

Lesson Four: Tracking and Higher Sense Perception

Tracking is the ability to identify subtle energy patterns that underlie a client's presenting symptoms. Outward signs are like ripples on the surface of a lake - they reveal movement but not the deeper currents causing it. Tracking allows you to perceive those underlying energetic disturbances and work at the true source of imbalance. Tracking is an advanced aspect of intuition, or higher sense perception.

As you learned, pendulums are a simple, reliable way to track via yes/no responses. In this section, we'll expand into imagery and subtle impressions so you can receive guidance that isn't limited to binary answers.

Essential point: Quantum and shamanic healing calls you to track deep causal energies behind symptoms and imbalances - places psychology or holistic healing methods alone may not reach. That's because the mind can be so convoluted and the deeper causes of suffering are often multi-dimensional. These approaches let you slip past mental loops and contact the root.

From a nervous system perspective, tracking works because it bypasses the overactivated cortical mind and brings awareness back into the body. When the system feels safe enough, deeper information naturally rises. Tracking is not about forcing insight. It's about creating conditions where truth can surface.

Shamanic tracking is a deep art that requires a great deal of practice, trust and attunement. Next I'll share a simple tracking method.

Simple Shamanic Tracking Method

Tools Needed:

- A small, smooth stone that fits comfortably in your palm. This becomes your ally - a power object that helps you track beyond rational thought. Choose it by feel; you're sensing resonance, not perfection.
- A rattle - any shaker that makes sound when you move it. You can use a traditional shamanic rattle or repurpose a child's rattle.

Tip: Once chosen, briefly dedicate your stone and rattle as tracking allies (a simple intention like "I dedicate this stone as a clear ally for truthful guidance" is sufficient). Develop an ongoing relationship with this stone, continuing to use it over time. Such a consecrated stone is referred to as a "kuya" in Quechua.

1) Set Intention & Open Support

- Call upon your intuition and your healing team to bring an image, story, sensation, or knowing that will help you assist your client at a deeper level. Or ask for insights into any questions you have for yourself or another.

- Open sacred space as described above. A grounded field sharpens perception.

2) Engage Rhythm & Receptivity

- Hold the rattle in one hand and your tracking stone in the other.
- Begin shaking the rattle in a steady rhythm. Let the beat settle your mind.
- Relax your eyes, soften your breath, and drop awareness into your body. Allow your mind to become quiet and receptive.

3) Receive

- Trust whatever arises. You might “see” an image, sense a storyline, feel a texture or temperature, hear a word, or simply know something.
- Don’t waste energy in doubt. Set aside analysis long enough to let the thread unfold.

4) Clarify

- Ask inwardly:
 - What is the meaning of this image or sensation?
 - How does it relate to my client’s symptoms or core issue?
 - What chakra, tissue, memory, or pattern is this pointing to?
 - What is the next best step for this session?

5) Complete & Integrate

- When the impression feels complete, slow the rattle and pause.
- Thank your healing team and your stone ally.
- Note what came (brief keywords are fine).
- If helpful, confirm the accuracy of the guidance with your body pendulum (yes/no) and then apply an appropriate healing or coaching method.

Practice Pointers

- If nothing appears, you may be trying too hard. Breathe, relax your jaw, and soften your focus. Ask for a single symbol you can understand. Ask for guidance from the higher Spirit realm.
- Time - box each tracking pass (e.g., 60–90 seconds) so you don’t drift. You can always repeat.
- Share insights with clients humbly and tentatively (“I’m sensing... does this resonate?”). Their truth matters most.
- Not all intuitive guidance should be shared with a client. You may receive some images or insights that could be disturbing or destabilizing to sensitive clients. Use your Body Pendulum to ask “Is it appropriate to share this information with this client at this time?”

As an example, I worked with a female client dealing with chronic headaches, insomnia and depression. As our session proceeded I saw clairvoyant images of her taking advantage of others through black magic in a past lifetime. I asked my Body Pendulum if it was appropriate to speak to this client about this possibility and got a clear “no”. Instead, I asked her a series of questions about what she believed the deeper root causes of her pain to be. Through this questioning she gained some valuable insights for herself.

- After intense content, ground and clear the space (Purity Blast) before proceeding.

With practice, a combination of tracking and dowsing become natural extensions of your clinical intuition - an elegant way to move from surface ripples to the deeper currents, touch the cause, and choose the right intervention at the right time.