

SHAMANIC HEALING

ENTER THE SPIRIT WORLD



THE
WISE
YOU

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ABOUT *The Wise You*

The Wise You is the voice of your best potential. The only all-in-one go-to portal for personal development, committed to provide you with the best resources and opportunities, to help you discover your absolute best. *The Wise You* wants you to achieve everything you desire in all aspects of life.

To Your Success!

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INTRODUCTION


Shamanic Healing is used across the world and depending on the culture it may be the exclusive form of healing or it may be incorporated into a multi-faceted regimen of healing. Regardless, it can be used by anyone who is willing to take the time to learn. Through incorporating it into your daily life, you could experience many positive changes from better health, more clarity, feelings of elation and more because this healing incorporates every aspect of YOU.

HONORING THE WORLD OF FORM AND SPIRIT;
SURRENDERING TO ENDLESS DEATH AND REBIRTH;
THIS IS THE SOURCE OF ALL HEALING — THE
SHAMAN’S POWER.”

— THEODORE TSAOUSIDIS



Most people are unaware
of this **SECRET**

DISCOVER IT HERE 

SHAMANISM

The word shaman originated from Siberia meaning, "one who sees in the dark" and is widely used when referring to medicine women or men, seers or healers. The belief of Shamans is that any issues within the human body including emotional, physical or mental have a root cause of spiritual imbalance.

SHAMANISM EXISTS AT THE ROOT OF ALL CULTURES

Shamanism is found in many cultures all over the world in some form or another. It is the most ancient spiritual healing practice recorded in history. Having been practiced well before the inception of formal religions, it is considered to be a primal belief system based on the close connection of humans and animals walking the earth together.

All religions and spiritual-based practices that have evolved through time were created with shamanism as the root of each of those new religions. Each one of these religions share similar characteristics regardless of the place of origin, and the similarities become apparent in the messages, symbolism, gods, cosmology and totems.

Shamanism in its most ancient form is a practice of healing and a way of life. It is not a religion because it does not tell you who, what or when you should worship. It does not have a book filled with specific wording, and rules to abide by. As already mentioned, it is the most ancient practice in the world. From its earliest practices, through the ages and to this day, it is a way to connect with nature because nature is the teacher.



FREE QUIZ **THE RESULTS WILL SURPRISE YOU!** **TAKE QUIZ**

CONNECT WITH NATURE

The practice of shamanism is an awareness of nature, maintaining a balance with nature and all living creatures and things and it is the act of learning from nature. With such basics of shamanism and a focus of connecting with nature, the practice of shamanism is not difficult to learn and many use it in their daily lives, even if they do not refer to it as such.

THE TRUE SHAMAN ABILITIES EXPLAINED

However, true Shamans have mastered the ability to achieve altered states of consciousness which allows them to see things that exist in hidden worlds, other spiritual planes and things outside of Earth's physical reality. The true Shaman does not need to go into a state of meditation in order to see these things, he or she can easily shift focus from current reality to the visionary consciousness state, which is called shamanic journey work.

People with the shamanic abilities use the journey work to connect with the inner worlds, where supernatural forces and ancestral spirits, animal spirits, higher angelic forces and the spirits of the dead, which act as guides, teachers, helpers, protectors, etc. exist. There is a possibility that the imaginary friends so many young children have may in fact be the spirits of the inner worlds making a connection.

It is the ability to connect with other planes of existence, that sets the shaman apart from any other religion.

Shamans work with people to help in the restoration of their spiritual balance by using various methods of shamanic healing which include soul remembering, ancestral work, soul retrieval, removal of unwanted energies, spiritual ally retrieval, hands on healing and psychopomp (assisting the deceased in crossing over to the Light).

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after watching this video!**

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SHAMANIC HEALING

The practice of shamanic healing is straightforward and very adaptable and is found in coexistence with various types of cultures and belief systems all over the world. Various formalized religions, including Christianity and Buddhism, got their beginning from shamanic roots which are still very much in existence today.

Shamanism is so widespread in today's world that the study and practice of it is now considered a life path. Interestingly enough, this falls right in line with the Shamanic perspective, "individuals seek to be in a relationship with the spirit in all things." And regardless of religion, if an individual has spiritual beliefs of any kind, they are seeking the "guidance from non-ordinary reality" in an effort to experience life; seek answers and connect to something higher, more evolved.

While shamanic cultures are still alive and well today and individuals do seek the guidance and help from Shamans, it is not always necessary. Due to the straightforwardness of shamanic healing, it is possible to use the methods yourself in an effort to address any issues that are causing you to be off balance in life, mental, emotional, spiritual, physical.

Shamanic healing is about finding balance within oneself; seeking the assistance of spirits of the inner worlds to help.



WILL SHAMANIC HEALING HELP YOU?

Just as a medical doctor takes the hippocratic oath a shaman's duty binds them to serve his community. He (or she) must have the ability to enter into the altered states of consciousness and make the spiritual connection in order to gather the wisdom from the spirits so that he may help the person in need of his help.

In today's society, shamans are more widespread coming from all walks of life. They are not in a remote tribe in a tucked away corner of the world somewhere. They help people in the contemporary world to overcome a variety of issues including health, career, wealth, relationships and spirituality; people just like you and me.

Unlike becoming a medical doctor and getting eight plus years of formal education in order to practice and follow a multitude of rules, and being stressed out from the student loans you must pay back and the stress of seeing patients so unhealthy; having your hands tied in what you can offer...yes, because of all the laws, rules and regulations; shamanism is straightforward. Shamans are calm, confident, and at peace.

There may just be a shaman in your neighborhood. They are people just like you and me and if you had the chance to ask a shaman what lead them to their path of shamanism, they would most likely share a personal story with you; perhaps a very routine story or possibly the story of how they became a shaman.

There's no need to become a shaman in order to practice Shamanic healing. With some practice, commitment, patience and mindfulness, it is possible to incorporate some of the Shamanic teachings into your daily life.

INCREASES YOUR PERSONAL POWER

Shamanic healing equips you with the ability to put boundaries in place to protect you from losing yourself to too many needy friends, or a toxic workplace or vampire-ish friends and family who want and want and want until your lifeforce feels drained.

