

APPENDIX D: WALKING THE LAND WORKSHEET

NOTE: There are questions in the worksheet which are beyond a walking the land beginner level. They are meant for individuals who are advanced in their experience and knowledge. These questions will be denoted with an asterisk (*) and beginners can skip over them.

BASIC DETAILS

- Date:
- Address or place you walked:
- GPS, if known:
- Permission from landowner to walk their land? Is it public land? **If not, do NOT go on private property—it is illegal.**
- Acreage of area you have walked? (draw the area on piece of paper)

GUARDIANS

1. CONTACT GUARDIAN OF LAND (Chapter 4, Land Guardians and Appendix E: Contact Spirit Protocol)

NOTE: give the gift of cornmeal and GROUND yourself. Then...

- Contact the spirit (deva or guardian) of the land and request their name:
- Does the spirit give you permission to walk this land? (if not, then do not walk it)
- What do I need to know about this land?
- If you need more lines, pull out your lined notebook and put it all down there as an addendum to this worksheet.

QUESTIONS FOR THE GUARDIAN OF THE LAND

- Is there a vortex on this land?
- If so, is it male, female or androgynous?
- Where is it located? (put on this on the drawing template as well)
- Is the vortex healthy?
- If the vortex unhealthy, what is wrong with it?
 - *Can the vortex be repaired by a trained professional?
 - *Can the spirit repair the vortex?
 - *Will a local geomancer be able to assist with the repair of the vortex?
- Do I have permission to walk all of this land or only certain parts of it?
- Is there *sacred land* or a *burial ground*? (if yes, do NOT enter that area)

- Am I allowed to walk across the land (only those sections which are not sacred land or a burial ground)?
 - *Is there a negative energy area which I should avoid?
 - *If yes, where is the negative energy area?
- Is there a portal in the area? (if yes, *do not* go near it)
 - *Should I work with the guardian of it (Appendix E: Contact Spirit Protocol) or not?

NOTEBOOK NOTES

PHYSICAL ATTRIBUTES OF THE LAND YOU ARE GOING TO WALK

2. Underground or above ground water (Chapter 9, Water)

- Is there water BELOW the ground on this land? This question can be answered by visiting your county water person and asking. If so, what type of water is below ground?
- Get a map from the county office of the underground water in your area.
- Is it an aquifer?
- How large is the aquifer in your county?
- Are there any artesian wells that come to the surface on the land I'm going to walk? Talk to a county hydrologist about this.
- Where are they located? (ask for a copy of the map that identifies them).
- Is there is water **above ground**? If so, what type?
- How wide?
- How deep?
- Is it an aquifer?
- A river?
- A creek?
- What direction is it running (give direction, N, S, E, W, SE, SW, NE, NW)
- Is it fast moving?
- Slow?
- Stagnant?
- A lake?
- Does it run all year round? If not, how often does it run?
- Are there any artesian wells that come to the surface on the land I'm going to walk today?
- What type of water (fresh or saltwater) is it?
- Is there a vortex noted near the bank or beach of the water?

NOTEBOOK NOTES

TREES

3. Species of Trees (Trees, Chapter 12)

- Which species of trees are in your walking area?
- Is it a grove, a forest or are the trees scattered around? (always take photos)
- Are there trees in a circle (indicates a vortex)?
- Is the trunk of any of the trees twisted (indicates a vortex nearby)?
- How many trunks does the tree have (3 or more may indicate a vortex nearby)?
- Is the tree leaning a particular way? (this can be due to vortex, and if so, other trees will be bent in a circle that outlines the vortex)
- Are there any faces of humans, animals, amphibians or reptiles seen in the trunk bark?
- How does the tree make you feel (it should be positive, but be specific)?

NOTEBOOK NOTES

GEOLOGY

4. What is the geology (Chapter 6, Land Masses and Chapter 7, Rock Colors & Types)?

- What is the geology of the area where you are walking?
- Sedimentary (old ocean area)?
- Igneous (volcanic/lava/basalt)?
- Metamorphic (rocks formed under pressure)?
- What is the PRIMARY geology of the area?
- Any secondary geology?
- Or are all three types of geology represented?
- What is the **color(s)** of the rocks, cliffs, buttes, mountains? Red, black, or brown indicates feminine energy. White indicates male energy. Gray is androgynous (male-female energy is integrated as one).
- What is the primary color of the land mass?
- What is the secondary color(s) of the land mass? Any other color found in the rocks refers to a chakra in the human aura (Appendix H: The Chakra System).
- Type of soil? Sand, clay, loam (mix of silt, clay and sand), chalky, peat (high in organic matter) or silt?
- Color of soil? It can be ANY color. Is there a connection color-wise between chakras of the human and soil color?

