



EILEEN NAUMAN

HOW TO CONNECT
WITH THE MAGIC
OF WHERE YOU LIVE

**WALKING
THE
LAND**

WALKING THE LAND

By
Eileen Nauman

Blue Turtle Publishing



Walking the Land

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DEDICATION

To all my teachers throughout this lifetime. Thank you to Dave Nauman, my husband, Tricia Speed, Kelli Wallen, Marchiene Reinstra, Elyn Aviva, and Gary White for their love and support on this once-in-a-lifetime book project for all our relations—*Mitaukuye Oyasin*.

FOREWORD

Reading *Walking the Land*, I was reminded of the saying, “You don’t know what you don’t know.”

In simple, conversational style Eileen presents never-before-made-public information that has the potential to change your life. She draws on her extensive experiences traversing both this physical reality and the other dimensions that energetically co-exist with our material realm. Full of fascinating anecdotes, down-to-earth advice, and detailed protocols, *Walking the Land* is deeply moving, exceedingly practical, and delightfully entertaining.

For years, my husband, Gary White, and I have made it our business and our pleasure to investigate powerful places and sacred sites. Dolmens, Gothic cathedrals, ancient temples, stone circles, venerated trees, pilgrimage shrines—we’ve seen a lot of them. To better understand the transformational nature of these places, we’ve studied dowsing, labyrinth building, geomancy, sacred geometry, ancient history, Kabbalah, shamanism, Western Esoteric traditions—you name it. I thought we knew a lot.

And then I read Eileen’s book. Like I said, “You don’t know what you don’t know.” Reading her book shifted my understanding that “everything has consciousness” from what was an intellectual concept to a lived experience. She not only says that we are all related and that everything has Spirit—she also shows you how to have a meaningful conversation with the spirit of a rock, a river, a tree, a vortex, a portal. . . .

Eileen’s book is a gift from the heart. It is a treasure trove. It is the training course I didn’t know I needed. What a blessing!

Elyn Aviva, PhD

Co-author, “Powerful Places Guidebooks”

ACKNOWLEDGEMENTS

There is a long line of people who I would like to thank for shaping and guiding me during the past 73 years of my life. Whether they know it or not, they have all helped me to manifest this book of my heart, *Walking the Land*. No one gets through this life alone. I'd like to focus first on the people who were intrinsic to my youthful training: my father, part Eastern Cherokee; Coffee-Chili, Navajo grandfather, who loved me even though he never spoke a word of English; my "uncle" Fred, who taught me beekeeping from the age of 5, onward; my mother Ruth Cramer, druidess; her brother (my uncle) Vinton Cramer; and my grandmother and grandfather Inez and John Cramer; I love each of them deeply. Dick, a Western Cherokee medicine man who was disappointed in me but later, changed his mind; Patty Running, sweat lodge leader, and a strong, powerful, heart-centered woman from the Rosebud Reservation; "Eagle Man" Ed McGaa, Lakota warrior, Vietnam F-4 Phantom combat pilot, a wonderful mentor, and author of *Mother Earth Spirituality* and so many other heart-spirit books; the wild male Amazonian jaguar I traded spirits with, and who opened me up to the idea of timelessness, and interdimensional spaces and places.

My unbounding love for the many students from around the world whom I've trained in shamanism and the mystic arts over the past 30 years; and to the last three students I will train in this lifetime: Chetna Shukla, MD, and homeopath (India); Rohini Pandit, attorney (India); and Kamalrukh Wadia, artist and mystic (India). Each one of my students through the years has given me something I needed to know, work through, and learn.

Teaching goes both ways, and I feel utterly grateful for these lessons. All of you are priceless to me. To both my literary agent, Claire Gerus, and my editor, Tara Gavin, for over 40 years of friendship. Present day: Tricia Speed, who is like a daughter to me, and has helped get this book ready for publication, from formatting it, to doing the heavy lifting on the brutally long index; and to her heart-centered daughter, Kelli Wallen, who is an ace copy editor and proofreader. To [Tammy Seidick](#), graphic artist, who worked tirelessly to get the cover for this book "just right." To Elyn Aviva, PhD, and Gary White, PhD, authors of [Powerful Places](#), who also walk the land—or as Elyn puts it: "the living land." It was kismet and synchronicity when we met and what a happy reunion it has been.