**When you try this you will
be left in tears of joy!**

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EXPANDS YOUR INTUITIVE AND PSYCHIC ABILITIES

Also, the practice of shamanic healing will help you nurture your intuition, which will have an amazing effect in further developing your intuitive skills. When you take care of your intuition and give it the right amount of attention, your confidence and determination to follow through on goals and dreams will inherently become stronger.

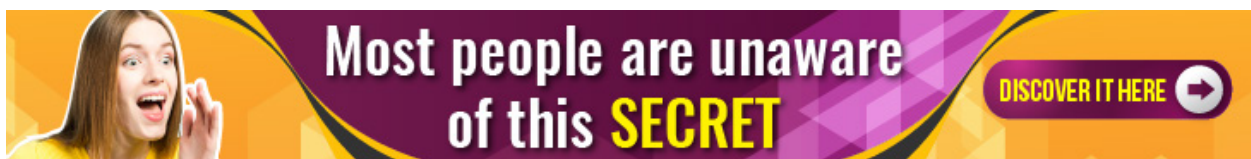
Everyone has intuitive skills but some are naturally more developed than others. When you make a point of developing your intuition you may find that you also enhance the abilities of your 3rd-eye. The third eye is another chakra point, located in the center of your forehead.

Perhaps you get “feelings” about certain things or you “just know,” yet you could never quite explain it. These are tools you have been given to communicate with other life forces and to make use of for your own protection. For example, have you ever felt like something bad was going to happen and later that day, it did? This was your intuition attempting to give your warning signals.

Modern-day society and many sciences and even organized religions causes these natural instincts to be suppressed over time. We teach ourselves to ignore them because they are not “normal.” With the shamanic beliefs and tools, you will learn that connecting with nature makes complete sense and is how we were designed.

MAKING A MIND-BODY CONNECTION

The practice of shamanism teaches that the body is wisdom. Think about it, your chakras have internal protective systems, your intuition sends you signals. Since shamanism is based on relating to and strengthening bonds with nature, it makes complete sense that the body is our wisdom. The body is not capable of lying. If you are experiencing sickness, there is an underlying cause and shamanic healing treats the whole body.



Unlike PhDs who are taught to put a bandaid on a symptom or cut out or off an area that has issues, the shaman beliefs are that the entirety of a person needs to be assessed so the reason for imbalance and disease can be determined and addressed. This, is a real and true application of healing.

The body stores the emotions of hurt, the physical constrictions of pain, guilt, anger, the mental anguish of abuse, etc. these emotions, bad and good memories are stored in the body until they are dealt with and the body is impacted down to the cellular level which can erupt into long-term illnesses if not addressed.

Shamanism focuses on the messages the body is sending so the imbalances and misalignments between the body, soul and mind can be healed.

HEALS AT THE CORE

While healers of all sorts may have their place, sometimes a co-dependency of sorts is developed. Consider the following examples:

- Chiropractor: You visit the chiropractor and get an adjustment or realignment and feel great for a day or a week. However, your body apparently tensed up again, and you're suffering the pain. The result, a return visit, if not multiple return visits to the chiropractor.
- Energy Healer: You have a session and feel great; but a few days later, you're once again experiencing pain, fatigue, brain fog or depression, so you make another appointment
- Shamanism: Shamanism, again, focuses on the root of the problem. It is not about co-dependency and instead the goal is to help everyone get to a place of being equipped to seek your own solutions, treat your own health issues and become your own seer.

FREE QUIZ THE RESULTS WILL SURPRISE YOU! **TAKE QUIZ**

TEACHES AND MAINTAINS BALANCE

Shamanic healing encourages you to listen to your body every day, to be in-tune to every experience and every other person you encounter. And most importantly, how to empower you on protecting and treating yourself while striking a balance that allows and enables you to help others, nature, pets, and your surroundings as a whole. It teaches you it is okay to unplug yourself from the rest of the world and to cleanse yourself of negative energies. Working together and helping one another live fuller lives will lead to much more harmony and unity.

Shamanic healing does not make you follow a book of rules or attend organized services or take medications to cover up the real issues. Shamanic healing knows you are made up of energy and connected to the earth and through using the shamanic teachings, you will be able to take care of yourself and lead a balanced, fulfilling life.

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FINDING SPIRITUALITY WITHOUT A SHAMAN

Do not be misled into thinking that a shaman is necessary in order to encounter spiritual work, learn about the healing practices and be taught how to make contact with other worlds.

While shamans do exist, and may very well live in your neighborhood, they are not required in order for you to find spirituality. However, some feel that in order to find spirituality, you must have an extraordinary encounter or long-term lesson to reach the level they are seeking. While individuals do travel long distances for long periods of time to work with a Shaman to gain understanding about themselves on an individual level as well as training to be a Shaman.; the fact is, most people do not have the time or funds available for this and that is okay. If you have a desire to learn more on making a spiritual connection on your own, how about starting by defining your relaxation triggers and pushing yourself out of your comfort zone.

Here are some suggestions:

#1 DETERMINE WHAT TRIGGERS YOUR RELAXATION MODE.

What puts you into a state of relaxation. Is it your favorite song that tunes out the world? Is it the aroma of your favorite pie baking in the oven?

#2 MAKE A LIST OF YOUR RELAXATION TRIGGERS.

This list can consist of five to ten things. Take some time to dwell on it and list them from easiest to most difficult. This way, you will have items to choose from depending on the time you have in which to focus.



Some Examples:

- ⦿ taking a deep relaxing breath is easy and takes little time.
- ⦿ Savoring a bite of your favorite chocolate
- ⦿ Watch a sunrise or a sunset
- ⦿ Soaking in a hot tub or getting a relaxing massage would be towards the medium to difficult triggers because you can't typically do either on the spur of a moment and each take a good amount of time.
- ⦿ Working in the garden.
- ⦿ Preparing your favorite meal
- ⦿ A stroll on the beach, a drive to the mountains or country.

There are no right or wrong answers because these relaxation triggers are specific to you.

#3 TRY SOMETHING BRAND NEW.

This will take you out of your comfort zone and open your mind to different and out of the ordinary experiences, surroundings, aromas, people, music, etc. When you emerge into this new experience you will be more attentive and alert and gain different perspective. This is the basis of any spiritual connection.

- ⦿ Consider trying a new food that you've passed up before because it was just a bit too different for you.
- ⦿ Attend a worship service of a religion that you've never experienced before.
- ⦿ Take a different route to work.
- ⦿ Listen to a new genre of music.

