

# Modern Shamanism ~ Shaman Studies



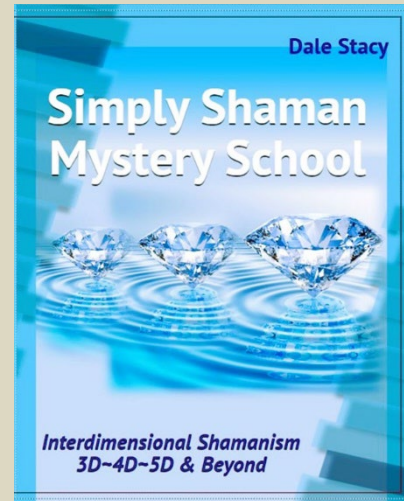
Shaman Mystery Schools are in session throughout the year in various formats for you to experience & practice Modern Shamanism ... When Shaman Mystery Schools are not in session, we have books/class manuals available for self/group study; & we host weekly YouTube "Lives" ... Join our YouTube Channel, "EarthStar Spiritual Center."

1. Simply Shaman Mystery School, Interdimensional Shamanism 3D-4D-5D & Beyond
2. Shamanic Mystery School ~ 7 Temples of Reality
3. A.L.O.H.A. ~ Ideals of Ascension Shamanism
4. Shaman/Wanderer Mystery School
5. Huna Hawaiian Shamanism
6. Merkaba A~Ω Shamanism
7. Cherokee Medicine Way ~ Full Circle



**1. [Simply Shaman Mystery School ~ Interdimensional Shamanism 3D ~ 4D ~ 5D & Beyond](#)**

For Modern Shamans journeying through the 144 Dimensions of our Universe. Mission Plans to engage & shift Shamanic Awareness with experiential foundations in dimensional concepts, energy/healing & meditations.



- ~ 3D Earth Shaman: Self-Awareness & Earth Consciousness
- ~ 4D Transitional Shaman: Love & Galactic Consciousness
- ~ 5D Elysium Shaman: Wisdom/Light & Universal Consciousness
- ~ Beyond Shaman: Eternal Love & Multiverse Consciousness

Interdimensional Consciousness & our innate Divinity link us to every atom in the Universe. Service to others is our call to action as mission-ready Shamans, effectively influencing our Collective Wholeness with Love & Light ~ A.L.O.H.A.

The book is formatted as a workshop manual & suitable for independent personal/group study.



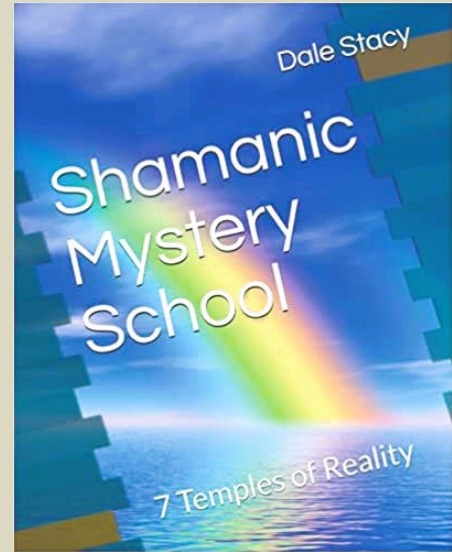
## **2. Shamanic Mystery School ~ 7 Temples of Reality**

An eclectic primer for today's Modern or Cross-Cultural Shaman. Activating the primal powers of the body's energy centers, we can accelerate our Shamanic abilities to influence our collective worlds.

The Shamanic Mystery School is organized into 7 sections to explore the magical perspectives of the 7 Temples of the Body – the Chakras. Our ancient DNA resides inside these sacred storehouses of knowledge, blueprints of how to relate to Life with love & harmony.

Now is the time to take the leap through experiential learning with mind-body-spirit consciousness as we ride the rainbow of wisdom stored within our energy fields. Once we enter the vortexes of awareness, we can examine these learning centers honestly & openly to know who we are & how to be a more efficient, effective & successful Modern Shaman.

Formatted as a workshop manual for individuals or groups, any Shaman of any level will be guided to the inherent mastery, housed within the 7 Sacred Temples of Reality.





