

Returning from a Journey



Many people wonder when you journey into the Otherworld or Spiritual world, how can you be sure you will return home to your body? If you are only doing a personal meditation this is probably not an issue at all. If you are experiencing astral travel, for example, you will probably be very aware of the chord that connects your spiritual self to your physical body.

However it is always good to have a method in your mind of returning for the security this gives you in travelling in the Otherworld, even if the chances of getting lost are very rare indeed. You will have a natural inclination to return to your body as you do when you wake from sleep, but any worries or fear can interfere, even if most of the time there is nothing to fear but fear itself. This exercise is also very useful to learn in case you ever wander too far.

Basic Return Home Exercise

Place one of your hands palm down like you did in the Grounding Exercise
Feel the physical sensation of it touching your sofa/chair/bed

This works a bit like Dorothy's shoes in the Wizard of Oz apart from you don't have to tap your hand 3 times to go home!

If at any time you feel you have travelled too far simply place your hand down on the ground or just hold it face down but not on the ground, remember the feel of your sofa/chair/bed and think 'Home' and you will return to the physical world.

Note – This exercise is aimed at those just beginning Journeying and does not work so well for experienced travellers who think of both the physical world and Other-world as home.

