

Expanding Sacred



**After your audio meditation, spend some time journaling about your experience in the Lower World.**

**What did it feel like to be in the water and travel down the See-pa-poo? \_\_\_\_\_**

**What did the lower world look like/feel like when you arrived?**

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**Did you encounter many animals once you arrived in the lower world? What animals do you remember?**

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**What emotion did you experience when you connected with an animal?**

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**What traits, characteristics, strengths & qualities do you embody of the animal that chose you?**

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**What qualities and gifts would you like to develop and learn from this animal?**

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**Remember that you can call on help from the Lower World anytime you wish. Access help from the Animal Kingdom when you need support.**

**“Finding your power animal enables you to travel for the first time into the Lower World, home of the ancestors and power animals. It is important to experience the spiraling tunnel that leads you there and to learn to feel at home in the often mysterious landscape. Fast for at least one day before the Power Animal Journey.”-Lynne Andrews, *Teachings Around the Sacred Wheel***

The Upper World is inhabited by mythical, magical beings and angels. The Lower World is where our power animals reside. In the Upper World, we are of service to humanity. In the Lower World, it is all about YOU. Finding a guide when entering the upper and lower realms is a classic shamanic experience.

This meditation is from Lynn Andrew's book, *Teachings Around the Sacred Wheel*. You can revisit this journey as often as you like. Your relationship to your power animal will grow stronger and closer the more you do this work. This meditation is somewhat different from the audio I have included. The meditation is my original creation but I wanted you to see how beautiful and powerful Lynne's meditation is, too. I do not read scripts when I facilitate guided meditations, I find the meditations are more effective when we speak from the heart and let the information flow through me that is just right for the time and the group. Enjoy Lynn's version here:

“Lie down, close your eyes, take several deep breaths and move deeply into a state of meditation.

This is not meant to be a frightening experience. I want you to realize in your deepest self-that part of yourself that wants to become all knowing and wise as a shaman. This journey we are about to go on is a journey back into your own primordial time, back into your own history as an intelligent human being. We are searching for your original nature, your power animal.

To find your original nature, we have to begin to uncover your real self. Within your true self dwells your power, It is the power that we need to discover. We are going to travel back down in time to your beginnings.

During this dream, I want you to become aware, first of all, of your physical being-your skin, your flesh, your organs, your intestines, the armature of your skeleton, your bones. Try and feel them. Take a moment to experience your stomach as distinct from your intestines. Feel the fullness or emptiness of your stomach. Feel the movement and motion in your intestines. Feel your heart beating. Feel your ribs moving.

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Now tense your leg muscles, and feel the muscles held in place by your leg bones. Realize how perfectly your body functions and how much you take it for granted. Realize how your organs and glands feed your flesh and clean your blood without you even thinking about it.

Let your consciousness wander through your body looking for your true self-that sacred place of power-your original nature. Take your time and remember it when you find it. You have come to power because you desire to see. Let power help you. Through the process of mind, we are going to journey into the Lower World, a place that has great shamanistic value. I am going to provide you with the opportunity to experience your own transformation into what we call "original spirit nature" or your power animal form.

Your power animal is a force of energy that equates with your own primary nature. Your power animal could be a mammal, bird, fish, dolphin, even a dragon, but it is never a fanged creature that bares its teeth, a member of the snake family, or any of the creepy crawlies. If one of those beings presents itself to you in an ominous manner, turn away and move on. If it persists, simply come back to the tunnel and end the journey. Waitt and take the journey another day. Let your thoughts clear.

Take another deep breath and slowly relax your muscles completely. Let your thoughts empty out of your mind. Visualize golden white light emanating from the crown chakra at the top of your head. Breathe deeply, and rest in the golden white light for a few moments, letting it surround you with healing protection.

Now imagine you are walking across a grassy meadow. The grass is green and fragrant, and there are red and yellow flowers blooming everywhere. You stop for a moment and smell them. Then you walk on, feeling carefree and happy. It is noon and the sun is high. The temperature is pleasant, the soft breeze feels like silk on your skin. Be aware of the sounds of life around you. There are prairie dogs scampering into holes. You smell the sweetgrass on the gentle breeze. It is early summer.

You are delighted to see a shimmering pond up ahead. The sunlight is shining on the water like liquid gold. When you reach its banks, you look around and realize you are completely alone. There is no one for miles. Deciding to take a swim, you strip off your clothes and step into the water. It is warm and clear. As you begin to swim, you dive beneath the surface. To your astonishment, you realize that you can breathe underwater. You swim around like a porpoise-with great ease. Then you see an opening at the bottom of the pond. A surge of excitement runs through you as you recognize the opening of a spiraling tunnel.

Something inside of you is irresistibly drawn to the spiraling tunnel. You long to discover your power animal so you head toward the tunnel. Very comfortably, you swim down and down in a spiraling fashion toward the Lower World. You know that this tunnel is a sacred see-pa-poo, or the entrance of the Lower World, the home of the power animals. At this point, you remember that after you journey down the tunnel, which is of a very comfortable width, you will come out

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on a grassy plain. There you will see many birds and animals, but only the one that presents itself to you from four sides is your power animal. When that happens, approach your animal and put your arms around it. Physically cross your arms over your chest when this happens. Bring your power animal back up the spiraling tunnel with you and rest on the shore of the pond. When you reach the edge of the pond, sit up.

**Blessed beings of the Lower World,**

**Come to us and show your sacred four directions**

**Spirit Beings that protect and empower us**

**See our humbleness and hear the sound of our own beating hearts**

**Ho. sacred Mother and Father Sky-help us!**

Now that you have arrived on the water's edge, sit with your eyes closed. Open your palms in front of your face. Take a deep breath, blow your breath onto your palms, and then quickly press them over your solar plexus and navel. Know that breath is spirit and the spirit of your power animal now resides in you. If you are alone, dance your power animal until it becomes a part of your being.

Honor the new sense of power within you with your rattle, drum, dancing and prayers.”