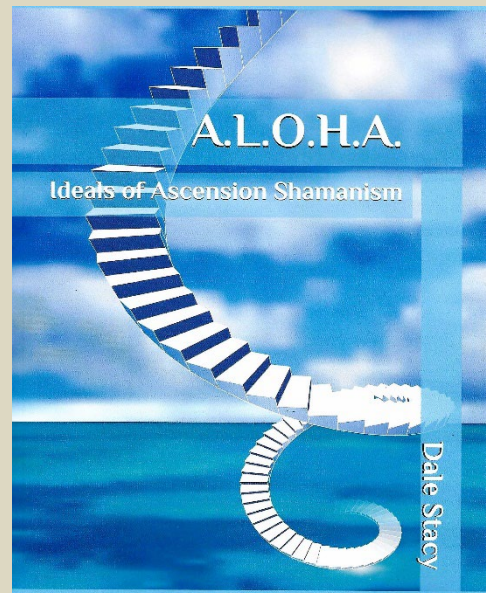
### **3. A.L.O.H.A. ~ Ideals of Ascension Shamanism**

Highlights guiding perspectives for the Modern Shaman who has prepared to transcend the 3D earth experience. Ascension is our divine inheritance & a natural progression of the human species.

Shamanism's flexibility allows us to explore our multi-dimensional reality as finite earth humans & infinite expressions of our Creator. As Shamans, we can activate our Earth Super Powers or unique talents to realize our service to others.

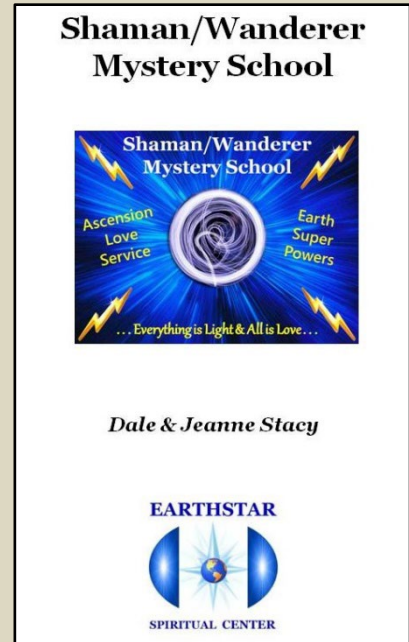
Being the Love in every moment is our purpose as we embrace our Wholeness, our Oneness. Our destiny beckons. Now is the time to be Shamans of Ascension & A.L.O.H.A. Consciousness.

Formatted for independent personal/group study.



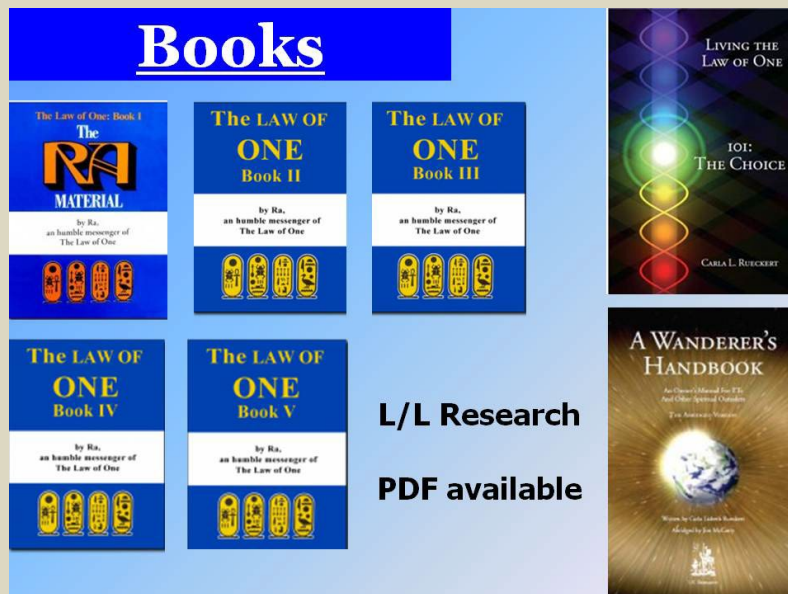
#### 4. Shaman/Wanderer Mystery School

A journey to awaken, accept & activate our inter-density mission. We have traveled from a higher vibration to integrate our Love/Light into 3-D Earth. By sharing our Earth Super Powers, we can live the best versions of who we are. Our service to others will elevate humanity's collective experience for the "harvest" or Ascension. It is time to align with our Earth Super Powers & fulfill our destinies as Inter-Density Shamans/Wanderers of Aloha.



