

QUESTIONS ABOUT THE JOURNEYING WORKBOOK

An excerpt from *The Journeying Workbook: Adventuring to Unleash Your Inner Power*, by Trisha Howell, Howell Canyon Press (www.HowellCanyonPress.com), 2005, p. 152-5

ONE PERSON'S EXPERIENCES AND ANSWERS TO YOUR QUESTIONS

When I sent out this manuscript for endorsements, one early reader decided to immediately put what she read into practice. Here are some of the experiences she reported back to me.

“You have truly started something with this journeying! I sense it will change my life. It is amazing how real my experiences seem and feel. The experience I have had with my power guides so far moved me to the core. I believe in the reality of what I experienced and am astonished at the richness of the realms I discovered—I encountered Jesus and Buddha as well as spirits of loved ones who have left the physical world.

“I think some of our guides are related to one another, although I don't know for sure. I have met a cave named Seema, a panther named Edinruddel, the river Merdan, the glowing green tree Areyna, the dwarf Elba, the shaman Aru, a Lakota woman named Raia, an otter named Auro who is the mother of my power guide AO, a mourning dove named Aurela, a boy named Ethan, and Pele, who is a real Hawaiian goddess of volcanoes. Oh, and my initial power guide is Micheal the hawk, whom I met first.

“Is this normal in journeying to "meet" places in nature such as Seema, Areyna, and the river Merdan (purple, by the way, like the violet chakra)?

“I've become a believer. My whole family actually is supportive of my efforts because they see my sincerity and they are all spiritual and open-minded.

“Your preparatory techniques for entering journeying make sense within several disciplines, religious practices, and fields of knowledge, such as grounding, chakras, and cleansing. Your assertion that we in modern life have cut off different ways of knowing is right in line with Dr. Betty Kovacs' findings in *The Miracle of Death*.

“The journeys you describe are intriguing, easy to follow, and yet revolutionary in their approach. The only similar approach I've read is in 1980s books on boosting the immune system. Your book is a holistic approach that reflects the philosophy of Dr. Leslie Alhadeff: ‘You don't have to be sick to get better.’”

This same person sent me a lot of questions via e-mail. It occurs to me that you may have some of the same questions, so I will include them and my answers below. If, after you've read this entire book and experienced some of the journeys, you have questions that are not answered here, you may e-mail me at Trisha@TrishaHowell.com I will do my best to answer your question and will post my answer under *The Journeying Workbook* section of my website.

QUESTION: Is this normal in journeying to "meet" places in nature such as Seema, Areyna, and the river Merdan (purple, by the way, like the violet chakra)?

ANSWER: Yes. Everything that exists is in some sense alive, being made out of the same life force. So you can meet a place, a river, or even a thought-form or feeling, as well as a human being or animal.

QUESTION: I journeyed to my great-grandmother to address my grandmother's life issues, and my mom and grandmother (both alive) joined me in talking to my grandfather (deceased) and great-grandmother. Is it possible to meet living people in journeying? Obviously it is because your book talks about “Journey to a person with who you are having a problem,” or “who you greatly admire.” But has this spontaneous gathering happened to you?

ANSWER: Yes, you can journey to and with living persons, but no, such a spontaneous gathering has not happened to me. However, I have journeyed to living people through a really helpful process called Ho O Pono Pono in order to clear up relationship issues with them. I think I'll include that in the book. You are corded to every person who's ever been significant in your life. Often those cords are outdated and become unnecessary things weighing you down and siphoning off some of your energy. Through this Hawaiian technique of Ho O Pono Pono, you can gently sever those cords, sending the person's energy back to them and taking yours back into yourself. Then, if appropriate (if you choose to continue a relationship with that person), the cords will reform on a fresh and (with your proper intention) more positive basis. Any cord that drains you should be discarded. Your relationship with another person must be empowering to both of you for it to be healthy.

QUESTION: If you were journeying separately at the same time, could we meet somehow by accident?

ANSWER: Yes, we could meet, but I doubt that it would be by accident. I don't actually believe in accidents or coincidences. Someone's intention is always behind such occurrences. Have you ever noticed how, when you intend something strongly enough, suddenly God/the Universe puts all kind of opportunities and other serendipitous occurrences in your path? If it's for our highest good to meet while journeying, and we or God intend such, we will meet.

QUESTION: Is it possible to be with your power guides and not always be aware of them?

ANSWER: Yes. There are guides with you even before your birth and throughout your entire life, whether you are aware of them or not. You would not have survived to adulthood if you didn't have guides watching over you. However, the more you are aware of them, the more you can consciously work in cooperation with them to develop yourself in the way that is best for you. You may not have the same guides all your life; some may come and go. You can have an influence on this. The more you acknowledge and are grateful to your guides, the less likely they are to leave.

QUESTION: Can you send loving energy to people while you are in ordinary reality?

