

This column is devoted to the spiritual practice of Shamanism a time honored healing practice. In the last column I suggested ways you could start to develop a shamanic world view. This month we will look at some various types of Shamanic Healing and why you would consider receiving shamanic healing.

In the shamanic world view there are three common ways that an illness manifests. It is said that the illness begins on a spiritual level first. In my practice I often hear "I was so angry or deeply sad" or "after the accident, I became ill". When a person experiences illness or emotional distress, it is believed that this is a form of lost spiritual power. These wounds can take on the forms of Lost Power Animal essences or Lost Soul essences.

Your Power Animal essences are a connection with pure spiritual and compassionate power. In shamanic cultures, it is believed that each of us is born with a Compassionate Helping Spirit that we experience in the form of a Power Animal. When we lose that connection we could experience chronic illness, misfortune, or depression. The Shamanic practitioner retrieves the Lost Power Animal allowing the client to regain that lost power and live a more full life.

When we suffer a trauma, serious illness or accident we may experience what Shamanic cultures call soul loss. We then may experience depression, dissociation, PTSD or addictive behavior. The Shamanic practitioner, with the help of their Compassionate Helping Spirits, goes to the place where the soul parts reside and returns those essences that are willing to return. Soul Retrieval often evokes a state in which clients report feeling "more whole, more connected, more alive- like they are all there".

Another form of illness can be caused from Spiritual Intrusions which could be caused by disharmonious emotions or thought forms. There is a method of healing that works to remove the intrusions. The body is then able to work on healing without the presence of these intrusions. I have also found this technique helpful for the side affects of chemotherapy.

It is important for us to be filled with our spiritual power as this is an authentic power not an egotist power. The more present we are in our world, the more we can fill our world with our love and light helping ourselves, our families, our community and our world to be whole and healthy.

Dance your journeys; dance your dreams, Elaine