

# 10 steps to stop feeling drained after a Shamanic or Spiritual Journey

How many times I had journeyed and afterwards I am totally drained, exhausted and ready to take a nap. Am I doing something wrong? Aren't we supposed to feel all fired up after we journey? Isn't journeying such a powerful energy tool that we should feel like superheroes?



I tried different “remedies” for this. I tried drinking water, tea or coffee. Eating something salty, sweet or packed with carbs. Taking a shower. Journeying in the morning, at night. Smudging myself with sage. Journeying only when I felt good.

It didn't matter what I did, nothing worked for me. The end result was always the same. I had to find some time for a siesta (nap) or to spend the rest of the day in a slow motion mode with that drained feeling that didn't allow me to accomplish anything more during the day.

Sometimes I didn't even have the energy to pick up all my shamanic stuff after I journeyed. That is how my practice room was born; a place where I can leave my mess after doing any spiritual work.

In the beginning when I first started to journey, I don't remember feeling tired. Maybe I was so excited that I didn't realize how tired I was; or maybe I am doing something different now. I don't know.



After trying different things; talking with shaman friends, thinking and reading, and still not finding any solutions; I looked to my last resort. This in fact, should have been the first place I looked.

I went to see my teacher. I try not to bother him because sometimes he gives me answers that either I don't understand or I don't like to hear. Besides it seems that he is always hungry. We have this saying in Mexico "*Ve burro y se le antoja viaje*" (which I couldn't find a phrase that we use in English but the meaning would be something like: each