These may seem like ordinary, simplistic things, but if you haven't tried them they are not ordinary for you. The entire purpose is to observe, experience and immerse yourself into something that you wouldn't normally do; all to become more aware.

**When you try this you will
be left in tears of joy!**

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TAKE THE ROMANTICIZATION OUT OF SPIRITUALITY

Sadly spirituality has become too romanticized over time. This is not to say that there are not special experiences that are intended to make huge impact are not valid, because they certainly exist and serve a great purpose. For example the opportunity to do journey work with a true shaman would be a wonderful, experience full of enrichment.

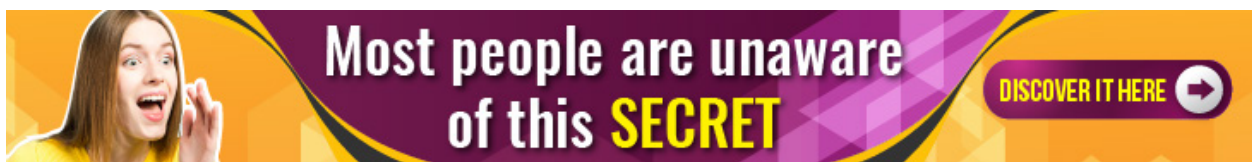
However, it is important to find spirituality in our everyday lives. Shamanic healing is based on connecting with nature. Spirituality is about realizing we are all connected by something much greater and more powerful than ourselves and that spirituality helps us remain grounded in this world and with spirits through love, understanding, respect, appreciation and compassion.

Spirituality can be found in many, many ways. Perhaps you grew up attending church every Sunday or attending Shabbat dinner each Friday evening, your walk of spirituality may be a peaceful hike in the woods or attending a yoga class that awakens you from within. These routines that occurred on a weekly basis as a means of spiritual celebration are examples of how perhaps we've arrived at the conclusion that it must be a specific event, but that is not true.

If a Christian were to attend church regularly every Sunday yet every day of the week, outside of that event, they forgot the teachings that had been shared, they were unkind to others or animals, they were completely self-involved, then did the purpose of that weekly act really make him or her spiritual? Of course not, they were going through the actions but completely removed from what the entire purpose of the event was; to attend the weekly ceremonial "celebration" among other like-minded people AND take it with you out the door and incorporate it into your daily lives.

The point here is that there is no need in waiting for the "big event," or a special private ceremony or thinking in order to experience the shaman ways, you must sell everything you own and give up your job to travel for several weeks and learn from an expert Shaman. On the contrary, use each day, each experience, each relationship to make a connection.

Here are some ways to apply this:



BE MINDFUL

Live in each moment of every task, every interaction of the day, form a new awareness, of even the most mundane. Take notice of your breath, movements of your body, sensations of your skin. For example the reaction you have when your fingers first embrace the warmth of your morning cup of coffee.

Take note of your physical and internal responses to the aroma of the coffee, the first sip. Do you look forward to that cup of coffee? Why? Do you perceive it as your fuel for the day or is it a few moments of peace before jumping into the chaos of the day? Conduct, with mindfulness and complete intention, each step of the process from preparing the coffee to drinking it. Make that the only thing you do and focus on from start to finish. Could this be one of your morning rituals that you never even realized you were doing? Now that you are aware of, ask yourself what you get from it and why you must do it daily. It's okay that it is a ritual for you.

Now, find that task that you dread but must do daily. Perhaps it is packing lunches for five people. What makes it so dreadful? Is it the chaos due to time constraints or is it the mundane, boring aspect of it? Try turning it into a custom. Allow yourself more time to pack the lunches. Turn some favorite music on. Gather all items required for the lunch preparations in a centralized location. Think for a moment why you're packing lunches for everyone. Is it a task that you assigned to yourself so you'd know your spouse and kids were getting fed every day? Is it due to the fact that no one else takes the time to do it and out of the necessity of caring for your family you took on the responsibility?

If you answered yes to any of those, then you're doing it out of love, so rather than dreading it, view it as an act of love, have thoughts of love during the process of preparing. Did you know that part of the Ayurvedic healing is to prepare foods with love as a means of enhancing the nourishing properties? Also, check out "Message in the Water," by Masaru Emoto, where photographs of water show that the effects that sounds and thoughts have on water. Why? Through the energy that is created with thoughts and intentions. Thus, have thoughts of love when preparing lunches and remember in your heart it is a show of love towards your family; whether they realize it or not, you will know.



FREE QUIZ THE RESULTS WILL SURPRISE YOU!  TAKE QUIZ

SHOW COMPASSION

It is much easier to sense compassion and have empathy for others, than actually turning it into action. Compassion not only helps others but it helps the person who offers the act of kindness. See what you can do to turn this into a sense of interconnectedness and spirituality each day. Here are some ideas:

- Be completely present when a friend or co-worker bends your ear to a difficult time or a stressful issue they are experiencing.
- Smile at a stranger on the street.
- Do not judge anyone for a day.
- Be kind to yourself and resist being overly critical or hard on yourself.
- If something occurs that usually makes you mad, mindfully choose peace instead. Remove your emotions from the equation. For example, take the neighbor who always seems to zoom in front of you at the round about every single morning, or he speeds up when he sees you in your driveway preparing to pull out, just to ensure he gets in front of you.

Rather than letting it anger you, ask yourself why he does it? Is he directing it at you or is it something he is oblivious to. Maybe every morning he experiences some sort of setback, his car wouldn't start, the dog ran out the door, he couldn't find his shoe and every day he gets yelled out by his boss. The phrase "walk in somebody else's shoes" can take on a lot of different meanings depending on the circumstance. The point here is to observe the neighbor, avoid taking it personally. Smile or wave at him as he goes by. Slow down for him so he'll know you see him and are inviting him to go in front of you. Show empathy. Not only will it potentially give a shimmer of light to him, but it will make you feel much better inside, when you turn your reaction into a positive one.

- Rather than using plastic one-serve bottles and packaging, use reusable cups and containers to show compassion and kindness to the environment.

**You will be left speechless
after watching this video!**

WATCH NOW



- ⦿ Take a meal to the neighbor, just because.
- ⦿ Keep dog treats in your car to share with a furry friend.
- ⦿ Tell the grocery clerk, mailman, hardware store employee and veteran thank you.
- ⦿ Randomly give someone a compliment.