My heart is full of overflowing love for each person named above. To my friends: Rosemarie Brown, MA, and shaman; and Naomi C. Rose, mystic, yoga instructor, artist, and author of [Tibetan Tales for Little Buddhas](#) and many other wonderful children's books. Patricia Comfort; Barbara Ward (New Zealand), shaman and homeopath; Lyn de la Motte, (South Africa), shaman and artist; Darcy Deming, shaman and author of *Sage Stone: the Magic Between the Worlds*; and artist, Linda Haggard, physician's assistant and shaman; Monica Amaryllis (Italy) shaman, translator, and writer; Michael C. (Mikkal) Smith, PhD, (www.cmichaelsmith.com), shaman and author of *Jung and Shamanism*, and so many other wonderful books. And, as always, I would like to honor my archetypal teachers Pallas, Athena, and Cybele; and my earthly teachers, the beloved thunder beings, *Wakan Wakinyan*, who have initiated me twice with lightning bolts and I've lived to tell about it. *Mitakuye Oyasin*, we are all related.

INTRODUCTION

I can remember as a six-year old, walking along a gravel road near our home in Oregon, picking up pretty stones. One of the stones I chose was a beautiful red, white, and yellow jasper stone. I introduced myself to it and explained that I'd love to take it home to live with me, sit on my windowsill, and be my friend. Would it give me permission? Whenever I communicated with another being, I would always receive a telepathic imprint as an answer. This ability to communicate with all things is something I've done since a very young age. However, it wasn't until I was in my teens that I realized this type of communication is called telepathy. This mode of dialogue is sent to me as an imprint by the being (tree, rock, etc.) and I receive a response from it as a combination of emotions, or as an "answer" to a question that I can easily translate into English and comprehend. This form of communicating goes both ways, and the other being can also receive my heartfelt imprint, translate it clearly, and understand what I'm saying or asking.

My father, who was part Eastern Cherokee, taught me as a youngster, that everything around me, from the trees and rocks, to the insects and animals, were a part of me, just as I was a part of them. All things that lived on, in, or above Mother Earth, were my relatives and therefore deserved to be taken care of, loved, respected, and treated as an equal. He said that we are all energetically connected to one another, like an invisible spiderweb strung between each of our hearts. I loved this idea of being in a dew-laden spiderweb, and every time I saw one, I became soft and emotional, realizing I had a wonderful, worldwide family. This concept of a cosmic family was something I grew up believing in and have lived 73 years with it. When you understand that all of us are forever intertwined via an unseen energy (I call it the "Rainbow River" or the "River of Life"), and that our hearts know one another, it changes one's perspective toward our planet. When a human is connected with Mother Earth, we feel loved by her. Just as she feels our reciprocated love. She gives us oxygen to breath, water to drink, and plants which can be used to heal us. She gives us the beauty of a sunrise and sunset, the majesty of a powerful, rain-bearing thunderstorm, and magical, colorful rainbows arcing across the sky.

Walking the land was another concept I was raised with. My father told me that "invisible lines of energy" crisscross Earth. He said they are important and help maintain harmony and balance on the planet. He taught me how to "feel" when I walked through one. He also taught me that in certain areas, there existed "other worlds" that intersected invisibly with ours. Later, as an adult, I would realize he was talking about other dimensions. And he was right: they *do* exist. As I grew up, I sadly realized that most people did not have this same, wonderful connection to Mother Earth. To me, that was worrisome. However, in my twenties, I began to travel and meet others, like myself, who still had that magical, healing connection with the Earth. They came from many different countries, ethnicities, and cultural backgrounds. They had also been raised to be one with the Earth, to respect her, honor her, and learn from her.

