

The Journeying Workbook

Adventuring To Unleash Your Inner Power



Trisha Howell

PRAISE FOR THE JOURNEYING WORKBOOK

“If you want to get your life on the right path, read this book! Ms. Howell has assembled a wealth of practical information that shows you how to find answers to all your questions and to determine what your best course of action is. There is no other book like *The Journeying Workbook*, and with it you can truly unleash your inner power as well as just play and have fun!”

– *Clint Walsh, International Feng Shui Expert*

“A delightful guide for those on the path of spiritual exploration and self-empowerment. Ms. Howell has sifted through numerous traditions and practices and come up with a collection of basic practical exercises designed to open one’s awareness of the spiritual reality of our lives. If you are interested in developing your inner power, and deepening the spiritual connections in your life, this is a book for you.”

– *Reverend Two Eagles*

“A wonderful book for getting in touch with your true, inner self! This easy to follow, step-by-step guide into the world of journeying is highly informative and will be beneficial for anyone who wants to transform and enrich their lives.”

– *Melainah Yee, Ordained Minister and Co-Founder of Family of the Dolphins*

“A formidable job of demystifying the elements of shamanic journeying in a logical, straightforward, and credible manner. If what you’re looking for is a “why,” “what,” and “how-to,” consider this a valuable source of guidance for your journey.”

– *Miriam Reiss, Master Certified Coach*

“Her explanations and the exercises she provides will help many to move forward.”

– *Brian Clement, Director of Hippocrates Health Institute*

“What an amazing technique! This is a practical and profound workbook for personal change.”

– *Kristin Johnson, founder of PoemsForYou.com and author; My Shelf Reviews*

“A remarkable job of taking us step-by-step physically, mentally, and emotionally through the journeying process. If you’re in search of a satisfying and productive life, this book is for you.”

– *Mia Stadin, author*

“Ms. Howell has given you a map for your spiritual journey, a way to experience deep positive change as you step into new realms and adventures of spirit. She paces the lessons so that modern people can work the material seamlessly into their busy lives.”

– *Ginger Chalford Metraux Ph.D., author
Inner Personalities of the Chart and Pluto, Planet of Magic and Power*

“Exceedingly clear and absorbing, well-constructed, and wonderfully exciting. To my deep astonishment, it made me cry -- just imagining the possible journeys, not taking them! This is a terrific book!”

– *Diane Farr, award-winning novelist*

“In the days since 9/11 in 2001, many people have responded to the upheaval of the country and the world by actively seeking solace and guidance in the spiritual world. While there are many books of theory and abstraction to help guide spiritual pathways, *The Journeying Workbook* gives grounded guidance in a practice that can help to calm the spirit and open the mind to new ways of thinking and being. Even for those skeptical of spiritual pathways, the process Ms. Howell describes provides a method of accessing the otherwise unavailable subconscious mind and a way to introduce moments of peace into trying, hectic lives.”

– *Ina Roy, M.D., Ph.D.*

“An easy step-by-step guide to releasing whatever is limiting us so that we may live healthier and happier lives. Journeying is a universal process that works well for everyone and is compatible with any belief system.”

– *Linda Haglund, Entrepreneur and Public Relations specialist*

“An excellent job of explaining hard concepts in simple terms while helping us explore all areas of our lives.”

– *BeverLi Joi, Owner of Spirals, Chelan, Washington*

“A provocative and useful guide to a method that can help you improve your life focus and find more purpose and wisdom. It includes guidelines to help you get started on your own journey into yourself and other levels of the universe, and offers precise examples and exercises to develop your natural talent once you’ve learned the basics.”

– *Alicia Rasley, award-winning author and educator*

“Eloquently written and provides accessible and easily understood information. Regardless of spiritual background or practice, readers will find this a valuable resource for reaching greater understanding, emotional clarity, and personal growth.”

– *Raven on the Moon, Spiralwalk ~ School of Natural Magick*

“Practical, clear, thorough, and detailed guidance for inner exploration.”

– *Brigitte Sztab, R.C., Family Constellations Facilitator*

“An amazing accomplishment! Ms. Howell has taken human experiences that transcend description and given us a clear springboard from which to experience these magical gifts ourselves.”

– *Clint Dalton, human rights activist*

“Clutch this book close to your chest and treasure the keys it can provide to opening doors to an enlightening future. The experiences of journeying can have a profoundly positive impact on your inner spirit, your life-force, and its relationship to all.”

– *John Trowbridge, MD*

“Based on what the author has learned as well as experienced, the book guides the reader through many wonderful opportunities to learn and grow. Ms Howell writes with winning enthusiasm on a subject of which she has good personal knowledge.”