SIMPLY BE

This may be one of the most difficult tasks of all. It ranks right up there with allowing yourself time each day with no interruptions. To simply be often conjures of feelings that we are being lazy or makes us feel guilty. There is an Italian saying: "Il Dolce far Niente," translated, "the sweetness of doing nothing."

Give it a try. If only for ten minutes. Here are a few suggestions.

- ⦿ Turn your phone off, refuse to be near a computer, tablet or tv and just savor being.
- ⦿ Sit, take deep cleansing breaths, ponder, look around you and say "thank you" for your family, a roof over your head, your job, the comfortable chair you sit in, the clothes on your back, the food in your refrigerator, etc.
- ⦿ Try meditation. This truly quiets your mind. Set a timer. Take deep cleansing breaths and decide on one object or one thought to concentrate on. If other thoughts pass through your mind, push them away and intentionally revert your attention back to the one that you intentionally chose.
- ⦿ Enjoy a meal in silence, savoring every bite.
- ⦿ Get a massage without any conversation.
- ⦿ Take a full day of rest once a month.



- ⦿ Observe your body from head to toe, paying attention to the sensations of the temperature, the reactions to breathing, etc.
- ⦿ Maybe you're blessed with a beautiful window view where you can easily observe a squirrel or bird. Watch that animal and do nothing else. We can learn a lot from animals. They are connected to nature, they can still sense it. As humans we have largely lost that ability, until we stop and redirect our attention to it.
 - Consider for a moment a family of gorillas. They are large, powerful animals; but they can also be docile. Certainly you've seen a photo of a gorilla holding its baby. Just sitting, being in the moment, while the baby sleeps or nurses. It is calming.
 - Observe your dog or cat sleeping, not a care in the world; just being.

SERVE OTHERS

Do something for someone else, an animal, or a group of people. When we give our time to others, we make ourselves get out of our personal bubble and see the world from a different perspective. Our time is one of the most closely guarded aspects because we know we can never get time back, so sharing it to serve someone else is indeed a gift of ourselves; an act of compassion.

- ⦿ Volunteer at the animal shelter to walk dogs or cuddle with kitties.
- ⦿ Serve lunch at the homeless shelter. Talk with the people there and listen to their story. Consider for a moment, that could be you if you were to miss just one paycheck.
- ⦿ Help in the community garden and give away your share of the crop.
- ⦿ Pick up trash in your neighborhood.
- ⦿ Do you have a special talent? Teach someone the skills once a week.

By practicing each of these aspects on a regular basis, you are enhancing your connections with the world around you.

**When you try this you will
be left in tears of joy!**

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PRACTICE ENERGY CLEARING DAILY

Through the engagement of working, interacting with others, traveling to and from work, running errands, etc. we gather thoughts and energies not only from ourselves, but from everyone around us. This accumulation can become overwhelming to our personal being and result in getting out of balance.

Therefore, clearing these energies on a daily basis is extremely important. So far we've reviewed how to practice spirituality and incorporate it into our daily lives. The next step is cleanse the body and energy field around you of the negative, chaotic energies from you and others with whom you crossed paths.

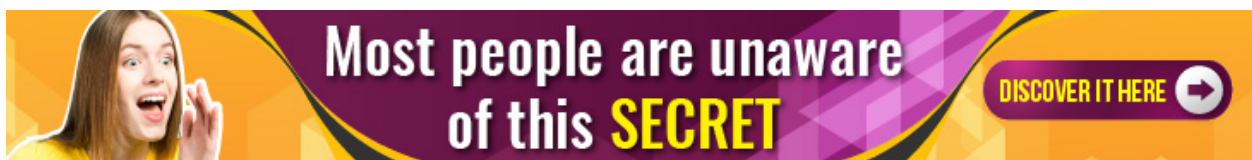
You'll find that as you become more engaged and mindful of your daily activities and make a point of helping others, that you will more quickly accumulate energies from others. This cleansing process will not require much time and can be done throughout the day.

WHEN TO DO A CLEARING

The clearings can be fast and simple. The more often you do them, the less negative energies will accumulate within you and your energy field.

Examples of when to do an energy clearing:

- If someone cuts you off in traffic and almost causes an accident.
- Following a stressful phone call.
- After an intense meeting.
- Post-conversation with someone you've argued with.
- After watching the news.
- Succeeding a period of listening to someone who is upset, sad, stressed, hurt, angry.



HOW TO DO A CLEARING

#1 - Breathe Away the Stress.

- ⦿ Find a quiet spot.
- ⦿ Sit down.
- ⦿ Close your eyes and place the very tip of your tongue on the roof of your mouth. This will directly connect your body and your breath.
- ⦿ Inhale deeply, slowly, until your lungs are full.
- ⦿ Release the breath in a slow exhale.
- ⦿ As you exhale, mentally assess each part of your body. Areas that are still hanging onto tension, slowly allow the tension to leave your body.
- ⦿ Once again take a deep breath in and as you do this, visualize a golden-white light enveloping and consuming every part of your body.
- ⦿ As you exhale, visualize the light cleansing and washing the tension away from every corner and tip of your body.
- ⦿ Repeat two to three times.
- ⦿ Assess how you feel. If you are still experiencing tension, repeat the process. Generally it only takes a few breaths to clear the heavy energy.

#2 Dust Away the Negative Energy

In this scenario you will use your hands as dusters.

- ⦿ Shake your hands, as if you're shaking off excess water.
- ⦿ Now blow into your hands.
- ⦿ Cup your hands, close your eyes and visualize your hands filling with golden or white light.
- ⦿ Beginning at the top of your head, use your hands in a brushing motion and work your way down, brushing your shoulders, arms, torso, legs, fingertips, feet.
- ⦿ When done, brush off your hands to shake away the negative energy.

FREE QUIZ

**THE RESULTS WILL
SURPRISE YOU!**



TAKE QUIZ

#3 Clear Chakras

If you have a stone or crystal that you feel connected to, use that to run over each of your chakras. As you place it on each chakra imagine the energy from the stone or crystal pulling out the negative energy, so your chakras will once again be cleared. After the process, cleanse the stone or crystal.