#### Performance Objectives

- Examine Wanderer & Law of One concepts.
- Discuss Ascension/Harvest & the future of humanity.
- Identify Gifts, Abilities/Skills/Talents – Earth Super Powers.
- Create a W.I.S.H. Chart - Plan of Service.



## 5. Huna Hawaiian Shamanism

"Huna," meaning secret or hidden wisdom ... Principles/actions are/were hidden in words, phrases, ceremonies & rituals, yet shared freely with everyone to Live Aloha.



### What is Aloha?

In the words of Lili'uokalani, Hawai'i's last Queen ...



And wherever a Hawaiian went, he said, "Aloha," in meeting & parting. Aloha was a recognition of life in another. If there was life there was mana, goodness, & wisdom; & if there was goodness & wisdom, there was a god-quality. One had to recognize the "god of life" in another before saying "Aloha," but this was easy.

Life was everywhere – in the trees, the flowers, the ocean, the fish, the birds, the pili grass, the rainbow, the rock – in all the world was life – was god – was Aloha. Aloha in its gaiety, joy, happiness, abundance. Because of Aloha, one gave without thought of return; because of Aloha, one had mana. Aloha had its own mana. It never left the giver but flowed freely & continuously between giver & receiver.

Aloha could not be thoughtlessly or indiscriminately spoken, for it carried its own power. No Hawaiian could greet another with "Aloha" unless he felt it in his own heart. If he felt anger or hate in his heart, he had to cleanse himself before he said "Aloha."

# Aloha

(Aunty Maile Napoleon: [www. https://auntymaile.com/](https://auntymaile.com/))



## 7 Principles of Huna

Awareness/Perceptions to filter our daily relationships with people,  
places & things ~ Reality



([www.huna.org](http://www.huna.org) with Serge Kahili King)

(Aunty Maile Napoleon: [www. https://auntymaile.com/](https://auntymaile.com/))

## Kanaloa Pule (Chant/Prayer)

"Ike – Kala – Makia – Manawa – Aloha – Mana – Pono ...  
Lono – Ku – Kane – Kanaloa"



## Declarations

- "Aloha" (Love)
- "Mahalo" (thank you)
- "Ahuwale Ka Nane Huna" (That which is hidden is revealed.)
- "Ua Ola Loko I Ke Aloha" (Healing comes from within by means of love.)
- "Bless the Present – Expect the Best – Trust Yourself" (BET)



([www.huna.org](http://www.huna.org) with Serge Kahili King  
(Aunty Maile Napoleon: [www. https://auntymaile.com/](http://www.auntymaile.com/))



## Numbers

1-E kahi   2-E lua   3-E kolu   4-E ha   5-E lima  
6-E ono   7-E hiku   8-E walu   9-E iwa   10-Umi



## Aumakua Pule

“Aumakua, Mai Ka Po Wai Ola, Ho’ikea, Mai I Ke Ola, Amama.”  
(Higher Spirit, out of the inner world, bring forth the water of life &  
manifest this blessing.)

