

# Module 1

Understanding Shamanism

- What Is Shamanism
- Calling In space & The Four Directions
- Is it Dangerous
- Clear Do's and Don'ts
- 3 Part Being
- Ego vs Soul
- Divine Dycotemy
- Remembering what you already know

# What Is Shamanism

**Only your heart will know what is for you.**

- History the word Shaman (male) original Udigan (female)
- Different traditions and culture's, came from Animism
- Curanderas/ Curandero and plant medicine
- Mesa Carriers, and the Medicine Wheel
- It is the journeying that makes it shamanic. This is the thread that joins all the different versions of it.

# Calling in Space

**The foundations to journey work.**

**Energy needs specific focus. More powerful than general.**

- The 4 directions & Duality
- Opening Space & How to Do This  
Rattle and use mantra from sheet. Then use imagination to see animals afterwards. When you know it, combine them.
- Why is this important. To acknowledge the formless realm. To build a relationship of honour and trust. To acknowledge the body of God.
- Using imagination to practice mind energy. Imagination is the creative power of God. We are creators and this is how we create. Thought, Word, Action.
- The power used on a collective level, and tradition carried on for generations.
- The animals and archetypes in each direction

# Shamanic Medicine Wheel

**West = Jaguar, Mighty Otorongo  
(orange ray body)**

**The breath  
Assists with empowerment**

Water element  
Emotional healing  
Facing fears  
Shadow work

Healing fears from past lives that are still with you



**North = Hummingbird, Siwarkenti  
(yellow ray body)**

**The subtle Body  
Assists with Self Sourcing**

Earth Element  
Magic and Joy  
Living your purpose  
Energy  
Excitement  
No time for drama  
Healing soul

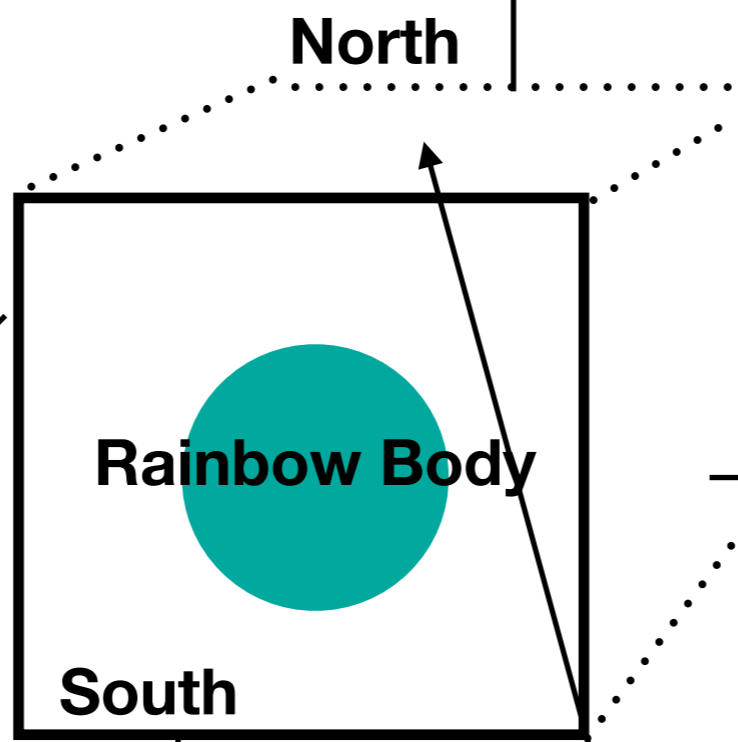


**East = Condor/Eagle, Haton Apuchin  
(green ray body)**

**The Sage**

**Assists with visioning and manifestation**

Wind element  
Rise above the judgements  
Effective Perspective  
Spiritual Sight  
Peacefulness  
Wisdom  
Death and rebirth  
Healing contracts

