



**GALACTIC SHAMANISM  
ART OF THE ANCIENTS, KEY TO TOMORROW  
LESSON #5: ELEMENTALS & FAERY FOLK:  
Gateways Between Worlds**

**STUDENT HANDOUT**

Supply List:

1. “In Touch With Spirit: The Shamanic Journey: Workbook 1” by Gwilda Wiyaka:  
<http://amzn.to/2uQ7v0c>
2. “The Dream Codex” by Mary Summer Rain: <http://amzn.to/2u4xdBA>
3. “Animal Speak” by Ted Andrews: <http://amzn.to/2u9NxR9>
4. Journey CD or MP3:  
  
Either “Betwixt and Between” by Gwilda Wiyaka:  
  
CD <http://amzn.to/2tXl55M> MP3 <http://findyourpathhome.com/store>  
  
or “On Wings of Spirit” by Gwilda Wiyaka:  
  
CD <http://amzn.to/2tXpTYC> MP3 <http://findyourpathhome.com/store>
5. Bandana to cover eyes
6. Pillow and blanket to comfortably lie on floor
7. Journal and pen
8. Compass

9. Altar cloth
10. Rattle
11. Sage
12. Container to burn it in
13. Fire
14. Four directional markers
15. Candle and holder
16. Earthen bowl and water

#### NEW ITEMS

17. Additional bowl of water large enough to hold a stone
18. Stone
19. Potter's clay
20. Additional candle and candle holder

To set your altar:

- 1) Smudge; yourself, all the participants, the room, and all the articles to be used.
- 2) Using your compass, align the altar cloth with the directions.  
  
If your altar cloth has a directional pattern, place North at the top.
- 3) Starting in the East and working clockwise, place each directional stone or article in the corresponding direction; East (yellow), South (red), West (black), and North (white).
- 4) Place the candle, and candle holder, in the center.
- 5) Put water into the bowl. Place it in the Northwest corner of your altar cloth.

Activating the Altar:

The Altar is activated using prayer. Start in the East, and work clockwise to South, West, and North, shaking your rattle, and evoking each direction.

Call in the corresponding direction with your customized prayers from “Lesson 3: Sacred Space.”

Additional Elemental Journey Questions:

On subsequent journeys to earth and water, you can ask:

1. How does an imbalance of the element earth show up for you personally?
2. What is it like to need more earth, and how can you make the correction?
3. What is it like to need less earth, and how can you make that correction?
4. How does the element earth empower you?
5. How does an imbalance of the element water show up for you personally?
6. What is it like to need more water, and how to make the correction?
7. What is it like to need less water, and how to correct that?
8. How does the element water empower you?

Repeating this journey will offer further healing and awareness as the balance offered deepens, as do the lessons.

On subsequent journeys to fire and air, you can ask:

1. How does an imbalance of the element fire show up for you personally?
2. What is it like to need more fire, and how can you make the correction?

3. What is it like to need less fire, and how to correct that?
4. How does the element fire empower you?
5. How does an imbalance of the element air show up for you personally?
6. What is it like to need more air, and how can you make the correction?
7. What is it like to need less air, and how do you correct that?
8. How does the element air empower you?

These follow up journey questions are included in your student handout and can be performed by using your headset and journey drumming recording, track 4, on either “Betwixt and Between” or “On Wings of Spirit.”

These follow up journey questions can be performed by using the same method of gazing into the elements, asking the question of the appropriate element, once you have aligned with it.

Use your rattle or journey drumming recording, track 4, on either “Betwixt and Between” or “On Wings of Spirit.”