Aumakua	(ow mah koo ah)
Mai Ka Po	(my kah poe)
Wai Ola	(wy ola)
Ho’ikea	(hoe ‘ee kay ah)
Mai I Ke Ola	(my ee kay ola)
Amama	(ah mama)

([www.huna.org](http://www.huna.org) – Serge Kahili King)  
(Aunty Maile Napoleon: [www. https://auntymaile.com/](http://www.https://auntymaile.com/))

## Sun Pule (3x)

“Aloha E Ka La, Aloha E, E Ho’oulu Mai E Ka La,  
I Ka Honua Nei, Amama E”

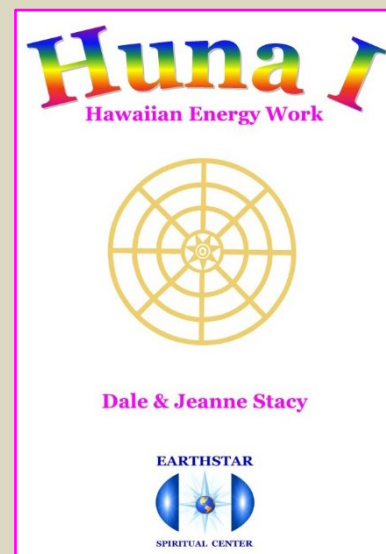
Aloha E Ka La, Aloha E	(Greetings O Sun, Welcome)
E Ho’oulu Mai E Ka La	(Enrich & Empower, O Sun)
I Ka Honua Nei	(This beautiful Earth)
Amama E	(Amen)

(Aunty Maile Napoleon: [www. https://auntymaile.com/](https://auntymaile.com/))



### [PDF Huna I Energy Work](#)

Highlights many of the principles shared above  
in an Energy Healing/Work format



## 6. Merkaba A~Ω Shamanism

Merkaba Activation & Multi-Dimensional Connection. A Merkaba is an interdimensional energy field/body of light. In most people, the personal Merkaba has been dormant since the fall of Atlantis. Every galaxy, star, planet & person has a Merkaba. The Merkaba rests within the Sacred Space of the Heart & can be reactivated for Ascension, healing, meditation & connection to multiple realities.



### Performance Objectives

1. Connect with a personal Angel.
2. Examine Sacred Space of the Heart.
3. Activate Pineal Beams.
4. Discuss Universal Shamanism.
5. Meditate w/Unity Breath, Sacred Space & Tiny Space of the Heart.
6. Participate in an Archangel Blessing/Clearing/Healing.
7. Connect w/Sufi Blessing.
8. Meditate w/Pineal/Heart & Personified Unity Breath.
9. Meditate w/4-D 2<sup>nd</sup> Heart.
10. Activate Heart Merkaba – A-Ω Spheres – 144-D.
11. Link Merkaba & Unity Grid.
12. Program & Create External Merkabas.

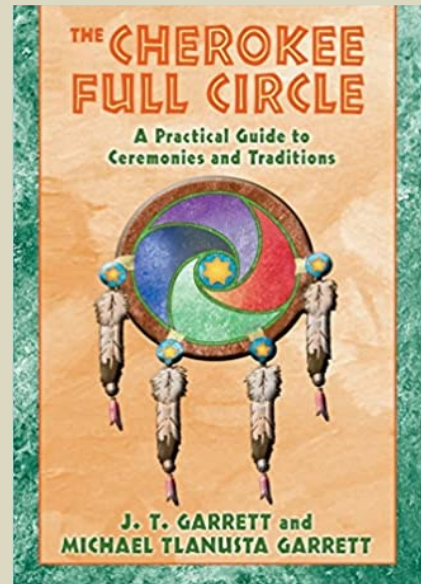


[Info Link: Merkabas Across America/World](#)



## 7. [Cherokee Medicine Way ~ Full Circle](#)

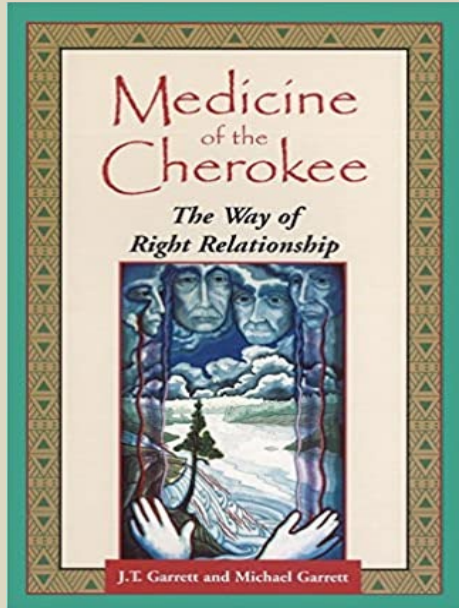
The Cherokee Full Circle gathers techniques representing Native American cultures from across America to teach the inherent dynamics of right relationship & apply them to the healing path. The Four Directions, the four seasons, & the four elements that make up the sacred hoop of the Circle of Life must be in right relationship with one another, or disharmony will result. Native American ritual has always emphasized the restoration of balance through ceremonies that provide a forum for learning, transition, & expressions of personal growth.