Chakra colors: red (iron): root chakra, orange (sacral/naval chakra), yellow (solar plexus chakra), green (heart chakra), blue (throat chakra), indigo/purple (brow chakra), gold/white (crown chakra)

NOTEBOOK NOTES

WATER

5. Type of Water (Chapter 9, Water)

- Is there a body of **water** where you are walking?
- Pond
- Swamp
- River
- Lake
- Creek
- Artesian well(s)
- Headwaters
- What color is the water (clear, semi-clear, muddy, opaque)?
- Is there an ODOR to the water?
- Do you see pollution in it?
- Is the water moving or not?
- What direction is the water moving (give direction, N, S, E, W, SE, SW, NE, NW)?
- Is the water still, a strong current, rapids, medium (currently visible), slow, or stagnant (swamp)?
- Go to the county office, ask if there is an aquifer beneath the land you were walking on and if there are any artesian wells or the headwaters of a water source within that county.
- Is this a dry gulch? (found in desert regions of the world)
- Is this a flood plain? (you can check with your county to find out)
- Any history about the body of water in this area?

NOTEBOOK NOTES

EARTH ENERGY LINES

6. Energy Lines (Chapter 5, The Earth Grid)

- Draw where on your template you feel or see the line (using your pendulum to verify), the direction of the energy (compass direction) of where you are walking the land. I use RED for a local line. BLUE for a regional line. YELLOW for a ley line.
 - *How wide is the energy line, and does it cross another energy line?
- Is there a vortex on that crossing point? Use your pendulum to find out, whether the vortex is male/female/androgynous.

- Local lines; see where the line starts and where it goes or ends. Use RED to denote.
- Regional lines; see where the line starts and where it goes or ends. Use BLUE to denote.
- Global lines; see where the line starts and where it goes or ends. Use YELLOW to denote.
- *What is your FEELING about the energy line? Positive? Negative? Neutral?

NOTEBOOK NOTES

LAND MASSES

7. Land Shapes and formations (Chapter 6, Land Masses)

- What are the contours of the land where you are walking? Draw them on your template. Ask the deva or guardian if there is *sacred land* or a *burial ground* where you are not to go. Does any formation stand out? How? Why? Describe and take photos.
 - Hills
 - Mountain(s), mountain range
 - Butte
 - Bluff
 - Mesa
 - Gulch
 - Indentations (concave)
 - Cave(s) and location
 - Canyon
 - Ridge(s)
 - Looms
- Other
- Was there any historical violence on the land where you are walking? Be sure to read up on the area's history before or after walking it to double-check and verify what you saw, felt or were told by others.
- Are there any “notches” between peaks of the mountains? Notches indicate where the energy most easily flows into or out of the area where you are standing. Note the “flow” of energy in this area. Take photos.

NOTEBOOK NOTES

VORTEXES

8. Vortex (Chapter 3, Vortexes)

- Did you locate a vortex on the land?
- Is it located on the bank of or in the water source?
- Is it located in a larger body of water (large lake or an ocean)?
- If so, how many vortices did you find?
- Type(s) of vortex(es): female, male or androgynous?
- Was the vortex weak, strong or powerful?
- Are there weeds, brush, bushes, saplings or trees in or near it?
- Has a structure been built over it?
- Has the deva or guardian told you whether the vortex is healthy, unhealthy or broken?
 - *If it is an **androgynous vortex**, it has a guardian with it who cares for it. Contact that guardian (Chapter 4, Land Guardians) and ask them what is the specific function of this androgynous vortex. Ask a lot of questions and find out ALL you can about it (such as the times when it is operating and the times when it is dormant during a 24-hour period). *Do not* move into the vortex without explicit approval from the guardian. Most androgynous vortices *should not* be entered unless you have a minimum of 3 years of experience walking the land.
 - *What is the *function* of the androgynous vortex?
 - *What does the androgynous do for the area and/or region?
- Has there been any disruption of the soil or surrounding area made by construction methods?
- Has there been earthquake activity in the area? Does it sit on a fault line ?
- Has there been landslide activity in the area?
- Has manmade dynamite been used in the area?