Everyone is made up of energy and energy vibrates at different frequencies. When energy is vibrating high, you feel vibrant, alive and at peace. On the other hand, when energy is vibrating at a low frequency, you may have a tendency to want to be alone, or experience depression or sadness. When you regularly practice daily cleansing, you will experience high energy frequency more regularly.

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after watching this video!**

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THE IMPORTANCE OF CHAKRAS

Chakras are energy centers within the body where physical and non-physical correspond. The purpose of chakras is to spin in the appropriate direction and consistently draw in good energies as a means of keeping the entirety of a person in balance: i.e. spiritually, physically, emotionally and mentally.

Shamanic work focuses largely on the solar plexus chakra because this is where each of us holds our personal identity, self-esteem and personal power. Shamans consider this very important because basically, the health of this chakra determines the status of your personal power.

Furthermore, the solar plexus chakra is where energy from others and the surrounding environment is consumed. If this chakra is in-balance then you are better equipped to form protective boundaries for yourself and will have the personal power to differentiate between your energies and the energy of others. The health of this chakra has a direct effect on how you interact with others as well as how you allow them to affect you. If you are naturally psychically sensitive your power chakra will be vulnerable; all the more reason to be sure it is well balanced.

CHAKRA POINTS

There are seven primary chakras in the body that begin in the pelvic region and work upwards: Root (pelvic), Navel (belly button), Solar Plexus (stomach), Heart, Throat, Brow or Third-Eye (middle of the forehead), and Crown (top of head).

PURPOSE OF CHAKRAS

The word chakra is actually from the sanskrit word, translated into 'wheel.' Consider the body's chakras equivalent to the "powerhouse" or "electrical system" within the body.



In order for the chakras to work properly, they must all be balanced and working in the proper direction. Imagine the chakras forming a line through the center of the body and consider it the "power line" that connects energy between each chakra.

When chakras become blocked or misaligned, you will experience low energy, depression, mental blocks, etc. This commonly occurs as a reaction to stress, sickness, anger, or a traumatic experience. These reactions from your chakras result in "misfires" or "circuit blowouts." Chakras will respond to external events by opening or closing, which is a protective defense system. A negative event will cause a chakra to close or become blocked, as well as a negative emotion that you're hanging onto internally, such as blaming yourself or feeling guilty. If you do not deal with it or move on, the chakra that is affected will shut itself off.

CHAKRAS ARE PART OF YOUR CONSCIOUSNESS

Each chakra is connected to personal experiences and the location of that affected chakra will react to the emotion. This is in strong relation to "dis-ease" of the body. For example, people with lots of pent-up heartache or hurt, often develop breast cancer, stress results in stomach ulcers and so on.

TESTING YOUR CHAKRAS FOR BALANCE

Oftentimes it is easier and more accurate to have an experienced energy healer test and balance your chakras but there are ways to do this yourself as well, which we will review here:

MENTALLY ASSESS YOUR CHAKRAS

Place your hands over each chakra and ask yourself if the chakra is balanced and operating properly. It is imperative you have an open mind during this process. Do not overthink it. You're looking for a strong positive. If you don't receive that, ask if the chakra is overactive or underactive; each time waiting for a positive response from within.

**When you try this you will
be left in tears of joy!**

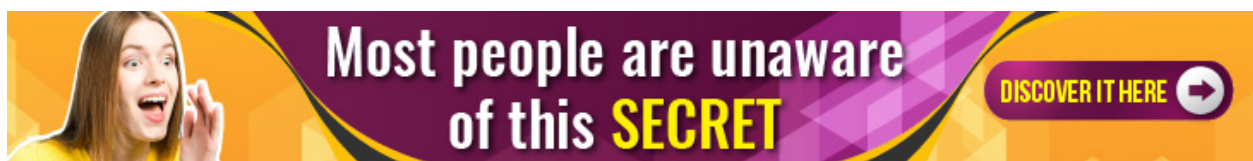
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TESTING WITH A PENDULUM

Lie down and hold a pendulum above each chakra. Here, you'll need to ask the pendulum the status of each chakra. If it spins clockwise, the energy is properly flowing and the chakra is balanced. If the pendulum spins counterclockwise, then the energy is blocked or restricted and out of balance. If the pendulum moves in a straight line, the result is a partial imbalance and blockage. If the result is an elliptical motion (right/left and up/down) this means that energy is flowing but the chakra is out of balance.

Chakras can be realigned and put back in balance again. The key is to learn if you have areas that frequently become blocked. If this happens, do some self-assessment to see if you're able to make changes to prevent it from recurring. This is yet another step towards strengthening your connections in life and all around you.



INCORPORATING SHAMANIC TEACHINGS INTO YOUR LIFE FOR HEALING PURPOSES

Shamanism is about becoming and being connected. Many tools used during the practice of shamanism can be learned. These tools will help you find deeper meaning to your life. You will have a sense of contentment, a spiritual connection.

Below are 9 ways to incorporate Shamanic teachings into your life.

1. THOUGHTS AND EMOTIONS ARE CONNECTED.

The teachings of shamanism educate you that everything that we are made up of is interconnected. Your body, spirit, and mind is what makes YOU, and one relates to the other, always.

Let's think of it like this: if you think of something that causes fear for you, your stomach cinches up in knots; therefore your thoughts directly impact your emotions. The same goes for positive feelings. When your thoughts are based on love, you experience happiness, your body releases tension. Everything within us is connected.

2. EVERYONE IS CONNECTED TO ALL LIVING THINGS.

The basis of shamanism is the knowledge and belief that every living being and thing are connected, intertwined with one another; from this plane, as well as other realms. Ultimately, we are one and with a bit of focus, you can connect with God/life/source/spirit, with these few steps.

Start by getting quiet with your eyes closed and sitting, being attentive to your breath, and relaxing your body.



FREE QUIZ **THE RESULTS WILL SURPRISE YOU!** **TAKE QUIZ**

Be sure your relaxed body is still allowing your spine to be straight. Now, imagine a string being attached to your belly button and visualize the other end of the string either climbing up into the vast sky or going down deep, deep into the earth. Listen to your inner calling to know which direction you should focus on. This is your visualization of connecting with source. The mere visualization of it is all it takes.