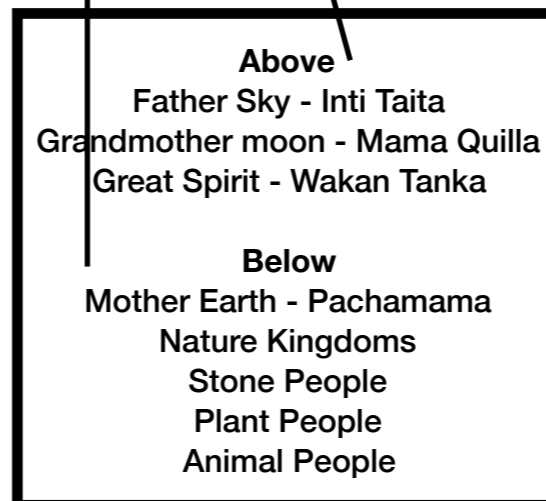
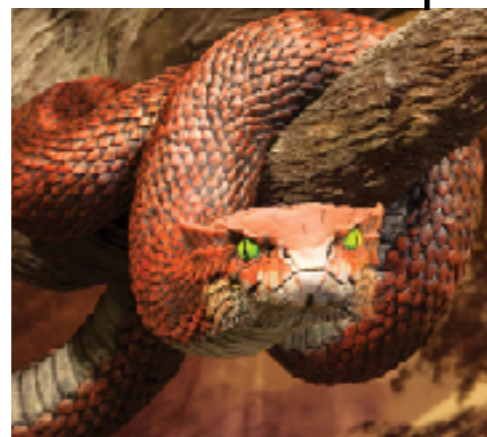


**South = Serpent, Sachamama  
(red ray body)**

**The physical body  
Assists with drama & victim**

Fire Element  
For shedding all that no longer serves.  
physical healing  
Security

Ability to digest life and traumatic events  
Healing past issues and trauma's from this life



# Is it Dangerous?

**This the foundation to extraction work.**

**If you don't get his you can't extract negative energy (because you won't desire to)**

- Only if you misunderstand the purpose of all of this.  
In all pain there is gold.  
It's actually how we learn quickest!
- It depends on your idea of danger? someone who questions everything vs someone who lives by societal or religious constructs. Which one is dangerous?
- There is fear, yes. This will magnetise to you, that which you seek to get away from.  
This is why self development and self analysis is imperative on the shamanic path. Then you are working with and not running from. (fear of car accident would stop you driving, or even going outside) Learn & understand.

- Fear of Death - a big one for humans

The ultimate freedom would seem to be no fear of death. So why don't we gift ourselves that?

Because it serves a purpose. Everything we judge as bad or wrong is so necessary in the all.

If we didn't fear death the capacity for excitement would be diminished.

It makes life more precious as we are afraid to lose it.

- We recognise this fear and use it to find the balance. To find the balance it must be first experience then understood. So thank our parents and our conditioning for all it has given us. It has given the opposite experience so that we may know our divinity, experientially.
- Even Death is a Soul's Choice. If we knew that this was the start of a wonderful journey we would celebrate those who re-identify and be happy for them. Grieve our loss yes but never their death.

- There is no such thing as the devil and hell does not exist. There is only LOVE.
- Everything is an expression of Love. Some are very distorted expressions of love yes, but it is still love. Because that is all there is.
- No body does anything “Wrong” given their model of the world”
- There is only levels of purity shall we say. Muddied water metaphor.



- God can not experience itself in the absence of that which it is not.
- There is polarity
- There is that which you give your attention to.
- The question is can we thank that which we hate, that which we try to get away from, that which we judge?
- Thank it for teaching us, thank it for showing us. Because it too is God. There is no devil, there is only God.

- Balance here is to not spiritual bi pass
- We don't use this work, to make everything ok and pretend it all alright. No this is suppressing.
- The other end of the spectrum is an emotional outburst when things are not ok.
- With this knowledge we find balance. We are able to speak our truth, and express what is not ok with love instead of judgement.
- It's not an excuse for all the Sh\*t it's a chance to learn from and use it and evolve. We can see now enough is enough and humanity wishes to be more effective in its choices. It's a balance rather than an attack.

# Clear Do's and Don'ts

- Question Everything
- Know yourself
- Be true to yourself (betrayal of ourselves in order to not betray another is betrayal none the less)
- Express yourself, welcome emotions.
- Put yourself first, in order to nourish other. Give from your over flow.
- Take yourself too seriously
- Suffer in silence
- Pretend
- Hold it all in
- ignore emotion

# When you journey

I wanted to make a contract to keep the power

## Do's

- Open Space
- Start and end in the same place
- Use for self Discovery
- Pause
- Ask again

## Don'ts

- Assume you are wrong, always work with what is. (it is impossible for you to be outside the body of God)
- Rush / Panic (especially when faced with a decision of what to do)
- Make any contracts you don't want to make or are unsure about.

## Do's

- Question if not sure (e.g Husca not Husca)
- Notice Human Judgements
- Usually if not 100% YES it's a no (this can be tricky if not fully embodied that you know you that you know)
- Understanding over final goal. Completeness is the understanding, not the destination.

