

WALKING THE LAND WORK SHEET

C 2017 Eileen Nauman
www.walkingtheland.net

Date: _____

Address or place you

walked: _____

GPS: _____

Permission from land owner to walk his/her land? If not, do NOT go on private property--it is illegal: _____

Acreage of area? _____ (draw on piece of paper)

NOTES in your notebook.

1. CONTACT GUARDIAN OF LAND

Contact Guardian of the land and his/her/it name: _____

Does the Guardian give you permission to walk this land? If yes, what is his/her/its name: _____

If you need more lines, pull out your lined notebook and put it all down there as an addendum to this work sheet.

Ask Guardian: Is there a vortex on this land? _____

If so, male, female or androgynous? _____

Where is it located? _____ (put on drawing template as well)

Is the vortex healthy: _____

Is the vortex unhealthy and what is wrong with it?: _____

Can the vortex be repaired by me or not? _____

Can the Guardian repair the vortex? _____

Will a shaman or Native American pipe carrier need to be called in to assist in the repair of the vortex? _____

Do I have permission to walk all of this land or certain parts of it. Is there a SACRED ground where I should not go? Is there a negative energy area that I should not walk through? _____

Is there a portal in the area? Should you work with the Guardian of it (Appendix F) or not? _____

NOTES in your notebook.

2. UNDERGROUND or ABOVE GROUND WATER: Is there water beneath the surface of this land? If so, what type? How wide? How deep? Is it an aquifer? A river? A creek? What

direction is it running (give directions). Is it fast moving? Slow? Stagnant? A laker (therefore an aquifer)? Does it run all year around or not? If not, how often does it run? Is there any artesian wells that come to the surface on the land I'm going to walk today? _____

If above ground, If so, what type? How wide? How deep? Is it an aquifer? A river? A creek? What direction is it running (give directions). Is it fast moving? Slow? Stagnant? A laker (therefore an aquifer)? Does it run all year around or not? If not, how often does it run? Is there any artesian wells that come to the surface on the land I'm going to walk today? What type of water is it?

Any vortex noted near bank or in the water? _____

Is there an ARTESIAN WELL in this body of water? _____

NOTES in your notebook.

PHYSICAL ATTRIBUTES OF THE LAND YOU ARE GOING TO WALK

3. TREES

If so, what kind? (always take photos)_____

Are trees in a circle (indicates a vortex)?_____

Is the trunk twisted? (indicates a vortex nearby)_____

Is the tree leaning a particular way? (can be due to vortex, but other trees will have bent the same way)_____

Any faces of human, animal, amphibian or reptile seen in the bark? _____

NOTES in your notebook.

4. GEOLOGY

What is the **geology** of the area?

Sedimentary_____

Igneous_____

Metamorphic_____

What is PRIMARY geology?_____

Any secondary?_____

What are the **color(s)** of the rocks, cliff, butte, mountain? Red, black, brown is feminine energy.

White is male. What is primary color? What are the secondary color(s) of

energy._____

Any other color refers to a chakra in the human aura (See: Appendix I, Chakra man

illustration)._____

NOTES in your notebook.

5. WATER

Is there any body of **water**?_____

Pool _____

Swamp _____

River _____

Lake _____

Creek _____

Artesian well(s) _____.

What color is the water? _____

Is the water moving or not? _____

What direction is the water moving? _____

Is water still, strong current, rapids, slow, stagnant? _____

NOTES in your notebook.

6. ENERGY LINES (draw on template where you feel or see the line, direction of the energy (compass direction), how wide, does it cross another energy line? Is there a vortex on that crossing point?

Hartmann -- local and see where the line starts and where it goes or ends: _____

Curry -- regional and see where the line starts and where it goes or ends:: _____

Ley -- global and see where the line starts and where it goes or ends:: _____

NOTES in your notebook as well as draws as to where these lines are at in the area you are exploring/walking.

7. LAND SHAPES and FORMATIONS

What are the contours of land where you are at? Draw on your template. Ask Guardian if there is a SACRED area where you are not to go. Describe and take photos.

Hills _____
 Mountains _____
 Butte _____
 Bluff _____
 Mesa _____
 Gulch _____
 Indentations (concave) _____
 Cave(s) and location _____
 Canyon _____
 Ridge(s) _____
 Loom _____
 Other: _____

Was there any violence done to the land where you are at? Be sure to read up on the area before or after walking it to double-check and verify what you saw, felt or were told.

Are there any “notches” between peaks of the mountains? Notches infer where the energy most easily flows through into or out of the area where you are standing. Take photos.

NOTES in your notebook.

8. VORTEX

Did you locate a vortex, or more than one on the land? _____

Type of vortex: female, male or androgynous? _____

Was vortex weak, strong or powerful? _____

Is there weeds, brush, bushes, saplings or trees in it or near it? _____

Has a structure been built over it? _____

Has the Guardian told you if the vortex is healthy, unhealthy or broken? _____

If an androgynous vortex, it has a GUARDIAN with it that cares for it. Contact that Guardian and ask what kind it is. Ask a lot of questions. Do NOT move into the vortex without explicit approval of the Guardian. Most androgynous vortexes should NOT be entered. Find out ALL you can about it. Find out the times it is operating and times when it is dormant in a 24 hour period of time. What is the FUNCTION of this vortex? What does it do for the area and/or region? Has there been disruption of soil or surrounding area by construction methods? Is a building built over it?

NOTES in your notebook.

9. PORTAL

Is there any associated with the land you're walking? _____

Is there an androgynous vortex (because they are a portal) _____

Any hints that there is a portal (such as petroglyphs)_____

Is there a fissure (seen or unseen but felt or pointed out by Guardian, Appendix F) in the area where you are walking (see USGS.gov)_____

Are you in a Tectonic Plate area (USGS.gov) such as California or other parts of the world?_____

Is there a temple mound (USA/but 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 or trees?_____

Do you see two trees (could be a Beech and Oak, but perhaps not depending upon what country you are in) that appear to be a "gate" to another area? If so, stop and do not cross but call 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 gate.

Are you at or around a petroglyphs area? If so, this can be a portal area. Ask for a Guardian before going any further into that area.

NOTES in your notebook.

10. CIRCLES

Is there a circle or opening around you?_____

Has it been created by flowers, rocks, bushes, trees or a water course? _____

Call the Guardian to appear because if this circle is really a **PORTAL**? You need to know before stepping into the circle itself. **NOTES in your notebook.**

If it is a portal in disguise, ask the Guardian what type of portal is it? Where does it go? Are you allowed to transit through the portal and into the tunnel or not? _____

Is this a NEOLITHIC or IRON AGE circle? (Europe/UK, but can be found elsewhere in the world). Ask the Guardian what type of portal is it? Where does it go? Are you allowed to transit through the portal and into the tunnel or not? _____

Is this a medicine wheel if in North America? This is SACRED and should NOT be entered. However, ask the Guardian if you are allowed to do it or not.

NOTES in your notebook.

11. VOLCANO

What type of volcano is it? There are four types.

Shield _____

Dome_____

Cinder Cone_____

Composite_____

See: <http://www.universetoday.com/27333/types-of-volcanoes/>

Is the volcano active_____

Inactive_____

Dormant_____

There is always a vortex with the main volcano, but there can be smaller (medium or small) on the flanks or slopes of one, also. Call the GUARDIAN of the Volcano to you to find out.

NOTES in your notebook.

12. OTHER

NOTES in your notebook. Anything else you see, are shown, experience, put down and record. Drawings.