3. CARE FOR AND RESPECT THE EARTH.

Shamanism is being grounded, connected to the earth and because of that connection there is a deep respect for the earth. After all, Earth is living too and without it none of us would be here on this plane of existence. The main support of all lifesource. When we care for the earth, it will in turn care you us.

You can express your appreciation for Mother Earth (Gaia, Pachamamma) by offering a prayer of wellbeing for earth and/or humanity. As you hear news announcements of natural disasters, send out a prayer.

Help rid Earth of trash. Recycle, garden. Oftentimes people who garden say that digging in the dirt is therapeutic to them; a feeling of rejuvenation. Why wouldn't it be? That is making a connection with earth. If you take time to observe how you feel personally when doing something to help the health of the earth, you may experience this as well.

4. THE FOUR ELEMENTS ARE HERE TO SERVE YOU: EARTH, FIRE, AIR, WATER.

In the hustle and bustle of today's society, many of us are removed from having a primal connection with the four elements. Even if you are in a busy, concrete city, there are still ways, with a little creativity.

- Earth is for grounding, as mentioned above. If you're feeling tired or overwhelmed, try lying on the ground with your belly facing down. If that isn't an option, visualize the ground beneath you as you lay down on the floor. If you're feeling stressed, envision vines gently wrapping around you and hugging you. Take deep breaths. Release tension. Do this for a few minutes and when you arise you will feel more energized.

**You will be left speechless
after watching this video!**

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- ⦿ Water washes away the dirt, the grime. Visualize the water washing away your problems. Mentally “let go.” If you experience a day when you’re not happy or you’re having to deal with a challenging person, let water run over your hands, or take a shower. If you can go to a stream, waterfall or outdoor water fountain, by all means do that. It will do wonders in the way of cleansing your emotions.
- ⦿ Air is used to clear away the dust or the odors. When you feel the fresh air blowing in your face, it can be exhilarating. As you are enjoying it, breathe it in. Take in a deep breath and as you inhale think of love, compassion and light. As you exhale, imagine the fear, anxiety and stress blowing away from you.
- ⦿ Fire is powerful. This earth element is great for releasing deep, ingrained issues. Perhaps you’re dealing with a major problem or having trouble with forgiveness. Write the issue on a piece of paper, a tree leaf and burn it if possible. Toss it in a fireplace or fire pit. If you do not have access to that, simply light a candle and visualise yourself sending your troubles away.

5. BE ATTENTIVE TO WHAT ANIMALS SHARE WITH YOU.

Shamanism believes that all things nurturing to the body is medicine. Shamans believe in spirit animals. Take this to heart. If you spot an animal on a walk or in a tree or a vision of one comes to mind; take a moment to consider what that animal represents to you.

If an animal appears in a dream, find out more about it. When the same animal repeatedly makes appearances to you, that is your spirit animal trying to contact you. This is a guide for you. Place photographs or figurines of the animal in various areas so you can see it. Ask it if it has a message for you. Be patient.



6. PRACTICE BEING A JAGUAR, EAGLE AND SPIDER.

To touch on the topic of animals a little deeper, consider the eagle, spider and jaguar. In some shamanic training classes, these three specific animals are used and each one brings a different point of view about one single subject.

For instance, if you have experienced a child being disrespectful towards you, ask yourself why and think about the “personalities” of each of these animals. What would the point of view be like from each one?

- 🕒 The jaguar is grounded and full of stealth. When walking through the jungle he is aware of everything around him, yet he makes it to his destination because he maintained his focus.
A jaguar would “track” the direction from which the behavior is coming from. Is your child having issues at school, or hungry and tired. Spend time with your child.
- 🕒 The eagle has the advantage of being able to soar high in the sky. With that wide-angle lens he can easily see the larger picture but he can also swoop in to capture his selected prey.
Why not take a moment to consider the big picture and remember how precious your child is to you. Don't take the lashing out personally, but instead have a conversation with your child to see what is bothering him or her; show compassion. The eagle would help you view it from a wide angle lens and at just the right moment suggest to your child to stop getting caught up in things and let it roll off your shoulders.
- 🕒 Spiders weave webs and patiently waits. The spider doesn't hunt for food, they set a trap with their web and patiently wait for food to come to them.
As far as your child is concerned, the spider would exercise immense patience. Let him or her know you are there; you could even sit close to them, quietly while they are occupied. Your presence will eventually be a signal that you care and they will open up to you about issues that are causing them to act so harshly towards you.

**When you try this you will
be left in tears of joy!**

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7. CREATE AN ALTAR.

An altar serves as a reminder of what is important to you. It is okay to have more than one altar, but when you look at it, it should bring you joy, peace and pleasure.

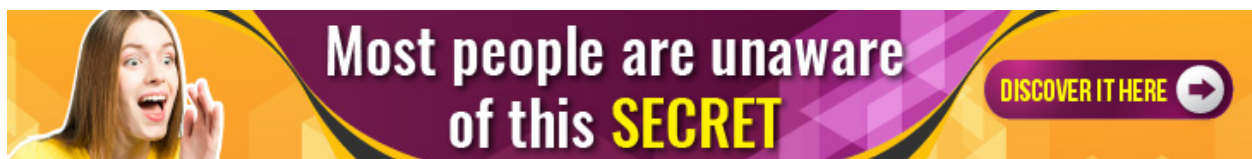
In order to know what type of altar you should create in your home, consider what emotion you want it to cause you to experience: joy, laughter, peace, calmness, fun? There's no wrong way of creating an altar as long as it is for positivity.

If you enjoy seeing photos of family and friends, make an altar with those items. If you enjoy cooking, display cookbooks in an area of your kitchen.

Your altar, or altars should be a place, no matter how large or small that, upon viewing it or standing near it, or picking up each item from it, will "take you away" from your everyday routine. Some altars are so powerful that they affect others in this way as well. Typically altars are very personal, but they do not have to be. What is important is that you set it up where and how you feel compelled; so it is yours.

8. INCORPORATE CEREMONIES INTO YOUR LIFE.

Ceremonies aren't only about the big celebrations like weddings or parties. Ceremonies can be daily celebrations too. While the big ones are important, implementing them into your daily life works too and can be something as simple as having dinner together every night and before eating, saying a prayer of thanks while holding hands.



