

The Rise of the Shaman

Shamanism in a nutshell...

...Now there's a challenge in itself due to shamanism being a massive subject and a global phenomenon. So let's go to the core of this subject and keep it simple.

The base principles of shaman practice are found throughout the whole of human history. They are found in all wise cultures all over the planet – from the Native American cultures to the Inuit cultures. Shamanism cannot be pin-pointed or pinned down to any one time or place for its birth is everywhere and nowhere. It's a real mystery in itself – and as with all true mysteries, one might argue, their origins are Divine – or, of the Divine Spirit. You could say that all spiritual practices that are true and of Divine origin will all have this air of mystery about them in relation to their beginnings – in other words, if the practice surfaces from everywhere – all cultures and countries – then it truly “must” have the

Divine blueprint, and we know this to be true of Shamanism.

To put it yet another way, you simply cannot say where shamanism originated for it originates from everywhere, which we could say is the trademark of all true mystical practices.

It is for these reasons, the actual individual practices, within Shaman disciplines, tend to vary quite dramatically from culture to culture but, be assured, the base principles and wisdom remains the same.

Okay, so let's start here, what is the base wisdom that spans all shamanic practices regardless of which culture you choose to follow or which version you gravitate towards, if we were to sum it up in one small paragraph, how would we describe it. Well, Shamanism, very generally, is the art and practise of being super-sensitive and deeply connected to the energies, the natural energies primarily, that are all around us every day. Being deeply connected in this way enables us to heal ourselves, in the beginning, but over time we begin to heal the dystopia found in the world, and we heal this

off-balance found in the world through the natural balance that begins to flow through us. We become a conduit, if you like, for natural and good healing energy – and through this energy transference, we begin to help those around us and our environment as a whole – this is a very holistic view and practice.

In short, we heal ourselves through our connection with Mother Nature, and then we heal the world around us because of this strong connection.

A modern sage – *alias Alan Watts* – once said – “*I cannot “teach” shamanism any more than someone could go swimming in the word water...*” What did Alan Watts mean by this? Well, I think he means these things that we are referring to here when we talk about spiritual practice are all just concepts and we need to go far deeper than this – we need to go deeper than mere concepts that exist on the surface within only the mind – we need to reconnect with the nature “within” us that’s already there – our true nature – so what we’re saying here quite honestly is that no one can teach anyone how to “be” a Shaman, this “has” to surface naturally from

within, but what we can do with knowledge of ancient practice is to encourage connection with a higher force that will point us in the right direction... And then it's up to each of us to walk the path. But let's not underestimate this. Being pointed in the right direction by a higher force is a huge blessing and even though we have to do all the work ourselves as we continue along life's journey and the spiritual journey, that starts to become one thing, our life-force, and the joy we feel inside, through fulfilling our destiny, begins to swell within and overflow and becomes evident to ourselves as well as those around us. This is called "the change", and it cannot be forced, but instead, if we are ready, the natural rhythms within us, that flow through the cosmos, begin to open up to us the gateway to a far wider spiritual horizon... *And that's Shamanism in a nutshell.*

Let's continue with our focus and go further.

*The corporeal and the incorporeal –
the internal and the external
(and in Shamanism these two worlds or planes
are the same)*

The Native American Shamans have a word that they use to describe the trouble found in the world. They teach us that they felt the instability in the world long before the Europeans landed on their shores. The word describes the problem and also the reason that they could feel this terrible off-balance within them way ahead of time – the word is “Koyaanisqatsi” – the simple translation is “*world out of balance – life out of balance*”. But a more literal understanding of the word, in our tongue, our language, takes a little longer to explain.

This word describes a type of philosophy that is largely lost to the western world but is known by the Native American cultures. The wisdom is as follows – the internal world (how we feel, our emotions, and our identity in relation to how we see ourselves and in relation to how we know we are perceived by those around us) is the exact same energy that exists in the

world as a whole. The one reality mirrors the other – the internal feelings and the external world. This is easy to see when we consider how the world as a whole affects the individual – when the larger system affects the smaller system – we understand how this can be so. We know how the world around us affects us and all too often we are simply swept along as though caught in a tidal wave. But what we tend to find difficult to grasp is how the individual, or the internal world of ourselves, can affect the larger system or the whole world. This tends to come from a lack of belief in ourselves to affect our immediate environment, let alone the entire planet, and it comes from a lack of faith in the all-purveying energy that binds all things together – not just on planet Earth but throughout the entire cosmos. The Ancient Shamans called this “all purveying energy” *The Great Spirit*. So, belief and faith prevents us from affecting much larger systems, but of these two, it is a lack of “faith” that holds us back the most and stops us from achieving great things in the world. But when we truly feel that the internal world and the external world are actually all one thing we then begin to learn the truth that

one person can make a difference, and it is in our power to do this. All of us have the power to change the world – each one of us “individually” has this power.

So, let’s think about this and feel its deep wisdom at the soul level. The outside mirrors the inside – and the inside mirrors the outside. Let’s go one further – if you can correct the off-balance within you, that you know is there, then you can change the world through the balance that you have found. And this brings us to a more modern version of ancient practice. We call this practice “Heart-centred Shamanism” or “Soul-centred Shamanism”.

