



**GALACTIC SHAMANISM LESSON #2:
LOWER WORLD SHAMANIC JOURNEY
TEST OF COMPLETION**

The following test for this class is offered for those who wish to obtain a Certificate of Completion as part of the prerequisite for advanced classes.

As part of the test, once you have finished Galactic Shamanism Class 2, please read “In Touch With Spirit” workbook and complete the assignments within that pertain to journey work. The teachings and assignments for Power Animals and Helping Spirits will be covered in Class # 4.

The remainder of the open book test is outlined below. Send the answers for both tests in a Word Doc to touchin@findyourpathhome.com.

Once a passing grade has been determined by a Path Home Certified Shamanic Instructor, you will be sent a Certificate of Completion for Class 2: Lower World Shamanic Journey. Certificates of Completion for online classes enables you to apply the classes to Path Home Shamanic Arts School’s advanced studies, workshops, retreats and practitioner training.

**LESSON #2: LOWER WORLD SHAMANIC JOURNEY
TEST OF COMPLETION**

- 1) What is shamanism,
- 2) what are the origins of shamanism?
- 3) how old is the practice of shamanism?
- 4) What is the cornerstone of all shamanic practices?
- 5) What have brain wave studies revealed about the brain when going into the shamanic journey trance?
- 6) What does the shamanic journey ritual enable the practitioner to do?
- 7) How is the trance state achieved?

- 8) What are shaman able to do while in the shamanic trance?
- 9) Why do we not appropriate ceremony?
- 10) What is the difference between appropriation of ceremony and what is offered in this course?
- 11) In this class and forward, what is the first step?
- 12) What is the purpose of setting sacred space?
- 13) Define “casting a circle” and its purpose.
- 14) Explain Earth’s and human’s toroidal field. What happens when they are aligned?
- 15) How is Earth alignment accomplished?
- 16) Explain the process of setting an altar.
- 17) Explain the process of activating the altar.
- 18) What is the purpose of the rattle?
- 19) What is the difference between meditation and the shamanic journey trance?
- 20) What is the “spirit world” in scientific terms?
- 21) What is the difference in functioning between the mind and the quantum level?
- 22) What information can be obtained by accessing the quantum level through the shamanic journey?
- 23) What is an example of a spontaneous journey?
- 24) What are daydreams?

- 25) What is the channel through which spiritual or quantum level information comes to us?
- 26) Explain the difference between sleeping dreams and journey work.
- 27) How is journey information presented?
- 28) Where does journey work take place?
- 29) What is the true purpose and function of imagination as it relates to the journey trance?
- 30) When speaking of different levels of reality, to what are we actually referring?
- 31) What is the common belief about “high” and “low” frequency?
- 32) Explain frequency balance and imbalance within the concept of positive and negative numbers.
- 33) What is the result when our overall frequency becomes imbalanced?
- 34) How does journey work affect our frequency mobility?
- 35) Explain the concepts of three levels of reality – Upper, Middle and Lower World.
- 36) What is the importance of coming and going in exactly the same way?
- 37) Explain how to journey to and from Lower World.
- 38) What is the importance of journaling journey information?
- 39) What is the difference between obtaining metaphorical information through the journey trance for oneself and doing so for another?
- 40) How can journey work help us make choices for our future?
- 41) What is the power of intention?

- 42) What is the purpose of the “Why, why, why?” exercise?
- 43) Define the “bottom line.”

- 44) What is the importance of working with intent and bottom line?

- 45) Before we can accurately ask questions and interpret the answers, why is it necessary to reframe the way we view reality?

- 46) What is the importance of wording when asking questions and how does it relate to intent and bottom line?

- 47) What is the difference between shamanism and sorcery?

- 48) What are the Five Laws of Ethical Shamanic Practice?

- 49) Describe the process of preparing to journey on a question.

- 50) What is the process of doing a divination journey for someone else?

- 51) Why is it important not to try to figure out the meaning of a journey while in the journey?

- 52) Describe the process of journaling and interpreting journey information.

- 53) What is the importance of revisiting journey information?

- 54) What is the importance of gratitude?

- 55) Describe the process of giving gratitude through closing the shamanic ceremony.

- 56) What is a subroutine and what is its importance?