I have wondered for years about this loss of connection with Her, what it meant, and the long-term consequences and outcomes. Patriarchal societies around the world were harming the planet at an alarming rate through various means such as clear cutting huge swathes of forest and blowing up mountains for mining. They passed short-sighted policies which allowed companies to pollute the water, air, and soil. Animals were similarly killed not only for their fur, tusks, and oil, but also to hang as trophies. We've lost so many species in the last 150 years. The environmental havoc that people have waged against our Mother Earth is now clearly evident in both large and small ways. Climate change is very real and it endangers us all. Greenhouse gases are swiftly multiplying and the temperature of our planet has risen two degrees just in the last century, causing the polar

ice caps to melt and sea levels to rise. In 2019, the “lungs of the world,” the Brazilian Amazon, were burning; as were thousands of acres of forest in the United States, Siberia in northern Russia, and other places, such as central Africa. Besides the destruction to the land these fires caused, the smoke from these fires put massive amounts of carbon dioxide into our atmosphere.

Witnessing all of this, I felt pressed to “do something” as the environment eroded so quickly before our eyes. But what? I had nothing to give except a lifetime of experience from what my father and other teachers taught me. Like myself, there are a number of people who want to save the planet and who would like to connect with her. By teaching people to walk the land, the tie between them and Mother Earth will automatically occur. When you work with Her from your heart, that invisible connection begins to weave between the two of you. I’ve seen it happen before. And it can happen to you. All you have to do is get out into Nature regularly for thirty minutes to an hour. The more you work with the seen and unseen energies around you, the more you will strengthen that life-saving bond. Pay close attention to your intuition; it is a heart-guide and our internal compass. Learning about and understanding what surrounds you energy-wise or might be a part of your dwelling, is vital knowledge. By walking the land, your life will become fuller. There is a give-and-take between humans and the natural world. When a person consciously and from their heart, gets personally involved with Mother Earth, their life will always change for the better. By caring, you are helping the planet in this time of Her greatest need. And in helping Her, we are also paving a way to a better future for our children and grandchildren. Mother Earth will welcome you with open arms and with all her love.

I have set up this book in a step by step, how-to guide, which will teach you to reconnect with Her. What matters is what is in your heart. When you do something such as walking upon the living land—done with love, with humbleness, and with a service attitude (how can I help you?)—magic will happen as a result, and so will healing. Also, along with my good friends Elyn Aviva and her husband, Gary White, we have made it really easy for you to locate “power spots” on the planet. You can visit their [website](#) if you are interested in ordering any of the books from their series *Powerful Places*. We will teach you how to go to any sacred, energy-laden place and follow the ceremonial procedure to open up the energy and communication between you and that healing space. By walking the land—whether you choose your own backyard or a sacred place somewhere else in the world—you will reconnect with the ancient energy that our human forebears knew, worked with, and supported.

“And while I stood there I saw more than I can tell and I understood more than I saw; for I was seeing in a sacred manner the shapes of all things in the spirit, and the shape of all shapes as they must live like one being.”

Black Elk, Wichasha Wakan, Oglala Lakota

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CHAPTER 1

INTRODUCTION TO WALKING THE LAND

WHAT IS WALKING THE LAND?

For millions of years, from the time humans first appeared on this planet, they have been aware of our connection with Mother Earth. Today, except for avid environmentalists, this strong, invisible connection has received less attention as the demands of the modern world—politics, personalities, and power struggles—assert themselves. But make no mistake, that connection between the family of humans and Mother Earth is still alive and well in our subconscious. We are powerfully connected to the land, water, and other surroundings in our physical environment. Everything in our world possesses qualities of energy and vitality, even if it's inorganic. While inorganic substances such as stones, water, and air do not contain a carbon-based life form, they still have a unique energy and vibration—and yes, they are very much alive! “Alive” is defined as “active and energetic,” and, as you will see, this is consistent with the life force around us. Those who are clairvoyant can see this energy, even if it is not carbon-based. They can observe what is beyond most people's usual range of vision. Subtler energy frequency patterns are around all of us, and everything on this Earth, above its surface, below it, and within it, is also alive, but nowadays, human beings are often unaware of its presence.

