



SEED + STONE
INSTITUTE

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Mythopoetic Wander: Encountering the Vertical Plan

Shifting Consciousness with a Practice. As you arrive at the threshold of your wander fill your being with gratitude for something or someone in your life. Shift your consciousness from the day-to-day into the unordinary by using the Seed + Stone Conscious Shifting Practice (found on the YouTube Page), rattle, drum, prayer, gratitude, or your own personal practice.

Get into Your Wholeness. Invite those strong part of the Self, your Facets of Wholeness to join on this wander that will allow you to be present, open, and nurturing.

Wander with the Intension to be Found by or Find a Place Where the Two Worlds Touch. This place (The Navel of the World) may feel like a portal, threshold, wellspring, and/or a place where you feel you can connect to something bigger than yourself, such as Spirit or Soul. You may feel, at the same time, a deep allurement and repulsion.

Introduce Yourself. If you find such a place, introduce yourself with deep reverence for this place. I am the one who...

Get to Know this Place. Spend time opening yourself to this place. Explore this place with your senses, body, emotions, imagination.

Keep going with the conversation, expressing yourself and opening yourself up to listening to this place, being, or the world.

Give Gratitude to this place and beings.

Journal. Record your discoveries, insights, and/or musings in your journal.

Continue this practice weekly. Keep coming back to this place daily. The more you wander the more opportunity you will have to discover and embody the awe, wonder, and wisdom of the depth of the world and yourself.

Benefits of a guide. As you deepen into this practice I recommend getting guidance. This practice will greatly depend with reflection and mirroring from someone trained in navigating the wilderness of the human psyche.

To set up a consultation or for more detailed explanation of wandering, contact me at wildedgedes@seedandstone.org