– *Tasha Halpert, Author, Teacher, Mystic*

“*The Journeying Workbook* takes you on an exciting and extraordinary inner expedition.”

– *Steven S. Sadleir, author and founder of the Self-Awareness Institute*

“A thorough and concise workbook. I found it very inspiring and think it would be a wonderful tool for anyone who is interested in spiritual development and advancement. Ms. Howell’s overview is wonderfully accurate of the synergy between both Eastern and Western philosophies.”

– *David Walker, CBT, LBT*

“*The Journeying Workbook* helps us make another step towards living our life to the fullest.”

– *Robert Nader Shabahangi, PhD, MFT, Founder of the Pacific Institute*

“*The Journeying Workbook* is a thoroughly researched and in depth look at various healing modalities. The exercises are easy to follow and offer the reader an incredible journey of exploration into the Spirit World. An exceptional book and a must for anyone who is serious about healing the body, mind and soul.”

– *Alberto Villoldo PhD, Author of Shaman, Healer, Sage*

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Trisha Howell



Howell Canyon Press

Snohomish, Washington

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DEDICATION

To the lovely and wise mountain—Chatunza—who gave me this book, and to all the guides and teachers who continually energize, inspire, and support us all.

ACKNOWLEDGEMENTS

I would like to thank Eliot Cowan, who first introduced me to journeying, and Gwilda Wiyaka, who reawakened my journeying skills.

I'm grateful for the love and support of my wonderful husband, Dean, whose intelligence, creativity, and understanding have enriched every aspect of my life, including this book.

This book would not be possible without the immense and generous contribution of the mountain behind my former home in Tonasket, Washington. It was on a hike up Mount Chatunza that this entire book came to me in a flash.

Sir Addison (1986-2003)—a four-footed shaman with amazing wisdom and energetic generosity—continues to be an integral part of my journeys and hence of this book. I am grateful that my life was blessed with this incredible Pekingese. And I am thrilled that two new little fur balls of canine love and joy, Lady Addison (“Addie”) and Sir Rocky, have now taken on his mission of being ambassadors of good will to people everywhere.

Thank you to everyone who read the manuscript and made suggestions. I'm very grateful for your help in making the phrasing clearer and more accessible!

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PREFACE

Have you ever felt ineffective or frustrated? That something was taking longer for you to accomplish than you'd prefer? That you weren't fulfilling your full potential? Or that you couldn't even figure out what your full potential really is? You hope that you have it in you to get organized in your daily life, to get your priorities straight, and to live in such a way that everything flows easily, happily, and peacefully for you and for others, but you can't seem to make it happen. Maybe (like me) you've even taken many self-help courses and read many self-help books, but, despite your good intentions, nothing really changes in your life.

If you practice the exercises in this book, that is about to change!

Before I started journeying, I wasn't sure what the best use of my life and time was. Even when I decided on something I wanted to do, in many cases I didn't manage to go through all the steps to make it happen. I was often frustrated because I wasn't able to organize my time to achieve my goals. I was frequently distracted by less important things, and I had the feeling that I was drifting. Because I wasn't accomplishing what I wanted (I often felt like more of an observer of life rather than an active participant), nor was I living a vibrant, peaceful, happy, balanced, and fulfilling existence, my self-confidence was low. I felt like life was passing me by.

Finally, I prayed fervently for help. God¹ answered me right away (as S/He does all of us—we just have to be alert to what form that answer takes). Journeying was the most effective tool S/He then placed in my path.

In the four years since I began applying the journeying techniques revealed here, my life has been transformed. I've written my first sixteen books (nearly effortlessly), started my own small publishing company, worked nearly full-time in my husband's medical office, as well as created a clean, loving, and nurturing home for my husband, two stepsons, and five dogs.

Have I been overworked? Not really. I've still found time to care for my aging mother; for extensive travel in the USA, Mexico, and Europe; for months of intensive research (reading hundreds of historical, cultural, and writing technique books, as well as hundreds of novels as background for writing my own novels); for numerous author appearances/presentations in bookstores, libraries, and schools; for many educational events (including nine writing conferences, five publishing expositions, four teacher training sessions in yoga, two yoga conferences, extensive study culminating in my becoming a Reiki master, training in gemstone

¹ If you don't believe in God, that's okay. You certainly believe in yourself—that you exist and that you have a life force. And you can see around you that there are other beings who are also alive. So, whenever I write 'God' in this text, just substitute in your mind 'the life force we all share.' I do believe that the Source behind all that exists in the universe is conscious, intelligent, sentient, powerful, etc., just as we—expressions of Him/Her—are. But there is no reason why you have to believe this. You can derive the same benefit from this book whether you believe in God or not.

therapy, a course in Family Constellations, various medicine wheel and alternative healing courses, and an ongoing writing group); and for a lot of hobbies (daily yoga and meditation; watching many movies and attending film festivals; engaging in cycling, golf, bowling, piano, hiking, snowshoeing, dog showing, political activities, extensive e-mail correspondence and web surfing; mentoring other writers; being on numerous Pekingese chat lists; writing almost weekly book reviews; attending numerous festivals, concerts, and sporting events, serving on the boards of both a food co-op and an active environmental group; participating in the Society for Creative Anachronism, and the Evergreen State Pekingese Club—all of these, except movies, yoga, and meditation, are new in the past four years).

During this time of transformation, I've seen great enhancement in all facets of my life. I've greatly improved my health (via numerous internal cleansing programs, revolutionary mechanical devices like the QXCI² and the VIBE³, and other alternative modalities). My marriage is happier and more loving than ever. I've lost weight and achieved a more youthful appearance. My mental health is better too as I've dropped many limiting thought and behavioral patterns. I've even uncluttered my house by weeding out loads of possessions. I have more, not less, time to spend with an ever-widening circle of friends. As you can probably tell, I've developed limitless self-confidence. I can rely on my improved intuition when making decisions and taking action. As both a cause of and result of all this, I have a happier and more upbeat disposition.

In addition, I've found time to cook and to clean; to help care for two hundred acres of wilderness; to learn about alternative power systems, gardening, canning, landscaping, and interior design; to create a wide variety of artistic and healing objects; and to establish a huge network of friends and business contacts. (Of course, I haven't done all of the above simultaneously.)

² QXCI stands for Quantum Xrroid Consciousness Interface. It is a diagnostic and treatment machine that is able to analyze and treat hundreds of different imbalances and pathogens. The device measures sixteen standard electrical parameters of your body beyond just simple resistance. During testing, the QXCI resonates with thousands of tissues, organs, nutrients, toxins, and allergens for one-hundredth of a second each, and it records the degree to which your body reacts. It detects everything from viruses, allergies, and food sensitivities to your specific deficiencies, weaknesses, abnormalities, and other dysfunctions. Though I can definitely feel my energy shifting when I'm hooked up to the machine for treatment, I think the QXCI is a better diagnostic than treatment device. Treatments are gentle and cumulative, but there are other more powerful treatment machines I prefer, like the VIBE. However, the QXCI is significantly more powerful than any conventional medical therapy I've ever experienced. More information is available at http://www.qxciscio.com/qxciscio_sitemap.html

³ VIBE stands for Vibrational Integration Bio-photonic Energizer. The VIBE Machine (www.vibemachine.com) employs technologies based on the theories of Lakhovsky, Tesla, Rife, and Clark. Using these techniques, the VIBE increases your cellular frequency amplitude back to its original, healthy state. By helping your body reach its optimal vibrational energy level and by facilitating DNA repair, the VIBE successfully treats conditions ranging from low energy, fatigue, stress, and pain to all organ problems, autoimmune disorders, cancer, parasites, and more. The 100% success rate with 4th stage cancer is especially impressive. I feel incredible energy, mental clarity, relief from soreness (due to exercise), and general well-being after a few minutes of treatment with the VIBE.

Am I an exceptional or special person? No, not any more than anyone else. I've simply been using the very potent techniques in this book to unleash my inner power—to access and to utilize all the physical, mental, emotional, and spiritual resources available to me. I am living proof that journeying really works.

You can also achieve such a transformation, and this book will show you how.

If you're feeling overwhelmed by all the activities listed above and doubt that you could do the same, take a deep breath and relax. You can create as slow and simple or as fast and complex a life as you desire. In the following pages I'll guide you step by step. Once you learn the journeying process, you'll find it easy to do and highly effective in generating any result you choose. So, you can use journeying to transform your life as little or as much as you wish, at whatever pace you prefer. You'll make friends with your higher self, and together you'll unleash your inner power.

