

WORKING WITH THE CIRCLE OF STONES

When people began to tell me they were having difficulty using the shamanic method of journeying to the Grandmothers, I asked the Grandmothers for a simple, safe, and easy way that those who wanted to, could use to work with them. That was then they gave us the Circle of Stones.

To introduce to me the Circle of Stones the Grandmothers sat themselves down on the ground, forming a circle with a large, smooth stone facing each Grandmother. **“This circle is a sacred space, an opening to the great below and the great above.** They said. **“You need no longer journey in the old way, unless it’s something you enjoy doing,”** they said. **“ Instead, you can let us call the spirits to you.**

“This way of working will be easier for many people, because they won’t have to perform the work alone, but can journey to different levels of non-ordinary reality under our guidance and protection. We will be there to show them the way, and help them get to where it is they want to go. For this method,” they explained, **“we will work with you and you will work with us.”** What follows here is not a meditation, nor is it a lesson in shamanic journeying. (That subject would require a book in itself.). What follows is a simple way of working, one you can use yourself in order to communicate with the Great Council of the Grandmothers.

To experience what it’s like to journey with the Grandmothers, think of them sitting directly before you, in formation with the Circle of Stones described above. Then walk forward until you are standing in their midst.

“Feel your place in this circle,” the Grandmothers say, **“and remember that all forms of the Divine are with us as we work together. You are an integral part of this circle, and the fact that you are part of this circle, and not separate from it, is important. You are one with us,”** they say, **“one with the Divine, and this is true for everyone who chooses to work with us. Also, once you step into this circle, you will become the focus of the entire circle. Your questions will be answered here.**

“Ask only one question each time you step into the circle and just as in shamanism,” they say, **“everything you hear, see and experience after your question will be response to it. So pay attention to what happens after you ask, and do not stray from your question.”** In the years I’ve done this I’ve learned you an journey to the monotonous beat of a drum, to the swish/swish of your windshield wipers, or to any repetitive sound. And somewhere between ten and thirty minutes will give you enough time for a journey.

To form your question for the Grandmothers, ask about something you have already put some energy into and don’t ask a ‘yes’ or ‘no’ question as a response to a yes/no question won’t give you much information. We journey to non-ordinary reality to learn, so ask the Grandmothers something you *really* want to know. We could speak a long time about the importance of honing *the* question for them, but for now let me suggest that you begin your journey to the Grandmothers in humility, asking something that will help others in addition to yourself. The Divine *is* compassion and therefore operates on compassion. So if your question has to do with being of service in the world, it is much more likely to be answered.

You will be able to enter both the Upper and the Lower World from the middle of the Circle of Stones. But since journeying is not the subject of this book, I will not go into what working in these worlds is like. However, those of you who have some experience in the shamanic method may wish to try out the Grandmothers’ route to see how you like it. The Circle of Stones is designed to make journeying simpler, safe and easier and as I mentioned, everything in non-ordinary reality can be explored by starting from the centre of the circle.

Once you have formulated your question, think of stepping between two Grandmothers seated on the ground near you and walk into the middle of their circle. Greet the Grandmothers, then humbly and sincerely ask your question. After you've done that, notice what comes to you. What do you see? Hear? Touch? Think? Smell? Taste? The Grandmothers may tell you something, show you something, or allow you to experience something. These journeys to and with the Grandmothers can be emotional events and surprising as well. The Grandmothers know how to circumvent the limitations of your mind and go directly to your heart. They know exactly what it will take to bring you to an understanding of the question you have asked, and that is what they will give you.

Once you've asked, open your mind wide and *observe*. Be curious about the process you're involved in and while you're noticing whatever it is you're noticing, remind yourself not to judge your experience, the Grandmothers, or yourself. *Just observe*. The Grandmothers are consummate teachers and know what they are doing so let the good student you are turn your awareness to whatever comes to you. You may find it helpful to speak your journey into a reorder so you won't have to struggle to remember everything that happens with the Grandmothers. Also, if you record it, you can go back later and listen to what transpires during your adventure.

When you make the decision to step into the Grandmothers' circle, you enter the realm of non-ordinary reality and when you step out of their circle, you make the decision to return to ordinary reality. So after your journey is over, thank the Grandmothers for having given you this time with them and then respectfully step out of the Circle of Stones.

When we journey to and with the Grandmothers, we do so to learn how to be of greater service in the world we live in. Working with the Grandmothers is not meant as an escape from the pain of the world but as a means of being of service *in* and *for* this world and all worlds. To be effective in the world, you must keep your feet on the ground so I suggest you journey to the Grandmothers no more than two or three times a week.

Our Love is Our Power

Working with the Net of Light that Holds the Earth

Book 2 of The Grandmothers Speak.

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