

## **Honoring and Healing with Nature**

*How can the ancient spiritual practice of Shamanism help us in our modern life and culture?*

There are many aspects of this tradition that can enhance, inspire and help us heal in this modern culture. In the shamanic world view we are all connected and all that is alive on this planet has spirit that we relate and interact with. From this perspective the wind, trees, elements, weather, and all creatures upon this earth have spirits with a willingness to help us heal, clear, ground ourselves; opening us up to receiving clarity and wisdom. This connection to spiritual power helps us in our daily lives to heal our thoughts and feelings, in addition to positively impacting many other areas of our life as well.

### **Ways to work with nature**

A Celtic way of receiving clearing help is in working with the element of wind. Go outside, close your eyes, reach out with your heart to the spirit of the wind asking to be cleared of what needs to go, keep your heart open, be in love and gratitude, have a willingness to let go. This is a wonderful practice for releasing troubling thoughts and feelings that no longer serve us or when you feel you have collected uncomfortable sensations or psychic waste.

Cloud people are very helpful with assisting us in achieving clarity. Go outside with a question, speak or sing your question to the clouds and as you watch the clouds notice how the movement and shapes of the clouds answers your question.

Trees are special healers; roots of a tree connect deeply into the earth reaching out to other trees as its branches soar into the limitless sky. When you feel ungrounded sit with your back to a tree and feel the tree's connection to the earth. When you feel stuck, experience the freedom of its branches reaching into the sky.

Notice how a tree dances in the wind and how its seeds fly on breezes to new places, creating new trees.

### **Enhance your relationship with nature**

As in any relationship it's good to say "thank you" for the gifts the spirits of nature share with you, one way is to send love and gratitude from your heart. Create earth beauty by being environmentally sensitive; create less of a carbon footprint and mentor others to do the same.

Traditional ways that have been part of shamanic practices are with gifts from the heart, song, poetry and dance or with gifts of herbs: such as tobacco, lavender or sage. Fill your heart with love as you state your thanks, blow on the herb and release your offering to the wind or place it in your special place on the earth.

As we connect and actively interact with the spirits of nature we develop a deeper understanding that we are not alone. This recognition helps our sense of completeness, alleviates loneliness and fills us with spiritual healing. Through this relationship with the spirits of the natural world we create a healing cycle; nature helps us heal by empowering and filling us with spiritual power and love. We heal and help those around us including nature to heal. What a wonderful supportive relationship of friendship, healing and sharing.-