9. ENERGY HEALING THROUGH TOUCH.

Energy healing is used by shamans because they know that we are more than our human body. The power of touch over someone can induce a feeling of relaxation and peace and even healing. Consider when you bump your leg, you immediately reach to hold or rub the area; or if your child comes to you with a headache you instinctively put your hands on their head. Energy healing is gathering energy from source and using it to help heal others. This act can even be done on yourself by visualizing thoughts of joy or peace while focusing on the area that needs to be addressed.

10. PERMIT A DAY FOR YOU.

The phrase "me-time" is an important aspect of life. Each one of us needs personal and private time for rejuvenation. This is not selfish, as it has been proven time and time again that by first taking care of yourself, you are able to take better care of or help others. The stewardess on the airplane tells you if oxygen is required to first give it to yourself and then the person whom you are assisting; such as a mother to a young child. This is not a selfish act because the child needs its mother to be functional.

When you permit yourself to set boundaries on others, it creates a healthy respect for the individual, you and the shamanic healing practices. It teaches patience which in today's world too many fall short of. A society of instant gratification, the practice of patience serves everyone well; learning to wait for a response or holding a thought to ask a question later.

This is an investment in yourself and should be done on a daily basis. An extended amount of time is not necessary; twenty to thirty minutes should suffice, perhaps less. So, be sure to incorporate these practices, making it a daily habit, a way of life.



FREE QUIZ THE RESULTS WILL SURPRISE YOU! **TAKE QUIZ**

SHAMANIC JOURNEYING

While working with a shaman for journeying will most likely have the best results, it can be done on your own. Here we will discuss how to get started:

Tools Required:

- **Music of rhythmic drums:** This will be useful in helping drown out other environmental noises that may cause distraction
- **Blindfold or eye mask:** This is not completely necessary, but it is helpful in keeping your eyes closed without having to focus on it.
- **Pen and Notebook:** Write down the question of your intent for the journey session. Subsequently, this will be used after your journeying experience for later reflection of what happened during the session.
- **Cleansing Tools:** This can be rosewater spritz to cleanse your body and the space you'll be in for journeying. It can also be sage or incense. Use what resonates with you.
- **Rattle:** Used to call the spirits on the intention you've set forward and to call the elementals of each direction so you'll be protected during your journeying session.
- **Safe, Quiet Space:** Choose a space where you won't be interrupted and a place that feels safe.

To Begin:

Once you've cleansed your skin and sitting area. Take a seat in your quiet place. Sitting comfortably in your quiet space, put on the blindfold and use the rattle to summon the spirits.

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after watching this video!**

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In the beginning, you may find it helpful to call the spirits with a prayer:

"Helping Spirits, named and unnamed, seen and unseen

All you who seek to help me and guide me on the path of my purpose

I honor you and ask for your protection and assistance on this journey

I ask that you _____ (insert your question or intent, i.e. help me to journey to the lower world to meet the animal helping spirit that would be most helpful to me at this time, show me the true nature of my financial troubles, help me to see the root belief at the core of my fear of intimacy).

Now, close your eyes and visualize being somewhere in nature that brings you joy: at the edge of a creek, in a cave, or a field of flowers. Take several deep breaths and as you visualize your joyous place, focus until you can feel the grass or dirt between your fingers or toes, or the water trickling across your skin. Take notice of the temperature, the wind on your face, the environment around you whether it is trees, rolling hills, birds, etc.

Once you truly feel you are present at the location, pose your question and patiently wait.

Typically each journeying session should have only one intention. You'll need to hold the question in your mind throughout the journey. During each session, you will get a sense that it is time to end the journey. At that point, if you had an encounter with a visitor, be sure to thank them for their time. Then, you'll need to visualize yourself leaving your chosen spot and returning to reality. Sit quietly with your eyes still closed, take a few deep breaths and reflect on your journey. Once you feel you are completely back into the present world, open your eyes and journal your experience.

Journeying takes patience. Do not be frustrated if you did not receive a visit during the first few sessions. Continue practicing. Just because spirits did not allow you to see them does not mean they weren't present with you.



Each time assess the journey experience and compare the different sessions. What are your interpretations? How can you make changes in your daily life based on what you learned in your journey? There is no right or wrong. Each session is uniquely yours.

Journeying takes time and with each experience it will help you grow spiritually and connect with the environment.

Best of luck!

**When you try this you will
be left in tears of joy!**

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BONUS SECTION: SHAMANIC PRAYER

Prayer, whether done in private or in a group is the means of communicating with higher and more powerful sources; a direct line to these higher powers, if you will. The act of prayer is used throughout the world, as a means of asking the higher powers for help, guidance, and giving thanks.

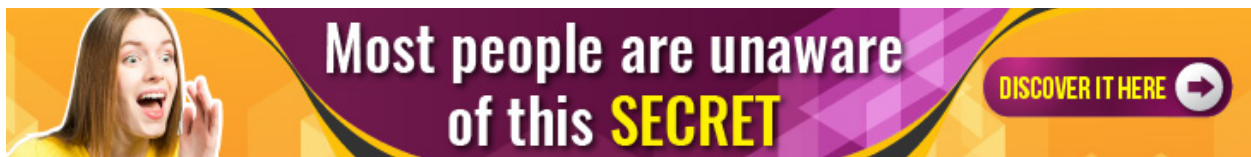
For many, prayer is extremely personal to be shared with no one else, whereas, for others, the act of prayer is done because they've been taught to do so, or formed a habit of doing it, yet because they only have a vague idea or understanding of what purpose it serves, it is not carried out in a mindful way, which leaves the potential for prayer to not work at all, or worse go awry.

However, when the shaman chooses to use prayer, it is not just the words, instead it includes all aspects of the root of shamanism; more precisely, for shaman's, prayer, intent and being present in everything you do is a way of life and is constant. Keep in mind the belief in shamanism is that everyone and everything all around seen and unseen, are connected.

The indigenous people lived as if "life were a prayer." The gathering of food, preparation of food, communicating with others, were all done in the "spirit of prayer."

Therefore, a Shaman uses prayer by communicating the request to the creator and then actively listening for the answers. Once the answers are received in order to make it effective you must put it into action immediately. That is "Spirit in action."

As you begin incorporating the shamanic teachings into your daily life, you may find that the use of prayer is a powerful communication tool. If this resonates with you, then start using the suggestions below as a way to make the most of prayer, as well as to get the most results from it.