Heart-centred Shamanism

With Heart-centred Shamanism we start off by knowing in our hearts and souls that we cannot, any of us, “become” Shamans, not in the sense that we think, and focus our efforts upon, because firstly, none of us come from a Shamanic bloodline (stating the obvious). And secondly, the true line has been broken by a broken

world – in other words we’ve gone too far and the continuous link to our ancestors, and the respect required to keep the ancient energy flowing and evolving, in a cyclic manner, has been cut by the collective disconnection of many generations. We can, however, reconnect with the ancient energies and our wise ancestors in order to be guided into a more modern version of the ancient practice – this is where “heart-centred Shamanism” comes in. With heart-centred practice we connect with our Spirit Guides and through their wisdom we begin to adopt once again the old spiritual and energetic ways, and we do this for our generation and for future generations. Through heart-centred practice we use our intuition, and our feelings to find our way; and our connection with the Universal energy, or the Great Spirit, through following our Spirit Guides, will create a healing in the world and make the best of a broken system – maybe it will even tip the balance back and bring the whole planet a better way of life. It is clear that we cannot go on as we are “as a species” – there needs to be more respect for the environment and there needs to be a readdressing of

global balance and this can only come from following our empathic and feeling sides and not from experiencing life entirely through our minds, which, by all accounts, is what we tend to see in our technological society. There really needs to be a recognition and a reconnection with the heart of our existence – we firstly reconnect with our “own” hearts, in a feeling sense, and only “then” can we reconnect with the heart of the planet.

So, with all this in mind, we can conclude that, unless we are part of a Native American Reservation that has survived the destruction of the modern world, then, all of us, that pursue this path, are all practising a more modern version of Shamanism, and through our studies we are forming connections with the natural energies around us with the wisdom of the past so that we can create something better for the future. And because this all comes from the heart we call it heart-centred practice.

We need to look at the three tools now, in Shamanism, which connect us most deeply with the natural and the

supernatural worlds around us. These three basic tools connect us with the three worlds.

***The Three Worlds – or –
the Three Planes of Existence***

What are The Three Worlds?

Lower – Middle – Upper

The Lower World...

The lower world, in shaman terms, is generally called “The Under World” – not to be mistaken for the more Christianised idea of Hell. The Under World is a place where our power animals dwell and the deeper more grounded Earth energies. The energy of this plane is more weighty than the Upper World. It is also a place that parts of our soul will flee to when we go through heavy trauma in life. Usually the pieces of our soul or “soul fragments” come back to us as we work through traumas that we suffer in life and this is classed as a natural part of spiritual growth – but sometimes some

soul fragments do not come back naturally and we need to practice “soul retrieval” in order to become whole again (and this is a facet of Shamanism). This can be performed by ourselves or by a practitioner. When we journey to the underworld it is very much a journey to the heart of the planet – we do this to reconnect with the earth and to discover and clarify our purpose in life – we connect with earth energies that heal us on a deep soul level and very often one of our power animals comes forward in order to pass on wisdom for our daily existence. The lower world also holds the opportunity for us to face our darker sides in which to master ourselves and spiritually grow as a result of these brave encounters.

The Higher World...

The Higher World or The Higher Plane is of a much faster and higher frequency to that of the Lower Plane. It is where our Spirit Guide resides and it is where all higher guidance involving our future path and the spiritual roll we have been given, emanates from. Contact with our higher selves is accomplished in this

plane – our higher selves in relation to the higher plane is a separate aspect to our earthly selves – it is “us” only as a perfectly balanced aspect and version of ourselves. We can seek communion with our higher selves, which, as existing outside of linear time, can grant us wisdom in relation to how we can better serve the Divine Spirit. This higher aspect of ourselves is not really separate to our earthly selves, but it may appear to be of a separate personality simply due to how much development we would need to undertake in order to reach this level of spiritual perfection. Our personal Spirit Guides, however, are completely separate personalities – they are, in effect, our very wise ancestors, that are now in Spirit and occupying the higher levels. The Higher World is also where we would seek communion with our loved ones in Spirit. The Higher Plane, from our everyday western understanding would be what we generally call Heaven.

The Middle World...

This mid-way plane is where we find ourselves right now in our mortal existence – we are anchored by the physical dimension and yet we have the unique opportunity, from

our physical standpoint, to access both the lower and higher worlds respectively in which to flow healing energy into the physical dimension from both of these extremely healing places. We are, due to being in the physical dimension, occupying an important, albeit difficult, step, that bridges higher and lower levels. And this means that, through invitation from Spirit, we can play important rolls in Divine Plan. These Divine rolls are varied but have to do with enabling lower vibrations to flow towards higher vibration, or put another way, allowing the suffering of others to be alleviated, and allowing troubled souls to be healed.

In short, our individual rolls are revealed to us through using the basic tools. The basic tools are the mechanisms that connect us with the three worlds.

In Summary

In an attempt to round this subject up, and in the interest of further study and practise, if we implement this kind of wisdom into our daily lives, it becomes possible for us, due to our position in Divine hierarchy, to bridge the gap between man's intellectual world and Mother Nature's empathic world. This means that, as human beings, we can bring the two systems together and create a global healing balance – this puts us in an extremely privileged position in creation.

and so...

If we truly wish to make a change in the world, and make the world a better place to live, then the change truly must begin with ourselves. We need to look within ourselves first and allow the natural Shaman to rise – *the Shaman that's within us all...*