## Don'ts

- Don't do anything if not sure. You might be tested on your beliefs or boundaries
- Fly back into your body, when you have finished. end where started.
- Kill anything (to save this child you must kill its captor)
- Make assumptions.

- My do's and don't is a guide to start you off. The journey of discovery is yours!
- Really there are no absolutes no rules!
- Sometimes I have met a demon and what I needed to do was accept it as part of me and find an okness with negativity
- sometimes I have battled and shown up stern with anger to blast this part open and show it who's boss.
- Sometimes there is no emotional connection and it's just what is. Matter of fact. Banish this, it doesn't belong here.

# 3 Part Beings

**This is the only way to embodiment. This understands allows miracles**

- Mind
- Intelligence
- Nature
- God
- Soul
- Consciousness
- How we experience
- shifts if we drink alcohol for e.g
- different stages of consciousness/perception
- Thought
- thinking, language, memories, imagination
- Awareness
- Mind, metal intelligence

- Experience is made up of all of these 3 things.
- Tri part beings
- Nothing vanishes it only re-identifies  
e.g parts of the body cut out, but they still exist energetically.  
A leaf is cut, and photo taken under special light the top is still there.
- Thoughts vibrate so fast that matter is formed. Thoughts create physical reality. Thought, word, action!



- Soul speaks in emotion. It is creating each now moment.  
Don't be fooled by an emotion created by a reaction of the mind.
- The mind reacts and only recreates what it has been imprinted before.
- The body is responding to messages from both. The body is a community not a singularly thing.  
So some parts of the body might be getting different messages than others. Like addressing an army or a large school, it can be difficult to get everyone to listen.
- Most identify with the body. The human think it is a body that has a soul. Not a soul that has a body.  
(is your soul inside of you? or outside of your body?)  
Sleeping is a rest for the soul, not the body.

# Ego Vs Soul

**Understanding Precedes Forgiveness.  
Forgiveness is the frequency of healing.**

- Attached to the thing
- Useful for saving our life
- Focused on the matter  
(what's the matter term of  
phrase no accident)
- Likes I don't Know
- Can feel pain but it won't be in  
any judgement around the pain,  
it will just be feeling a frequency.  
Therefore is it really pain? Really  
it would be called expression.  
authentic expression.
- Pure possibility. Space.

- This is where it is useful to use phrases like part of me.
- And notice what attachments and conditioning you have learn to stick to .
- Noticing how we find it challenging to move into the unknown. It's different, and are are used to fearing what we don't understand.
- Very useful to notice your thinking and see if your soul can re-assure your ego.
- Trusting the moment and your read of that moment.  
Here we can use "tracking"  
what you are really tracking is your resistant to fulling letting this moment be OK
- We can only be unconditionally loving by owning and realising how conditionally un-loving and judging we are.

# Divine Dycotemy

**So that You know The way to lasting peace**

- To seemingly opposing truths existing in the same space.
- The unexplainable.
- God is everywhere & God is nowhere.  
For God to be somewhere in particular that would mean that God would NOT have to be somewhere else and that is impossible.
- There is no Right & Wrong. There just is.  
Effective / Ineffective yes. (human race makes up right and wrong, it keeps changing, but the ego wants to make it absolute.)

- When both these truths can be held in your system. Then you will find peace. You are FREE!  
Accepting our relative reality as heaven, because it is.  
I have sent you nothing but angels.
- Also known as the realm of choice. Free will choice.  
Express and fulfil the truth about who you really are. Who do you choose to be?
- The Being-ist.  
Do you choose to be holy. To be expansion. To be compassion.

# Remembering what you already know.

**God Consciousness. The meaning of life.**

**The express and fulfil in each moment who we really are. Our Divinity Experienced**

- Not “I” am God  
But “We” are God. We are at the all of it. Experiencing to, through and as us.
- We are creative
- We are responsible for ALL OF IT!
- If we don’t take responsibility for all of it. We will not be able to change any of it!
- If you are struggling to connect vertically, don’t keep searching there. You go the opposite way.

**Theme for this week is Awareness.**

**Extra series on your tube for those that are interested.**

**Module 1 of Psychic-modules-library**

**Homework: SAC Alarms x3 times a day**

**SAC Lists. I wish list becomes If only list and label the S A or C**

**SAC memories. To know yourself and your conditioning more deeply.**

**when you know and take responsibility for what is. Then you can change it.**

**Homework is WISDOM.**

**Wisdom = Knowledge Applied!**

**We are so used to just being taught knowledge  
we have forgotten how to teach wisdom.**

**DO IT!**