

Journey Into The Mountain

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(Revised: 01st July 2013 by Nicola Neumann-Mangoldt)

FORMAT:

Whole group process

Duration: approx. 60 minutes (20 to 30 minutes intro + 25 minutes journey)

PURPOSE:

To get answers to an authentic questions so that people can deliver their destiny (pearl) more effectively.

SETUP:

Intro inside in a big circle.

For the journey, the participants go outside to sit somewhere where they can face the gateway. Cushions and blankets can be brought to sit comfortably.

INTRO / BACKGROUND:

One of the things about this pearl / destiny is that the entire Universe wants you to succeed being that in action. Not as a philosophy, morality, or a concept. The entire Universe is behind you with an immense amount of resources, available to you ongoingly, to deliver your pearl / destiny, to being your pearl alive, functioning in your life.

Since we have been trained in modern culture, our resources include money and...money. That's about the only resource you have in modern culture, which is really numbers in a computer somewhere. It is really a completely non-powerful resource. Far more useful would be to have coaches, guides, team members, non-linear information, clarity, instructions, support, tools. These are far more powerful resources than modern culture lets us have.

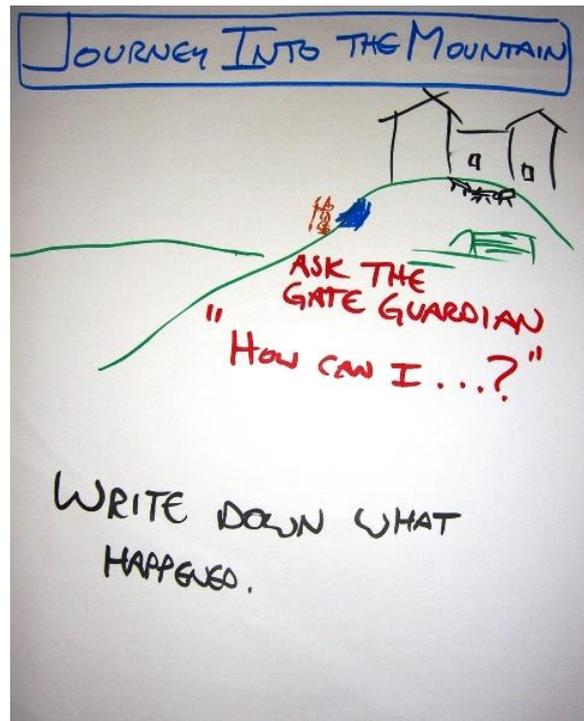
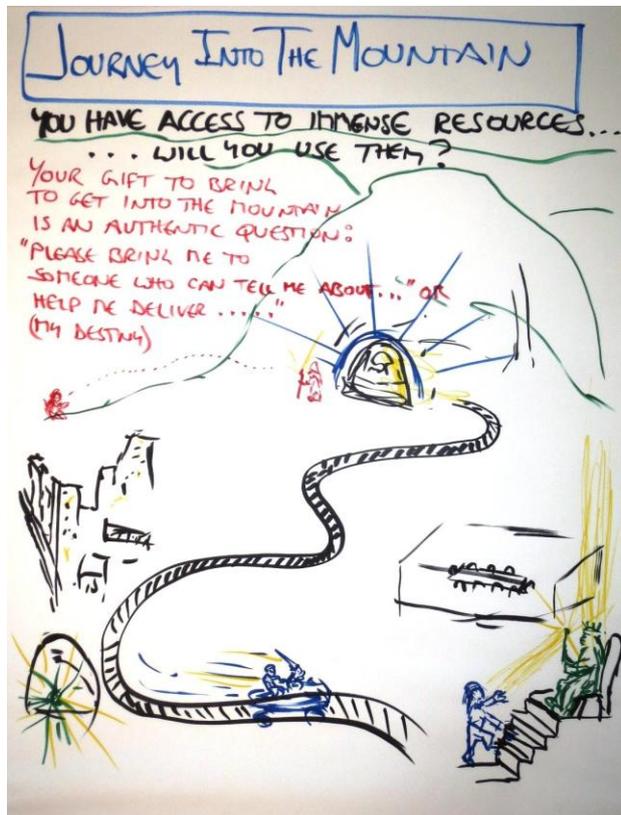
So you have this pearl, your original assignment and it is this magnificent vision, picture, image, it is this task to deliver this and produce this in the world, be that in action in the world. And you might look at yourself and go "Oh well, how does it work, what's the way of this? Or "I am just one of these persons with a headache, or stomachache, or my mother doesn't love me, or at least she doesn't love me enough, or people abused me, or I come from Slobovia...". All these truths, all this stuff is so. How are you supposed to produce the pearl, unleash the pearl in the world. How are you supposed to do that?