For example, if you live by a stream, there is a living, throbbing energy and a unique life force flowing through it. It is alive, singular, radiates a vibrational frequency, and it can be measured and felt. Every tree, rock, a body of water, etc., has a spirit within it with whom we can connect and “talk.” Talk not verbally, but via your mind or telepathy, connecting with the spirit of that stream or rock you find along your path, a tree that “calls” you to come and sit beneath its protective leaves, or anything else that garners your attention and opens your heart.

Each spirit is singular from the standpoint that it has a personality. Just like seven billion humans on this planet right now. Each person is an individual with characteristics and personality. It is no different for the spirits that surround us in the shape of a lake, a hill, or a tree. Some of my best teachers have been the Rock Nation, and one of my greatest protectors is a tree spirit. The wonder of all of this is that it's there for you to connect with, feel, and eventually, sense/know what the spirit is saying to you. At first, it may be only a “feeling.” But the more you converse telepathy-wise with a being, the more your psychic valves—which are in the right hemisphere of your brain—will open, making it easier for you to hear and feel your spirit friend. Eventually, if you do this long enough, it's like talking to a close friend where you're chatting away. Practice makes perfect. For an in-depth explanation of how to contact these spirits that lie within, check out Appendix E: Contact Spirit Protocol.

The trees that surround you are individual, living beings, and so are the bushes and flowers. Many people feel uplifted by any of these plant forms, whether inside their house or outside of it. Trees can heal us if we connect from the heart with them. They can send energy to and through us. They also protect us. Sometimes, the spirit guardian of a tree will ask if they can work with you; if you agree, there can be a wonderful energy connection from one heart to another. I have such a guardian tree, and it is an amazing and ongoing positive experience. Even if you don't connect with a particular guardian spirit of a tree, just walking among them is healing in and of itself.

The land is also alive and contains memory imprints of all that happened to it long before we ever built a house or rented a dwelling on it. These memories are retained by quartz crystals contained within the soil and rocks. Quartz crystal is found in almost all rocks on this Earth. Even grains of sand have quartz crystal (silicon) in them. They are our Earth's memory keepers, and if

we want to know what's gone on in areas where rocks exist, we need to sit down and telepathically connect with them (Chapter 7: Rock Colors & Types).

The human aura is our unique energy signature and frequency—we all have one. This electromagnetic energy field is egg-shaped and molds itself around every living thing, including human beings. Clairvoyants can easily see the light and color(s) surrounding every living being. The land we live on affects our auras, but it's so subtle that we often pick it up as a "feeling." Sometimes, we just feel better living or being around certain areas. I would also add that *we* affect the area where we live because of the frequency and vibration of our aura. So, there is a combining of one's personal energy with that of the surrounding land. Like affects like.

If we're around the ocean, the "feeling" we pick up is one of being lighter, uplifted, and more hopeful. We are more in touch with healthy, positive emotions and feel "cleaner" after spending time walking along an ocean beach. Many people get the same kind of feeling by living in the mountains, around trees, or walking in a forest.

This fusion of human and non-human energies can also occur with houseplants that you want to keep close beside you. For example, I have a Hawaiian corn plant that is nearly fifteen feet high. While in Hawaii, about twenty-five years ago, I bought two corn plant logs in plastic packets and put them in some soil when I returned home. They are like dear, old friends and the energy just lifts upward because of them. The same applies to rocks and gemstones, which might give you a familiar buzz when you hold or wear a particular stone. I have some quartz crystals, single terminated, in my office. They are clear/transparent, citrine (yellow quartz), and smoky quartz. I like the energy they bring while I'm in my writing mode. Stones have specific energies and personality expressions, but we'll look at this later in Chapter 7.

For many reasons, it's good to embrace these "natural neighbors." In fact, my Native American father taught me that "all your relatives" includes Nature: the trees, bushes, and flowers outside our home are my cousins, aunts, uncles, grandfathers, and grandmothers. I was never disconnected from the earth, as so many other children are. Many traditional societies and cultures around the world have retained these essential ties to Nature, too.

