

INNER COMPASS
A FREE E-GUIDE FROM SHAMANIC
SOUL WORK

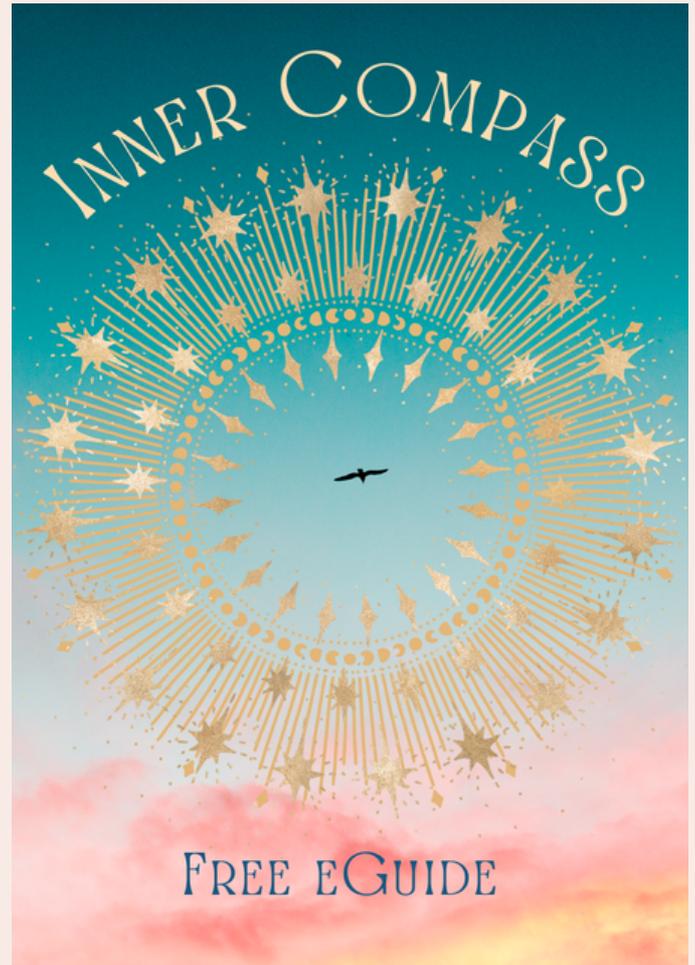
*“Inner guidance is heard like soft music in the night by
those who have learned to listen.”*

-Vernon Howard

Welcome

It is my intention that those of you who have chosen to receive this workbook will receive it with your heart and soul. That you will approach it like ceremony, giving yourself time, space and presence to let it guide you deeper within yourself.

With love,
Tessa



Preparation



Let's begin by setting the stage for the continued work in this guide. As always, your dedication and intention matters. If you do not have the time and space for this right now, I encourage you to put the guide aside for now and come back when you do.

Create a safe and nurturing physical space for yourself. Pick a spot to sit or lie down, bring a drink, light a candle, have pen and paper handy and choose a way to energetically cleanse the area. It doesn't matter *how* you do it as much as your commitment and presence when you do it. Here is an example:

1. Physically tidy up/dust off the space if needed.
2. Loop some music you like that assists you in going within, here are a few suggestions if you have Spotify:

Solitude With Nature by Jonathan Mantras, 528 Hz Love Frequency by Miracle Tones Solfeggio Healing, Heart of Gaia by Ashana, Healing Shaman Drumming by Power Thoughts Meditation Club, Permission to Evaporate by Joseph Tawadros (great for heavier inner work), 963Hz Imagination from Stargods Sound Healing, Faith's Hymn by Beautiful Chorus.

1. Burn some herbs of your choosing e.g. a smoke stick made of local plants, copal. Avoid Palo Santo and Sage (unless you have grown your own) due to the ethical and sustainability issues with these products. If you do not have this - improvise, perhaps simply light a match!
2. Spray an essential oil spray, homemade flower water, sprinkle fresh water that you have blessed or gathered from a stream or something else to refresh the energy.
3. Use your intention, you can envision the space bathing in light blasting out any heaviness, there is not need to go out and buy expensive products, work from where you are at with what you have at home.
4. Spend a few moments grounding yourself into the space - I suggest sitting on the floor if possible, having a hand on your heart and one on the ground and breathing the 4-4-4-4 breath (also known as the box breath, you breathe in for 4 counts, hold for 4, out for 4 and hold for 4 and repeat).
5. When you feel still and calm, set your intention for the work you are doing with this guide, send out a few gratitude prayers and call on a guide, angel, lineage if you work with one, loving ancestor or protective animal to support and guide you in this practice.

If any of the above is foreign to you or you feel the need to Google/reach out and ask someone how to do any of it, trust your inner guidance. For this practice it is totally fine to just do what feels right to you!

The Journey

Now, with an open heart, still mind and perhaps some emotions bubbling up, let us begin the work to go deeper within yourself, connecting with your Inner Compass, guiding you to what is most pressing to address in your life at the moment.