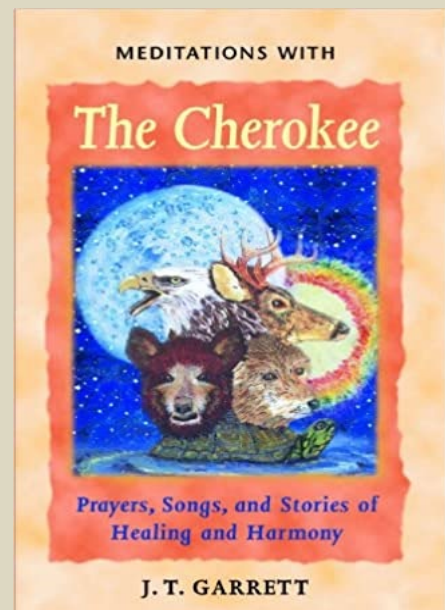
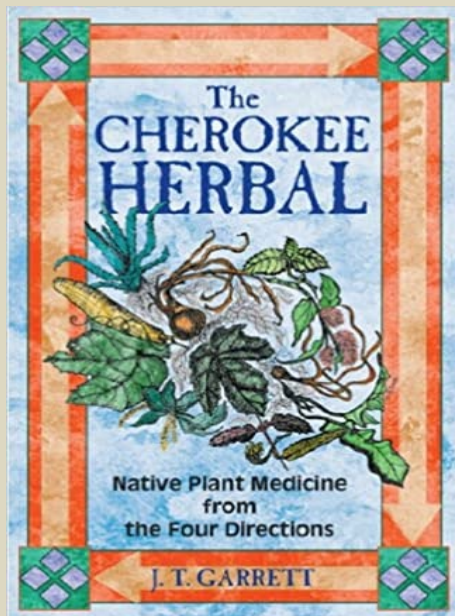
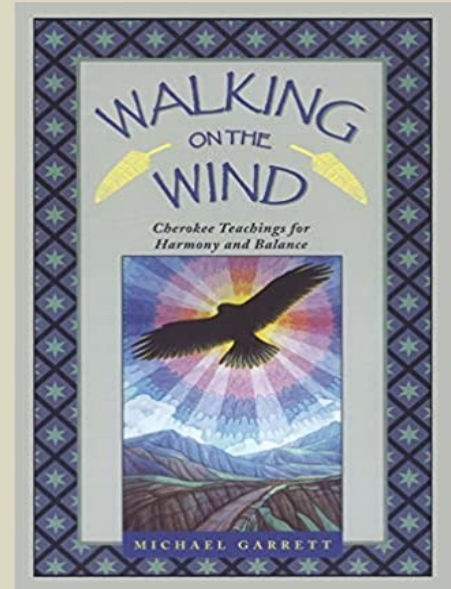
Cherokee authors, J. T. & Michael Garrett, offer traditional Native American exercises, teaching tales, & rituals that explore interrelationship as a tool for individual & group healing. The authors provide a comprehensive overview of Native American spiritual traditions & demonstrate how these ideas & methods can be applied universally to deal with life's situations--from depression & grieving to finding purpose & establishing positive relationships.

J. T. GARRETT, Ed.D., is a member of the Eastern Band of the Cherokee Indians from North Carolina. His son, MICHAEL GARRETT, Ph.D., is the author of [Walking on the Wind](#); & together they are the authors of [Medicine of the Cherokee](#).

> Additional books/info on next page <



Available on  
Amazon



Cherokee Preservation Foundation

<https://cherokeepreservation.org/who-we-are/about-the-ebci/>

Visit Cherokee

<https://visitcherokeenc.com/eastern-band-of-the-cherokee/>