By the way, this is not about religion. It's about your spirit and your energy. You don't have to believe a particular way to interface and connect with your Nature relatives: this is a global ability all men, women, and children possess. Let me give you some tools to bring you closer to your natural "family members"—even those you cannot see.

TOOLS TO HELP YOU CONNECT WITH THE LAND

I am happy to share the tools that came to me from my Eastern Cherokee upbringing. Do keep in mind that you needn't have this background or genes to connect to the world around you—I have seen people of all faiths and belief systems make powerful connections after using the method taught to me.

Your first step is to get a backpack where you can store these items before you go out to explore your local environment.

Cornmeal: In the American Southwest, cornmeal is considered sacred. It comes from the Corn Goddess, or *kachina*, who brought corn to the people so they would not starve. Nowadays, you'll find cornmeal in your grocery or health food store. You can buy the yellow or white variety, or if you're lucky, you might be able to get *blue* cornmeal made from blue corn. In my area, I can get hand-ground blue Hopi cornmeal. Corn that is raised for ceremonies, as the Hopi people do, is considered more powerful because it is treated in a sacred manner. Further, it is organic and completely natural, which I prefer. If you don't have this type available, don't worry about it.

Yellow or white cornmeal off of the grocery store shelf will do. If you live in the northern United States, then natural tobacco (not the type used in cigarettes) can also be used for gifting because the plants and trees and rocks have been gifted with tobacco by the Native American tribes who once lived in those areas. Personally, I prefer cornmeal, which they also accept as a gift. Either one is appropriate.

Birdseed is a wonderful way to gift our wild birds and give them a snack. It's another way to show that we intend to work with them, not against them.

Pouch made from leather or cloth is the perfect carrier for your cornmeal and your birdseed (keep them separate). The bag should be big enough for half a cup of cornmeal or birdseed.

Pendulum: There are many types of pendulums. The type I recommend is on a 2-3 inch metal chain (preferably sterling silver or gold for a higher vibration). At the end of the pendulum, you can attach a stone or crystal you are drawn to. Some have long, faceted quartz crystal points, while others are tumbled stone. Some have a metal point. Ultimately, they all work, so choose a style that makes you feel good. See Chapter 2: How to Use a Pendulum.

Camera: Always carry one with you to photograph a tree, the landscape, a landmark, a design in the earth, a creek or river, etc. Let your instinct be your guide. Later, you can return to these digital photos to reinforce your memory of the area. They are also helpful for drawing a map of your area that identifies where the energies are and how they express themselves.

Journal or notebook: It's vital that you write down your impressions, your intuition, and your gut hunches. Best of all, you can draw what you see, discover, or put together. I always carry a pack of colored pencils and a sketchbook along with my notebook. Of course, you can also use an electronic tablet to take your notes and photos.

Topographical (Topo) Map: You can find a topographical map at any survey company near you. It will help you understand the energy flow and distribution of your local plains, hills, watercourses, and mountains. In the USA, go to the USGS website and order your local topo map. I prefer the 1:24000 version.

RESEARCH ON STORIES, LEGENDS, & MYTHS

In the USA, many Native Americans know about these earth energies and how they work, but they tend not to write books about them. Instead, they often share their knowledge with scientists and researchers who describe what they learned in books and articles. Books like *Book of the Hopi* by Frank Waters and Oswald White Bear Fredericks are well worth reading.

You can also search online tales, stories, myths, and history in your region. Always check out your county library and see what books you can dig up on local lore, too. Librarians are great, vast storehouses of knowledge also, so ask them about local books.

PROTOCOL INTRODUCTIONS

There are some things you must do now before walking the land to explore it energetically and spiritually. First, go through Appendix A: Grounding Yourself, in the back of this book. Please see Appendix C: Safe Place Protocol to prepare yourself from an energy standpoint. Also, see Appendix E: Contact Spirit Protocol. By grounding yourself (Appendix A) and employing the Safe Place Protocol (Appendix C), you can more quickly and safely open yourself up to the subtle vibrations, senses, and feelings that are out there. By using these techniques, you can go out on your land and record what you see, feel, and hear. Then you can take this information to your Chief Guide (whom you met and worked within your Safe Place) and get valuable detailed feedback.