What we are going to do now is let you meet with somebody and ask for support to deliver your pearl. And in this way you are going to get a connection to an ongoing for the rest of your life widely diverse, endlessly rich and interesting resource for you to use to deliver your pearl in the world, to be that.

So would anybody like to do that?
Would anybody not like to do that?

INSTRUCTIONS / PROCEDURE:

Here is a diagram, that may or may not help you in this next little exercise or experiment.



What you did so far was you went into your being and in your being you found the place where the pearl has been, all the time, it has always been there, but it was covered up. It was kind of camouflaged. You didn't maybe notice it so much before, but when you know that it is there, you can reach in and pull it out and make contact with it and you can be ready, you can open it. And when you open it, you get the full communication. This is your assignment. This is your job description. This is the message that you carry. You are a messenger, so you have this information. You have this power source in you. Now, how are you going to deliver that?

We are going to do a thing that I was introduced to by a Druid shaman called The Journey Into The Mountain. Did anybody ever do this before?

All over the Earth, really all over the Earth there are gateways. We are actually going to go into the Earth. To do that, you need a gateway. You can detect them after you sort of know what a gateway is, you can find them. They have this kind of neon "I am a gateway" thing. Most people don't notice them, but basically they are really all over the place. Particularly at certain power places there are gateways. So it's great to do this at power places. For example the first time I did this was with this Druid guy and Marion and a couple of other people and we went to "Wilde Kaiser", which is a set of mountains in Austria that are pure stone, there are no trees, just rocks and the shape at the top of the rocks is like this crown. It looks like this crown, like sharp things, just

cliffs. And we were camping out down in this canyon just underneath the cliffs and you weren't supposed to go there, but we were with a Druid and he could make us invisible. So we were camping in this little canyon and then after a couple of days of preparation – which is not very different from the preparation you've had here – we hiked up and started looking for a gateway. And way over there was a gateway. So we were sitting on this ridge, but from there you could look over and see a gateway. It is usually a formation, or there is no grass, but only stones there, or the whole geography moves around. You can just espy these gateways.

Yesterday, when I came here, I was walking around going “where is the gateway, where is the gateway”. And I found it pretty close. I have never been so close to a gateway as we are going to be now. We will be basically sitting at the gateway.

What we are going to do is we are going to gather up our stuff, and go sit around where the gateway is, and generally facing the gateway. You are going to sit there, so you have to bring something warm and comfortable and it takes about 20 to 30 minutes. I'll ring a bell.

So we'll be sitting here (show on map) and we'll be looking at the gateway. The thing about the gateway is there is always a guard, like a guardian of the gateway. You are not going to get into the mountain unless you have something that they need. You can't go in there, because you want something. You have to go in there and bring a gift, bring them something to get in the mountain. The thing that you will bring them is an authentic question. If you have an authentic question, that's a valuable gift for them, because then they can be used. The resources in the mountain can be used. What good are resources if they are not used?

Your authentic question will come from your pearl. It doesn't have to be, but in this case I encourage you to take your pearl as a question to the mountain. You are going to close your eyes and then walk over to the guard and you say “Hello, I need to go in the mountain. Could you please bring me to somebody who can tell me more about how to deliverxy.....So tell them what your pearl is.