ANSWER: Yes. You do this every day when you have positive thoughts towards others, that is, when you regard them with goodwill, gratitude, esteem, affection, etc. This is very healthful both for you and for them. Remember, at the very deepest level, we are all one Being; we are made out of the same energy. Like Chief Seattle said, what we do to the earth and to other creatures, we do to ourselves. Do unto others as you'd have them do unto you. If for no other reason, do this because what you think, feel, and do toward them immediately comes back to you. If you are cruel to another, you vibrate at a frequency that attracts cruelty to you. If you are kind and loving to another, you vibrate at a frequency that attracts the same to you. I believe that this is the deeper meaning of Aristotle's assertion in the *Ethics* that the primary reward of being virtuous is that you are a virtuous person, just as the primary punishment for being a wicked person is that you are a wicked person.

QUESTION: What does it mean if you have sex in journeying? I ask this because I went to Illimi in the Upper World, a sensual rejuvenation place sacred to Krishna, and I believe Krishna and I had spiritual sex. The sensations felt real. Obviously if the experience shocks or humiliates you or is forced, etc., it is a negative assault, but this was more like a sensual awakening for me.

ANSWER: I've wondered about this myself. There is at least one book devoted to this whole topic. I haven't had time to read it, but you might like to. It's called *Astral Love: Romance, Ecstasy & Higher Consciousness*, by D.J. Conway.

QUESTION: You say that there is some risk in journeying if you aren't shielded well enough and protected by your guides. Is this harm mental or can it be physical too?

ANSWER: It can be both. At some level, there is no distinction between the physical and the mental. Your being is made up of various vibrational layers. For example, when you get sick, the illness starts as a disturbance in the energy fields surrounding your body and, if you don't stop it there, proceeds into the slower vibrational fields that make up your physical body. Have you ever noticed how, in many cases, you can think yourself sick or well? That thought starts in the faster vibrational layers outside your body and works its way in. The more developed you are spiritually, the faster your thoughts manifest in physical form, though for every person, any thought you have immediately causes a chemical reaction in your body. That's why, as one excellent book is entitled, *You Can't Afford the Luxury of a Negative Thought*.¹ Negative thoughts adversely affect your mind and body, tying up some of your mental and emotional vitality, attracting other negative energy, and depressing your immune system. Similarly, positive thoughts empower you, creating more energy in you, attracting support from the universe, and strengthening your immune system. Worry and its mother, fear, along with rage and thoughts of harming others, are probably the most devastating negative emotions. They can literally ruin your life. So to answer your question: Yes, anything that harms you will have both a mental and a physical component.

¹ By John-Roger and Peter McWilliams, Prelude Press, Los Angeles, California, 1988.

QUESTION: What do you do if you meet an evil being or other evil influence while journeying? How do you keep it from possessing you?

ANSWER: If you are properly shielded and protected, and you stay fully conscious so that shield doesn't slip, nothing will possess you. However, if you slip some in your protection, a negative being or thought form can attach to you. Despite my experience in journeying, this recently happened to me. I was on a group journey in a classroom situation, and went unconscious during it. When I came back to myself, I didn't feel completely like myself. I had some outlooks and inclinations that I'd never noticed in myself before. My husband Dean, who was also in the class, is the most kinesthetically gifted person I've ever met. (He occasionally sees people's energy fields and their past experiences, but mostly he feels them. Anyone he meets, he can feel their body from the inside out.) He immediately informed me that I'd become possessed, and he even told which person in the room the adverse energy (it was an energy unsuitable to my makeup rather than an actual entity) had come from. Although when Dean treats patients he often removes adverse energy and entities from them, I didn't want to make him do the removal on me. He's good at this but not as experienced as some people. I wasn't sure how dangerous the energy was, and I didn't want to endanger him in any way. Instead, I went to Chris Wuebker (206-523-6297), the most experienced, capable, and talented energy worker I've ever encountered. She can work over the phone or in person. I went in person, and she had no problem removing the energy. Then I felt like myself again. Yes, it is possible that I could have done the removal myself with the help of my guides. But I don't consider myself experienced enough in this realm to take the chance. It was easier, safer, and quicker to simply go to an expert

QUESTION: What does it mean if you meet Jesus, Buddha, or another spiritual master while you journey?

ANSWER: Good for you! I have not experienced this, but I imagine that such an encounter could be very profound and moving. Remember, that we are all parts of God. (Everything that exists is a projection of God's energy; God created the universe out of "nothing," i.e., everything that exists is God.) God loves you and reveals Him/Herself to you in whatever form you can best relate to. Jesus, Buddha, and the other spiritual masters were and are more enlightened than you and I currently are. That is to say, they have realized that they are one with God and, as God, have tapped into sources of incredible wisdom and power. Meeting such a being can be very positive for you. Take the opportunity to bask in his/her energy and to ask him or her any burning questions you may have. You may find yourself more on the way to enlightenment!