

Types of Journeys

There are five major types of instruments of sonics that may be used for journeywork: the drum, the rattle, click sticks, bells, and high intensity sound (recorded musical pieces.) All these tools take us back to self-responsibility. Journey posture is important. We will retrieve different information in the various postures: lying, sitting, standing, and walking/dancing.

Drum Journey

Drums connect us to the ground of being of who we are. They are relentless about showing us where we have healing work to do and where we are strong and gifted. When we work with the drum, we are doing heart work, and heart work is ultimately about reclamation of the Self. What has heart and meaning for me? What opens me to love? What gets in the way? Whatever shows up in my journey has important things to teach me about my heart and nature.

South is the home of the drum, the Healer, and the season of Spring. The South is about attending to my own heart as the bridge between Father Sky and Mother Earth. The South is the home of the great green meadow and all the four-legged creatures.

Rattle Journey

The rattle is one of the oldest energy-management tools; it is used for purification and cleansing. It is the instrument of empowerment and soul retrieval, bringing lost parts of ourselves back home. A rattle journey is an energy shower that realigns the body and brings us back to the unshakable place.

North is the home of the rattle, the Warrior or Leader, and the season of Winter. Rattle work keeps me in my “medicine,” my true power. The North is the home of Father Sky and all the winged creatures.

Click Sticks/Bone Journey

Click sticks are the tools for breaking and releasing harmful family or cultural patterns. With these tools, we can ask for ancestral help. Working with the click sticks can bring wisdom into our creative expression and aid us in remaining flexible, fluid, vast, and out of extremes.

West is the home of the click-sticks, or bones, the Teacher, and the season of Fall. This is the place of Grandmother Ocean and all the water creatures.

Bell Journey

The bell calms, clears, and revitalizes the body; it realigns the nervous system. Traditionally, it connects us to the spiritual aspect of ourselves-reinforcing our life dreams. It is the instrument that enhances our truth-telling, integrity, and authenticity.

East is the home of the bell, the Visionary, and the season of Summer. This is the place of desert reptiles, turtles, insects, and mythological creatures.

High Intensity Sound

Every culture has music. The use of music is one of the oldest stress reduction modalities we have on the planet. Music re-patterns and realigns our nature. Memories are held in the body until they are ready to be healed and released. Music opens, uplifts, deepens, and begins the realignment. Music strengthens the immune system and contributes to a naturally induced altered state. It is soul retrieval work that helps us to release stuck places (stuck in an old relationship, job, etc.)