Say your pearl is like this guy who is a torch bringer, he is the torch of light in the darkness bringer. So he says “Can you please bring me to somebody who can help me more effectively to be a torch bringer?”

I want you to write down your question NOW, so that you have it in your mind. Take a couple of minutes and write down your question, an authentic question. It always starts with “Please bring me to somebody who could help me / tell me about” It doesn't matter which language you are talking. They are multilingual.

You need one question to get in. It has to be an authentic question to get in. And he might argue with you. It's going to be a test. I have been tested before. I have been refused actually. I go there and go “It's not an authentic question” and he goes “You are right.” So then I had to sit out there. But anyway, I had a great conversation with the guard.

(give 5 minutes time)

Does everybody have the question?

You only get one question with the guard, not more, because he is not really the guy you are talking to. So you say "Please bring me to someone who can tell me about..."

So here is what happens then. I don't know what is going to happen for you. For each person it is different. Sometimes he will take you somewhere and sometimes he gives you to somebody else who takes you somewhere. So I don't know what's going to happen for you, but usually what happens is somebody takes you somewhere in the mountain. It could be anywhere, it's amazing, there are cities down there, there are caves, I've been on these little trains or jet planes or elevators, stairways, or those firemen poles, you get on these poles and it goes Pffffff like this. I don't know what is going to happen for you, but they will take you somewhere.

Sometimes there is something like a king's chamber, the hall of the mountain king. You don't get to tell them where they are going to take you. You don't get to tell them where. You trust that they will take you where you want to go. I have talked to the weirdest people in there and it's all been extremely useful.

Who knows, they bring you to somebody where you get blessing, you get tools, you get distinctions, you get instructions, you get maps, whatever you need. And you can ask and ask and ask and ask, argue. You can say "No that's not right" and then they are going to tell you something else and you say "No that's not right" and they tell you something else and you go "Oh yeah, you are right." And then you write it down. It is really important to write down what they say, because your box will make you forget. For the one thing, if you haven't done this before, your box will freak out and say "This did not happen. This is not real. We are sitting here and all the people are crazy." So you really have to write it down as soon as you get it.

What you do is you kind of open one eye and write it down. If you open two eyes it's like you pop out of the mountain. Really, open one eye just a little bit and write down and go "Wait, wait, wait a minute, I have to write this down. Wait. Okay, say it again" and they say it again. And keep asking, like really argue with these guys, really demand it.

And they also can ask question. You don't know what they are going to do. And really write it down immediately or latest after finishing the journey. Really, once I did a journey and waited 6 hours before I wrote it down and I lost half of it.

I don't know if you are going to go to villages or caves, if you are going to talk to things that look like people, or things that look like animals, or things that look like trees, or ghosts, or faeries, I don't know what is going to happen. They might even give you jobs to do, you might get an assignment, you never know.

Anything else right now?

So I am not going to give you any more instructions out there. We are going to go out there and find a comfortable place. Don't start until I say. Wait there. And I will ring the bell once and you begin your journey. You then close your eyes, take a deep breath and go and visit the gate keeper.

You can take pillows, blankets, whatever you need.

About 20 to 25 minutes after I will ring the bell again and I will say “Please come back”. Don’t immediately end, don’t immediately stop. If you are talking to somebody, say “Look I have to finish up, so I need to go soon. Then complete the conversation and then leave. Share your gratitude and say “Thank you.”

I also sometimes ask “Can I come back and talk to you some more?” And just wait and see what they say. So it will take a couple of minutes to come back. And then we will all come back here together.

After you have done this, you can do it on your own and you can teach other people how to do it. Once you get this, you realize that this resource was available to you your whole life you just never used it before. So you have been trying to handle your life by yourself. And you have a team with resources and unbelievable, surprising knowledge and clarity about all this stuff, it’s for you forever, there is this collaboration, but the way to get in is an authentic question. And it’s a gift, because then they can work, they have something to do.

Ready? Okay, let’s go.

DEBRIEF: