



Journeying by Marilyn Geddes

Used by generations of indigenous peoples, journeying is a method of accessing information from what is commonly referred to as non-ordinary reality. When we state our intentions clearly, a journey can bring us information and guidance from what we might call 'a higher perspective.' These messages are offered in words, images, and sensations.

When I journey for you, I first create a sacred space through the use of ritual and quiet contemplation. With a drumbeat as my only companion, I enter into the journey and present the intention to the helpers who appear in non-ordinary reality. They, then, 'speak' to the intention, offering words, pictures, and sensations; throughout the journey, I transcribe the exact words that are spoken. Later, I review this transcription, correcting spelling and any other little errors, but making no other changes. As a result, grammatical constructions are not always correct!

You will notice that in most cases, the information is initially expressed in the third person, i.e. talking about you, as if to another; as the journey progresses, it may be expressed in the second person, that is, speaking directly to you. Often the being who provides the information speaks not only for himself, but also for a collective of helpers, so uses the term "We" instead of "I". The accuracy of the information does not seem to be affected by the method of presentation.

I have transcribed the journey so that you have something tangible to which you can return, again and again. Recognize that the information can be interpreted on many levels; it may take several readings, over time, to access the full depth of the information. Images, in particular, often act as metaphor, representing something far beyond the actual scene described. Remember this journey is yours. You are the interpreter, and as such, I suggest that you take what speaks to you, and feel free to cast to the winds what does not resonate.

Although this journey was undertaken on your behalf, I feel privileged to have been invited to act as the intermediary. In every journey there are universal teachings that offer something to us all, and I am grateful to have shared in what has been given to you.