



GREEN SPIRITS– MAKING ATTENTION¹

Homework guidelines

- **Doing a shamanic journey (15 minutes circa)**
Aim of the journey: ask a spirit ally to show you what you can do to prepare yourself to get in touch with Green Spirits and to facilitate communication (e.g., making simple ritual gestures right before, doing specific energy work, pronouncing a formula etc...). The spirit ally could lead you to the underworld or the middle world, and could also lead you to another ally that could help you in this work in particular.
- **Keeping up the self-evaluation exercises (meditation, focus and discernment), trying to focus more on your weakest spots.**
- **Train with the perception exercises (careful observation, soft, unfocused, gaze, “empty” gaze, focused gaze and the curtain practice for discernment), even during the day, trying to peer behind the veil of ordinary reality.**

GROUNDING AND CENTERING – BASIC INSTRUCTIONS

As I said during the lesson, this is a useful technique to have in your toolbox, particularly later in the course, when we will really

¹ Yes, I am aware that the correct form would be “playing attention”, but in this instance I decided on a word-for-word translation from my mother tongue, since the kind of attention we are talking about here is something that needs to be carefully built, step by step.

start to work with Green Spirits. There are many different versions, depending on the tradition or even on the specific work one wants to do: the one that will be described below is just a basic guideline. You can do this sitting on the ground/floor, sitting on a straight-backed chair, or while standing up.

Breathe deeply and get in a relaxed state.

Imagine that at the bottom of your spine (or under the soles of your feet, if you are standing) there is a bundle of roots, tightly wrapped up, and that every time that you exhale these roots unravel more and more, sinking into the ground beneath you and penetrating deeper and deeper into the earth.

Feel the power of the depths of the earth, the heat emanating from its nucleus and the energy of the fresh and pure waters flowing from the underground springs: imagine all this power as a bright white light, and that every time that you inhale this light climbs up the roots, going upper and upper through your body from below to above, until it reaches the top of your head.

Every time you inhale, now imagine that branches are sprouting from the crown of your head, growing more and more and reaching towards the sky above you, beyond the clouds. Feel the power of the vastity of the heavens, of the wind caressing you, of the sunlight and the rain falling gently. Imagine all this power like a bright white light. Every time you exhale, this white light goes down through your branches, descending into your body, from above to below.

Keep breathing and feel these two fluxes of energy and power running through you: one from below to above, and the other from above to below. Gather and hold part of this energy in what you perceive to be the center of your body (usually the chest, in the heart area or slightly below that): visualize it as a sphere of white light, stable and strong, at the center of your body.

Start withdrawing your roots: wrapping them back up with every inhalation, until they are back to their starting position: tightly wrapped up at the bottom of your spine. Do the same with your branches, withdrawing them back into your head more and more every time you exhale.

Bring back your awareness at the center of your body, take three deep breaths and regain awareness of every part of your body before opening your eyes.