The best way is to ask them a lot of questions. You'll also have someone you can interface with, ask questions of, and get answers from when back in your Safe Place after a land exploration.

Always ground yourself before attempting anything, including going to your Safe Place. You can memorize the technique and use it out on your land or anywhere else in the world. Just be sure to record your information immediately after you return to the third-dimensional world. People tend to forget what they saw, felt, and heard in the fourth-dimensional world, so it's essential to be a scribe soon after returning from your journey.

NOW, YOU ARE READY

Now that you are properly grounded and have access to your Safe Place, and you've met your Chief Guide (CG), you're ready to get on with walking the land. Your CG will always accompany you, and you can talk to her/him/it telepathically. Of course, what you learn locally can be applied anywhere else in the world, should you travel. You'll have your tools, a local topo map (or several of them), and your handy bag of cornmeal that you will use shortly. Also bring along a knapsack to hold a supply of water and protein bars, among other items, such as a blanket to sit upon, a notebook, pen or pencil, colored pencils (optional), camera, or anything else you'd like to pack along with you.

One final note: if you intend to hike into an unfamiliar area, let someone in your family know when and where you'll be in case you get lost; this is something you should always do to remain safe. Also, you'll need to get permission from the land's resident before going onto private property—it's not only the polite/legal thing to do, it could also prevent any negative energy from arising during your visit.

PROPER INTRODUCTIONS & GETTING PERMISSION

WHY GROUNDING IS IMPORTANT

Before you even enter an area, you want to explore, stop, and ground yourself (Appendix A). If you were to see your aura from the side, you'd note that it's composed of many layers, like an onion. The second layer, or "field," out from your body, is called the "astral" or emotional body. In many cases, our astral body may be unlocked from our feet and ease upward like an unmoored balloon of sorts. To a clairvoyant, it looks like a half-filled human shape, a whitish color, coming out of the top of our head. Very few people feel this happen, but it does, quite often. Ideally, the astral body is locked into your feet and inside your physical body. Why this position? Because, thanks to all the difficulties and stresses we encounter living on Earth, our astral bodies are trying to escape the negative energies around them and trying to leave the physical shell—our bodies. The astral body, which is a perfect copy of ourselves, rises out of the crown chakra at the top of the head for a "time out." It may be only temporary—a few minutes, to a few hours, days, or months—it just depends on the person and the situational stress they are encountering. When the astral body tries to disengage from the physical one, it's as if it's taking a vacation from the brutal emotions it absorbs on a daily basis. This body is no longer grounded by your physical feet and is instead floating upward like a helium balloon, escaping through the top (crown chakra) of your head.

When your astral body does this, you feel "spacy," and when you're spacy, you can't focus a hundred percent because you're distracted. You are also putting yourself at high risk for mistakes because you need to be fully in your body to pick up on subtle vibrations, sensations, telepathy from a tree, rock, or body of water, or feelings being sent your way by the local/regional Deva or

guardians who inhabit the area. You can do none of this if you are ungrounded. There are places all over Earth that are powerful and can harm you if you don't know the safety protocols I describe in this book. So, the first rule—*always*—is ground yourself. This keeps you safe, and it keeps your astral body inside your physical form so you can remain focused and open to the energies that surround you.

INTRODUCTORY CONVERSATION & CORNMEAL OFFERING

Go to Appendix E: Contact Spirit Protocol to learn the steps of the process, then follow them in the order they are given. Eventually, the more you walk the land, the more you will remember this protocol automatically, and you won't have to keep opening this book to follow along.

Now that you know the official protocol, which offerings to bring, how to conduct yourself, and how to ground yourself, we need to get you up to speed on the next step on your educational journey: vortexes. It's time to understand the subtle, invisible energies that surround us wherever we are.

ADDITIONAL RESOURCES CHAPTER 1

Additional resources can be found at
walkingtheland.net/book-resources