TIPS FOR MAKING PRAYER SUCCESSFUL:

#1 Be Present, Always.

Be attentive to what you are requesting, as you request it. Being "in the moment," (in prayer and every aspect of life).

#2 Feel What You are Praying.

Just as when you are journeying, you visualize to the point of actually feeling you are there, the same holds true with prayer. With complete focus on the topic of prayer and the act of praying directly from your heart and feeling every word, the intensity will fuel the power. Words of prayer do not have to be spoken aloud, this method will further help you focus it from the depths of your heart.

#3 Choose Wording Carefully.

Be sure to use words that truly describe your request. Clear and concise is much better than fluffing it. You want your message to be focused in order to produce optimal results.

#4 Pray "As If".

When you pray "as if" your request has already been answered, your belief that it is possible brings more power to your prayer. Do not allow yourself to feel or think of doubt. By giving full faith to your request and believing in it so truly, displays your trust and belief in the higher powers, Spirit.

#5 Using the "I Am" Approach.

In addition to praying from the heart, another effective use of words is to use "I Am" as a way of connecting prayer and heart. The "I Am" connects source to heart.



FREE QUIZ THE RESULTS WILL SURPRISE YOU!  TAKE QUIZ 

#6 Listen.

Following your prayer request, you should also place focus on listening. Sometimes this will result in a two-way conversation with Spirit. To enable your best listening skills, meditate or contemplate directly following the prayer. This action will prove to be an effective part of prayer.

#7 Take Action.

As mentioned earlier, following prayer you should take action. Think of it in this way: You've asked with the notion that your prayer will be answered, because your faith is that strong. To make further impact on this, do something that you would do as if it had already been answered.

People have varying experiences with prayer, with a large majority of us being taught to have our head bowed, on bended knee with hands folded, sitting very still. However, in shamanic prayer there are various prayer positions that are used as well as hand gestures.

While living prayerfully every day is the Spirit way, and can practically be done anywhere, anytime and anyway; there is much strength derived from giving full focus to prayer and only prayer.

View it as a ceremonial for the shamans; a way to make the most of the powers of prayer. Furthermore, since shamanic prayer is a direct communication with spirit, they utilized certain postures, positions and gestures during prayer as a way to produce faster results.

When learning about the prayer positions and gestures shamans use for prayer, something may speak to you, making you feel driven to add it to your daily regimen.

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HOW A SHAMAN USES POSITION AND GESTURES FOR PRAYER

Shamans firmly believe that the posture taken and gestures used during prayer and help speed the process. In fact, they feel that position and gestures are of greater importance than speaking words of prayer aloud.

Positions and Postures: The shamans use many postures and each one has its own meaning, but here we will describe the ancient Toltec position. As you visualize the position, you will see that it causes the heart to be completely uncovered and open, facing the sun, with the intent of it being a symbol of offering and complete vulnerability.

Toltec Position: Facing the sun, head up, with legs slightly apart and knees bent, the head, shoulders and back are arched with outstretched arms and fingers. Again, the heart is symbolically uncovered from any protection and represents surrender to Spirit.

Gestures: Using hand gestures is defined by shamans as “magical passes,” and are thought to be a way of encouraging prayers to be answered more quickly. Oftentimes hands are raised towards the sky and outstretched to extend the feelings from your heart through your outstretched arms.

An important part of prayer is the expression of gratitude and love, and by touching your heart and then stretching your arms out, it is a gesture of spreading your love to the universe.

MAKING THE FINAL CONNECTION

Making the final connection in prayer is essential to completing the process. Just as an electrically charged item will not work if the connection from start to finish is not engaged, i.e. the circuit is not closed, the device will not work.

The same holds true in prayer. To bring all the above steps together and complete the process, you must with your entire heart and soul feel the prayer, believe in the fruition of your desired results, know that you are heard by Spirit, listen to the answers and be thankful.



Within the heart is a tiny source of electrical impulses that is responsible for the beating of the heart. This is the essence of life. None of us would be alive without it. It is here that Spirit is centrally located, the life force.

If you were to ask any spiritual leader how to get to heaven, he or she would tell you with an open heart. Consider for a moment the use of drumming in shamanic journeying or ceremonies; this is a representation of the heart beat. Shamans feel that in order to connect with spirits, enter the spirit worlds, you must have an open heart. Therefore, the heart makes the final connection.

During prayer, when you incorporate the use of "I Am," it opens up the heart emotionally and states that you believe in the results. Say "I Am" repeatedly, chant it, feel it, believe it. Or, say, "Spirit, thanks to you I am enjoying perfect happiness and health," "Spirit, I am thankful that I am filled with your love and prosperity."

Shamans view prayer as specific requests for what is desired of Spirit. If you recall one of the steps is to be concise in what you ask for. Truly connect with the "I Am" aspect of prayer. If necessary, place your hand on your sternum and apply light pressure. Located just behind the sternum and near the top right side of your heart is called the Sinoatrial node. This is precisely where the life source is. It is actually a very sensitive area to the touch as well. Now say "I Am" until you truly feel it, a feeling growing directly from your heart. Place your attention on your prayer request. This is where the connection is made complete.

We are all connected, that means we are connected to Spirit. It is just a matter of having an open heart to allow Spirit in so we may experience the wisdom, peace, truth and all other benefits of the connection.

Much earlier it was mentioned that perhaps children's imaginary friends were actually spirits. Why? How? If everyone has the ability to connect to spirit, wouldn't it be quite sensible that children have this ability and are able to indeed communicate with spirits; especially since in their innocence, they've not developed the skepticism and habit of overthinking, and fear of the unknown that adults have developed; essentially they have "an open heart." Spirit requires open hearts.

Through choosing to make these processes a part of your daily life, you will likely experience improved health, relationships, prosperity and fulfillment.

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be left in tears of joy!**

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SUMMARY

With the fast-pace of society today, people are disconnected from nature and spirit, which results in many of the health and environmental issues in the world. Living a well-balanced life is essential to good health and that proper balance is rekindled when focus is properly redirected.

The practice of shamanic healing helps restrengthen the spiritual ties with nature, ourselves and others; and this reconnection brings about a new vitality physically, emotionally and mentally. Here, we've covered the many of the basics of shamanic healing in the hopes that it will guide you to a balanced way of life as well.

