

Shamanism

SHAMANISM BELIEFS

Shamanism is a way of honoring and respecting earth and earth's environment. Shamans believe we are put on earth to live out a physical existence and to pay our respects to God and all creatures. The saying love thy neighbor as thyself is familiar to shamans. We are all one and all part of earth. No one is greater than another, however each of us has our own special gifts or talents that make some of us stronger in some areas than in others. It is up to the individual to understand these gifts and to practice and develop them into their daily life. This would be called one's life path. A journey that a soul has chosen to live out in the physical body on earth. The ego is what shamans have to learn to harness. The ego is part of the human physical existence and is part of the personality. A good shaman learns when the ego over powers the soul. Learning to control and balance the ego takes time and constant effort, but in time, the shaman will learn how to control the ego and can learn to listen to their own soul.

NATIVE AMERICAN INDIANS

Historically there were many different tribes of Indians who roamed North America. Each tribe had their own ways of living, and yet they all understood and respected that everything has a spirit. For example, they would call the earth, Mother Earth, and the sky, Father Sky and treat both with great reverence and respect. In today's society, these different tribes are still recognized for their individuality and keeping the old ways alive through storytelling handed down from their elders. Shamanism is more of a calling for one's life path. One is drawn to shamanism and is known as a type of Medicine Man/Woman, Healer, accessing the spiritual realms. Today there are many different traditions of Shamanism and any one, no matter what your skin color, culture, or religion, can find your path to believing and honoring the ancient Native American ways in contemporary times.

SHAMANIC PATH and MODERN SOCIETY

Today's society is so focused on individuality that they have lost the meaning of giving, forgiving and understanding of others differences. The shamanic way understands that we are all one with the universe. They understand the concept of these values and morals. They learn to become one with nature and the earth. To give back to earth what they can and to replenish what they reap. Today less and less people care about nature. People neglect the earth by taking the earth's resources for personal financial gain without the thought of what it can be doing to the earth's environment. We are becoming less and less concerned about others and nature and becoming more self-centered. In return, there are more natural disasters than ever before and the endangerment of wildlife due to environmental changes. All caused by human beings and their thirst for power and financial rewards. More and more people are becoming self-absorbed in meaningless adventures than the honoring, respecting, and understanding of their own religions. People have forgotten the words of God/Great Spirit or the spiritual or sacred aspects of life.

Shamanism along with spiritualism is becoming more and more open in today's society. People are aware of spirits among the physical. Mediums are more accepted along with the use of spiritual tools like the Tarot Deck. There is nothing wrong with using these items, as long as there is some degree of protection. A simple prayer of protection is significant enough. There is some degree of danger, but God has made arrangements for your protection, unless, you dabble in things that can draw negative energies to you.

HONORING ANIMALS

Animals are honored in Shamanic tradition because the influences they have on our soul. We all have a favorite pet or favorite animal. In Shamanism all animals are respected and honored. Each animal has unique qualities that are present in our personality. If one wants to be more assertive and ambitious, a shaman honors a particular animal with those traits to bring forth those energies in to their daily lives. As we continue down our life's path, we require different qualities at different times. By honoring certain animals, we become one with that animal and bring forth its energies or those traits, qualities, or behaviors into our lives. We are all part of creation. All creatures should be honored, from an ant to a human being. We are no different than any life form

on earth except for the fact we have two hands, two legs, walk upright and have free will. Shamans believe in killing only what they need to substance their physical bodies, and give back to the earth in thanks and gratitude what it needs in return.

SHAMANIC INSTRUMENTS

Shamanic instruments are used for various purposes. Some for calling in the energies of an animal by the beating of a shamanic drum. Certain animals have certain drum beats to represent that animal. The drum and rattle can be used for releasing negative energies and used during a shamanic healing. There are various ways of making rattles and drums; however, the importance is how they are made. It is best to make your own. By doing so, you release your own intension and energies into the item you are constructing . Your own intention and creativeness will infuse the instrument with positive, loving energies of your [spirit guides](#). This makes the item special only to you and infuses it with spiritual protection and power. The design should be a concept that only you are drawn to doing and no other. Giving your drum or rattle uniqueness and spiritual power linked to your individual energies. These can be images of your spirit guides animal form or anything else that is unique to you and your spiritual journey.

A SHAMANIC HEALING

Shamanic healing is a very old practice throughout the world. Many religions and countries have their own form of shamanic practice. It may not be called shamanism but it is very similar. Shamanic healing is a form of spiritual healing where God/Great Spirit helps an individual to heal from a disease or illness thru the form of a spiritual intervention. A shamanic practitioner is not a part of the medical field that today's society is used to. It is performed with spiritual assistance either by angels, spiritual healers of the past, or deceased medical doctors. These individuals also can take on an animal form or be one of your primary spirit guides. The results from spiritual healing may vary depending on the healer's experience, past lives experience, and his or her degree of healing. Even the patient's health and the severity will determine the intensity and the time frame one is healed. For one to be healed by a shamanic healer one does need to believe in spirit intervention or a divine power of some kind. Throughout the centuries there have been reports of spiritual healers and miracle cases; however, society has been known to disregard many of these cases and many go untold and unnoticed to the general population. There are many different types of spiritual healings and different methods but All involve spirit assistance. One also needs to be aware of alternative medicine in conjunction with spiritual healing. Many years ago, most of the common illnesses were cured by plants of that native surrounding area. The Medicine Man/Woman or a Native American Indian was well knowledgeable of these plants and the uses for them. Pharmaceutical companies have used this ancient information to their benefit to make a buck off the average American. Shamanic healing is an alternative method vs medical surgery or medicine. If one believes in spirit intervention, one can be healed.