Reflection Questions (I encourage you to write down or draw your answers)

- How am I feeling at this very moment? (Check in with your emotions, mind, body and spirit).
- What weighs most heavily on me at this very moment? (If you feel good then you may simply ask yourself what you feel you need to address for growth, for learning more about yourself or to help the world and others...but generally, even when we feel good, there are things bubbling and ready to release, perhaps it is as simple as something you read on the news. This is your moment to listen to yourself and release any heavy energies from your system).
- What does my body yearn for? What does my mind yearn for? What does my heart yearn for? What does my spirit yearn for?

These questions are not complicated, but if you have done your preparation and you are in a receptive state you have now created space for your inner self to truly be heard and for you to truly listen. It is not about how complicated the practice is, but how deeply you work with it. It is a deep calling in my heart and within my intention as I am writing this, to get through to you on a deeper level through the power of the suggestions I am making and the calling of spirit in my heart in creating this guide.



Moving the Energies out of your System

Now, let us begin to move these energies from your mind, body and soul.
Make sure your candle is within reach and:

1. Consciously draw your attention to the 'list' you made in the previous practice, looking at one item at a time and feeling where that sits in you (heavy in the heart? Busy in the mind? Behind you in your energy field? Hidden?)
2. With your intention and by focusing on your breath, begin to move each of these items from you and into the candle. Use your imagination and your hands if you want to (but don't burn yourself!) I like to breathe it out and flick it into the flame with my fingers but you do you!
3. Acknowledge any sadness, fear, worry or heaviness you feel in relation to your 'wants' listed. E.g. your heart may yearn for a relationship, and the potential may feel exciting, but, perhaps you also feel sadness or fear around it - allow yourself the space to really connect with your inner compass and shine light on these energies too. It is hard to create from a space of fear and pain. This is your chance to listen to YOU.
4. When you feel done with the above, let us bring your nervous system and body on board with the practice - breathe in for 2 and out for 4 for as long as it feels comfortable, releasing these energies from your body's memory and using your hands and feet to release it all into the ground with gratitude to Pachamama (local Mother Earth spirit) who will mulch it. At this point you may feel like you need to pat your hands on the ground, shake your hips, blow into the floor or stomp your feet. I encourage you to MOVE your body (but take care around the candle and also be mindful that you may be a little light headed from the breathing).
5. Now, after releasing all that, clear the space and yourself - again you can use what you used when you set up the practice, sacred smoke, blessed water, aura spray, wash your hands, open the window...whatever calls you.
6. Energy work can make you hungry - if you feel you need a snack, go get one before returning to work with the guide.



Destiny Creation

Now, it is time to focus on what you want to fill your life, mind, body, soul and physical space with...you are at a stage in this practice where your mind is still, you have addressed and acknowledged pain and you have cleared it mentally, physically and energetically. This is a wonderful still vast space for you to truly HEAR yourself. So, before rushing to 'manifest' quote unquote, let's listen. You may be surprised at what you hear (e.g. your mind might say 'I need to start a new course' but your inner self may be begging you to rest!) As I am typing this I noticed that it is 11.44 am, a sacred number spirit gives me in support...and perhaps a message for me to rest too!

1. Choose an image that is calming to you of you meditating in nature (and of course if you can do this in nature/outside/gazing at a beautiful view or sitting on the grass or on a beach even better, but imagining is absolutely enough) e.g. seeing yourself sitting by the shore of a calm lake beneath a mountain, breathing cool clean air.
2. Work gently with your breath, breathing in and out of your nose, but mindfully following your breath and filling yourself with air and truly releasing it in between in-breaths (as opposed to shallow breaths in the chest area only).
3. Pick a word or mantra that will give your mind something to do. E.g. 'I am'.
4. Listen for at least a few minutes. *Hold space for yourself to hear your inner voice. Let your inner compass guide you.* In fact, I deeply felt that sentence 'Hold space for yourself' coming through with medicine for this guide. It may have been inspired by what my teacher Giuliano Salas said the other day, that sometimes we just need space (he was referring to different ways we work in ceremony and how the different astrological events can in various way be worked with to facilitate the focus of a ceremony).
5. At this point you can choose to just keep sitting in stillness for a while, after you feel you have heard yourself, just to nourish yourself and rest.
6. At some point, make a conscious decision of what you are calling in, changing, aligning with, alchemizing, connecting with: what energies do you want in your life going forward? This may be a feeling or something tangible like an action you need to take. I encourage you to create an image (in your mind but if you want also in the physical world) to hold this energy for you. E.g. if you feel that what you deeply need is more self-nourishing this could be represented by you seeing an image of yourself bathing in golden light. The important part is that the image you choose holds energy for you. That it makes you feel something. Create a reminder for yourself to close your eyes and see and feel into this before going to bed and upon waking for at least a week.

Now. thank those in spirit that supported you in this practice, acknowledge what you are already grateful for, close the space you used (e.g. tidy up, blow out the candle, open the window) and if possible go for a walk outside and let these energies truly integrate before you return to taking in external information again. If it is evening you may choose to go to bed or you could have a bath or some other way continue the ceremony.

It is my wish and intention that this simple, yet deep work, serves you in the best way possible.

*With love,
Tessa*