INTRODUCTION

Welcome to a practical manual unlike any other. If you're reading this book, you've been drawn here for a reason. Maybe you are simply curious. Maybe you need guidance on some issue in your life. Maybe you are adventurous and are looking for ways to expand knowledge of yourself and your competence in the world. Maybe you want to grow as a person and to express yourself more fully. Whatever your motivation, this book has something to offer you. If you follow the guidelines here, you will:

- Access a whole new realm of existence—one full of power, knowledge, and limitless energy
- Gain a deeper and richer experience and understanding of yourself and of others
- Improve your relationship with yourself and with others as you become more patient, empathetic, and compassionate
- Enhance your ability and inspiration to address obstacles and other challenges
- Feel more relaxed and unstressed as you approach all aspects of your life, having regained your inner peace, stillness, and clear purpose
- Become increasingly self-reliant, intuitive, and flexible, which gives you more freedom
- Access benevolent guides who are willing to generously assist you in all aspects of your life
- Find the right direction for your life, as well as solutions to specific problems
- Discover and develop tools—uniquely fitted to your needs—to unleash your inner power: to access and to utilize all the physical, mental, emotional, and spiritual resources available to you
- Feel more at home in nature and in the universe, experiencing your oneness with all things and your true nature as infinite joy and love
- Unlock your full creativity
- Have marvelous and exciting adventures

Do you really have access to such an “inner power”? Yes, because you are one with all things! Just as your genetic past and present are imprinted (at least in part) in your DNA, so the history of our race (and of all beings) is embedded deep within your consciousness. Like a hologram, you—a drop in the great sea of humanity—carry within you the whole of human

experience, as well as the whole of human possibilities. You are connected with every human being who has ever been or will be, as well as with all other forms of life. You are a unique expression of the common life force that we all share. As such, you have a wealth of wisdom and guidance available to you, an internal source of power on which you can draw. It's just a matter of accessing this wisdom, of remembering something deep inside that you have known all along.

Why don't you have full memory of this collective wisdom already? Partly because most human societies place limits on what counts as reality. As you are educated (indoctrinated) into your particular society's values, customs, and approved choices, you automatically learn to ignore any possibilities that fall beyond these restrictions. It takes a great deal of effort to genuinely think outside of society's dominant belief system, which exerts an actual energetic force on everyone's psyche. (We say that an idea is in the air, and this is more literal than we may realize.) What may initially be perceived as diversity in beliefs, customs, and actions in a society turns out, from a wider perspective, to be only slight variations within mostly homogeneous fundamental assumptions.

But who you are and what possibilities lie before you—that is something much bigger than any belief system can encompass. In order to access your full inner power, glory, and magnificence, you need to free your mind and your emotions. You do this by returning to the full spectrum of healthy possible ways of human being and doing.

Yet how do you do this? How do you access possibilities outside your present conscious awareness? How can you perceive what these possibilities would even look like? Albert Einstein noted that a problem can never be solved by the same consciousness that created it. So, to become the larger, freer, happier, and more insightful person you are capable of being, you must find a way to open your conscious mind to possibilities beyond those you have already considered.

This guidebook shows you one way to get back in touch with the many facets of who you are and can be. It is not the only way, nor is it the complete way. It is a beginning, a launching pad, from which you can journey forth as far as you desire.

This book is not designed to impose any belief system nor any other dogma on you. Do not accept anything that you cannot thereafter validate in your own experience. Try out the various adventures here and see if they work for you. Follow the ones that resonate with you; discard the ones that don't. The idea is to use everything in this book as a stepping stone to see where it leads you.

If you approach these journeying exercises with openness, sincerity, and patience, at least some, if not all, of them will lead you to a place of deeper self-knowledge and clarity. This will enable you to grow and to act with a greater power of discernment, thus maximizing your well-being and success. In other words, you will have increased insight into yourself, your goals, your motivations, and your actions. You will, at the same time, be inspired to use this knowledge to transform every aspect of your daily life that is not in harmony with who you really are and want to be. You will find concrete answers to problems and perhaps even the specific steps you need to take to implement those solutions.

In the end, you will emerge happier, healthier, more peaceful and relaxed. However, in the process, you may experience some turmoil as you grapple with and release outdated beliefs and other old energetic patterns in your body / mind / spirit that are no longer serving you.

Progress is often like peeling an onion. You resolve one layer of issues only to find another layer underneath. That's okay—it's what keeps life such an interesting adventure! So the journey is really never over. You continue moving to deeper levels of growth and thus to deeper levels of genuine happiness and peace. And you will likely find your love and compassion for yourself and others ever increasing in the process.

You're about to embark on an exciting journey! You'll discover aspects of yourself that you never knew existed, and you'll energize and empower yourself beyond your wildest dreams. At all times, you'll be safe, supported, and able to come back to your ordinary consciousness any time you wish. Buckle your seatbelt—you're about to take off!