SHAMANIC JOURNEY

A shamanic journey is a form of connecting with one's spirit guides. This is to talk, make contact, and to bond with them. Not all individuals will have the same experiences or results. Each individual's spiritual quest is different and unique. A journey starts with a meditation. One should be actively meditating for a couple of months prior to trying to journey. If one feels like they are ready, one needs to listen to a continuous drum beat to meditate to. A CD of a shamanic drum beat recording for the purpose of shamanic journey can be purchased. Please refer to my list of recommendations. Once you have this recording, close your eyes and meditate to it. Some individuals will see imagery in their third eye, and others will receive random thoughts instead of imagery. Both are significant. Just follow your imagery or your thoughts as it materializes. Let them flow and don't resist them. When one begins their journey, imagine yourself in a familiar place or your own personal sanctuary. A place you feel safe and comfortable in. Then you will enter into the underworld or lower world thru a hole, a cave, or an opening in a tree; whatever feels comfortable to you. Once one reaches their destination, they will see an animal. It is necessary that it be an animal and not an insect. Establish contact with this animal and ask if it is your spirit guide. There are rules set in place for journeying. If you are venturing into

the underworld or upper world, the spirit can't lie. If the animal responds back no, ignore it and move on. Keep continuing on with your path until you come upon another animal. If that animal responds back a yes to your question, than proceed to communicate with it. Spend time with it and get to know it. It is your spirit guide and is there to help and direct you on your spiritual journey. However, it is best, for your safety, to always ask if the animal is your spirit guide, even if you have seen it before. Any animal that shows fangs or approaches you in an uncomfortable way, disregard it and retreat back to your starting point or your sanctuary. Then precede back down to the underworld or lower world and start again. Warning: avoid insects that claim to be spirit guides.

HONORING THE EARTH – THE FOUR (4) DIRECTIONS and SEVEN (7) POLARITIES

In Shamanic belief one honors the earth and all its living things. Plants, animals, insects, mammals, two legged (us), and all water bodies. The four directions of earth and all qualities associated with it. These four directions/elements are the North, South, East, and West. They also honor the elements, animals, seasons, etc. that correspond to these directions. They also honor earth's creators, Great Spirit/God; mother earth and father sky, etc. Some traditions honor the medicine wheel. This [medicine wheel](#) is the wheel of life. An honoring of earth and all of the universe. Each quadrant indicates the four directions and the middle is the heart, center of the medicine wheel. It indicates mother earth and the heart of life. It can resemble the heart within all of humanity and that we as humans must recognize our existence as spiritual beings walking in a physical body on the physical realm. By honoring the earth and all creatures great and small we honor Great Spirit/God and the universe. We must understand that it is not about our own needs and wants, but the needs and wants of the earth. We need to look outside ourselves and focus on love and happiness not of just ourselves but of earth and its wildlife. The shamanic traditions understand these principles and it is time for us to understand what humanity is all about.

- North
 - Season: Winter
 - Element: Fire
 - Elemental: Salamander
 - Animal: Buffalo
 - Keyword: Reflection
 - Color: Red – colors may vary depending on the native American tradition tribe
 - Archangel: Michael
 - Human aspect: Mental
- East
 - Season: Spring
 - Element: Air
 - Elemental: Sylph
 - Animal: Eagle / Raven
 - Keyword: Beginnings
 - Color: yellow / gold
 - Archangel: Raphael
 - Human aspect: Spiritual
- South
 - Season: Summer
 - Element: Earth
 - Elemental: Gromes
 - Animal: Coyote / Wolf
 - Keyword: Growth
 - Color: White
 - Archangel: Ariel

- Human aspect: Soul
- West
 - Season: Autumn
 - Element: Water
 - Elemental: Undines
 - Animal: Bear
 - Keyword: Preparation
 - Color: Black
 - Archangel: Gabriel
 - Human aspect: Physical

HONORING FEATHERS

Shamanic traditions honor the feather. They believe that if one stumbles across a feather on the ground it is a gift from the spirit world. An offering. These feathers each are given for a certain purpose. The hardest part is to figure out what the feather was given to you for. In a case where one doesn't know, ask your spirit guides, meditate upon it, or ask for a dream to give you the meaning behind the feather. Once you receive the reason behind the feather than one can use it for the purpose it was intended for. Usually the feather is offered to you as a sign of acceptance and/or gift from Divine Source for something you have been studying or working towards completion. Feathers signify the air element. Birds in the Shamanic tradition are known as the winged ones. Birds are sacred due to the fact that they can fly high above. The eagle is one of the most sacred of all. For it can reach the highest and the closest to the Heavens. Feathers given to you by nature should be treated with the utmost respect. For these are offerings to you either by nature spirits or by your spirit guides. Once one understands the reason for the feather, they should treat it with respect. The feather should then be used for the intended purpose it was given to you for. Either hold it for meditation use or place it in a shamanic arts and craft project one has been working on.