
Intro Series B: #4 Upper World



SpiritHealer
school of shamanism

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The dimensions of infinity



The upper world is all around us, like the universe itself. It is not, however, the same as the middle world. The middle world has a tangible mirror in physical reality. The upper world is different. It is its own dimension that stands intertwined, and yet apart from the middle world sky.

The only real way to understand it is to experience it. And that is exactly what we are going to do.

You will recall that most shamanic cultures recognize three basic levels of non ordinary reality, the upper, middle and lower words. So far we have been working in the middle world, experiencing a favorite place in nature, connecting with Trusted Compassionate Spirits including our favorite Power Animal, and communicating with the spirits of living animals.

Today we will ask out Power Animals to guide us into the upper world, and we explore.

GOING TO THE UPPER WORLD

We reach the upper world by asking our Power Animals to take us upward from our place in nature. They have lots of ways to do



this. They may fly you up lifting you off the ground and carrying you on their backs. They may take your hand and lead you upwards. They may have you climb to the top of a tree and take a big leap upwards. Or they may offer you a handy device to lift you up, like a rope or ladder. Guess what device Jack in

Jack and the Bean Stalk used? I use a lovely silk rope with large easy to climb knots in it. Some people I know use elevators or escalators. One common way is to use the [world tree](#) and enter the upper world through its branches. However you go, ask your Power Animal to guide you and it will be no problem.

As you enter the upper world you will pass through a distinct membrane of some kind. This may be a like a sheet of ice, or cellophane, or just a thick cloud layer. It is a clear sign that you have crossed into the upper world.

It is always a good idea to ask your Power Animal to confirm that you are indeed in the upper world. This will keep you from being confused.

What you may see

When most people think of the upper world they imagine angels, light beings, stars and crystals, and a whole lot of soft pastel colors. This may be what you see, or it may not. You may experience earthy scenes with strong rich colors. Or you may experience nothing but sheets of shimmering light with etheric music. Each person's experience is true. The upper world is all these things, and more. The more you explore in the upper world, the more likely it is that you will experience a myriad of dimensions, each more extraordinary than the last.



Exploring the layers

You can think of all dimensions of non-ordinary reality as infinite. My teachers tell me that everything I will ever see is just a pinhole vision of all there is to experience. As you explore, you will find that the upper world is layered. Each level is distinct and is divided by another membrane of some kind. Each level is populated by wonderful beings who can be helpful to you on every level.

What you experience when you journey to the upper world is a function of your intention for being there. If you are on a mission to get an answer to a question, then the spirits you meet and the



experience you have will point to the answer. If your intention is simply to explore, then the sky is the limit.

Your Power Animal will guide your way through the upper world. It is good

discipline when journeying to retrace your steps as you return from a journey. This develops your understanding of the landscape and it makes your journey work more powerful. I recommend that you take your time and observe carefully. Like an explorer of old you will have amazing experiences.

Spirits and Places



Our focus in this lesson is entering the upper world and finding our way around. The upper world is populated with compassionate Spirits. You will encounter plenty of them. Some will just be casual connections, but others will be important to you in your development. At some point you will meet a Teacher, a Spirit you can go to for intimate instruction on all things Shamanic. Teachers

are the backbone of shamanic practice. In a future lesson you will focus on Teachers, meeting them and beginning your empowered relationship.

When you work with compassionate Spirits it is important to honor them. We go into this in detail later on. But for now, remember gratitude and respect are your very best friends.

If you have any question about a Spirit that you meet - say for example you are concerned that they are not compassionate and loving - simply ask your Power Animal to tell you if they are compassionate beings who are there to help you. Your Power Animal is your protector and guide and always tells you the truth. The more questions you ask, the more adept you will become.

HEALING PLACES



As you explore the upper world, be on the look out for sources of energetic healing. The lower world and middle world have them too, but the upper world has some famous places, like the Reiki Source. The crystal palace of brilliant cats is a healing source I visit regularly for cats. Over the years I have found that the landmarks are common. We may

see the places

from our own lens, but we are visiting places others honor too. So if something strikes you as exceptional, pay attention and ask your Power Animal about it.

Journey

Your intention is to journey to the upper world.

Go to your place in nature and ask to meet your Power Animal. Ask your Power Animal to show you how to ascend into the Upper World.

Typically, the Power Animal will lift you up into the air high into the sky until you break through a thin membrane into a world that seems ethereal. Or you may climb up something like a rope or tree, or some combination of these things.

Once you cross through the membrane enjoy it, and then ask your Power Animal to show you around.

At the call back thank the spirits and places you visited, and you and your Power Animal retrace your steps to your place in nature, and into your body.

Journey Suggestions

ASK YOUR POWER ANIMAL TO TAKE YOU TO AT LEAST THREE LAYERS OF THE UPPER WORLD

The upper world has layers, with distinct barriers between them. You can explore these layers, meeting spirits and learning important things. Always ask your Power Animal to guide you. And remember to retrace your steps as you return. That locks in the map in your mind, and gives you a stronger connection to non-ordinary reality.

RETURN TO THE UPPER WORLD AND AND HAVE YOUR POWER ANIMAL TAKE YOU A MAGICAL HEALING PLACE

Go to your place in nature and ask to meet your Power Animal. Ask your Power Animal to take you again into the Upper World and to you a magical healing place. **Trust.** Your Power Animal knows what you need right now.

When you are shown a place, ask the Power Animal why this place is important to you, and what you can learn from it.

When you hear the call back ask your Power Animal to retrace your path and return you to your place in nature, and then into your body. Remember to thank the spirits you have met along the way. Choose a client animal and get a list of questions from the animal's person. Go to your place in nature and connect with your Power Animal. This may be your middle world ally or your upper or lower world teacher. Ask your Power Animal to guide you to the right teacher. Ask to be connected to the spirit of your client animal. When the animal has come, introduce yourself and ask permission to communicate. Ask the animal the questions. Ask your spirit ally to augment and clarify the answers you receive, to give further information and to go deeper. After you have received your answers, thank the animal and ask the spirits to return the animal to his body. And then you return to your body retracing your steps.

CREDITS



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