NOTEBOOK NOTES

PORTALS

***9. Portal (Chapter 11, Portals): For advanced Walking The Land Practitioners ONLY**

NOTE: NEVER enter a portal unless you have a minimum of 5 years of experience walking the land. **If you are a beginner, make a note that you've discovered a portal, but do not engage with it.**

- Is there a portal(s) associated with the land where you're walking? It can be a hole in a tree. It can be an androgynous vortex. It can be a petroglyph area. It can be a cave entrance. It can be a sink hole. It can be an opening (a fissure, a crack, a cave) in a stone landmass.
 - *Is there an androgynous vortex (because they may behave as another type of portal)?

- *Is there a fissure (seen or unseen but felt or pointed out by guardian, Appendix E) in the area where you are walking (see USGS.gov)
- *Are you in a tectonic plate area (USGS.gov) such as in California or other parts of the world?
- *Is there a temple mound (USA/but also all over Europe/UK)?
- *Is there a Neolithic circle where you're located (found in Europe/UK)?
- *Is there a circle area created by foliage, rocks, a flower circle, a mushroom circle, or trees?
- *Do you see two trees (it could be a beech and an oak tree, but perhaps not, depending on which region or country you are in) that appear to be a "gate" to another area? If so, stop and do not cross, but contact the guardian of that gate first. Many times, these tree gates or rock gates are entrances to a portal. There is ALWAYS a guardian with a portal and agate. They occur worldwide.
- *Are you at or around a petroglyphs area? If so, this can be a portal area. Ask for a guardian before going any farther into that area.

NOTEBOOK NOTES

CIRCLES

***10. Circles and openings (Chapter 14, Circles)**

NOTE TO BEGINNERS: If the circle turns out to be a portal, do NOT access it unless you have a minimum of 5 years of experience already. This is for advanced Walking The Land Practitioners ONLY.

- Is there a circle or opening around you? Most circles are either a vortex or a portal, so be cautious.
- The circle may have been created by flowers, rocks, mushrooms, grass, bushes, trees or a water course.
- Contact the guardian and ask if the circle is a vortex. If it is, what type? Female/Male/Androgynous? If it's an androgynous vortex, do not enter unless you've had 5 consecutive years of walking the land experience beforehand.

Reminder: If the guardian tells you it is a **PORTAL**, do NOT step into the circle. If it is a portal, STOP. You must have at least 5 years of experience walking the land before working with portals. Otherwise, move on and do not move into the circle.

- *If it is a portal in disguise, ask the guardian what type of portal it is? Where does it go? Are you qualified to enter it? Are you allowed to transit through the portal and into the tunnel or not (provided you have that 5 years of walking the land experience first)?
- Is this a Neolithic or Iron Age circle (these are usually found in Europe or the UK but can be found elsewhere in the world as well)? Ask the guardian what type of portal it is. Where does it go?
- *If in North America, is this a medicine wheel? If so, this is *sacred* and should *not* be entered. However, you can ask the attending guardian about it and its use, but remain OUTSIDE of it.

NOTEBOOK NOTES

VOLCANOES

11. Volcano, (Chapter 15, Volcanoes)

- What type of volcano is it?
 - Shield
 - Dome
 - Cinder Cone
 - Composite
 - See: <http://www.universetoday.com/27333/types-of-volcanoes/>
- Is the volcano:
 - Active
 - Inactive
 - Dormant

Call the deva or mountain/volcano guardian of the volcano to you and find out everything you can about its energy and function in the region. Don't step onto a volcano's slope unless the guardian permits you to do so. (See Chapter 4, Land Guardians)

There is always a vortex with the main volcano, but there can be smaller (medium or small) vortexes on the flanks or slopes of one also.

- *Is the main vortex of the volcano an androgynous one? If so, without 5 years of walking the land experience behind you, do not attempt to work with it.

As always, ask the guardian first and get permission before working with one.

NOTEBOOK NOTES

OTHER DETAILS

12. Other

Draw any other visuals—a feeling of sensing or knowing, physical geography data, etc.—into your template of the area. You are sure to run into something that gets your attention that wasn't in this walking the land book.

NOTEBOOK NOTES

Anything else you see, are shown by the guardian, or experience can be put down and recorded. Drawings are important, and so are photos):