying
- Barriers – Extreme protection
- Spiritual Development – All that this entails
 - Satori – Deeper spiritual realization. ‘Nuff said
 - Kundalini – Higher Energy States
- Past Life Knowledge Recovery – Warning: Avoid Losing yourself in your past.
 - Literal vs. metaphoric
 - Learning what is relevant to this life.
 - Avoiding Fixation.
- Quantum Physics Research – Discovering New Dimensions of your reality.

Notes

The two rules of vibrational energy work. – *Iseikido* by R. Scott Smith

- 1) Suspension of disbelief.
 - a. This is far harder than you think because there is always ego in play.
- 2) Anticipation of change.
 - a. You must approach metaphysical work with an open mind.