

Part 1

The Ancient and Modern Shamanic Knowledge and Visionary Process for Dreaming the World into Being

Shamans have been actively dreaming the world into being for millennia. As far as anyone knows, they were the first to actively and deliberately engage in this natural ability that is available to all. The focus of this book is to enable you to engage in this very dreaming process. As such, I will begin with a brief explanation of Shamanism and how it relates to the process of dreaming the world into being. In doing so, I hope to take the mystery out of Shamanism and all of the mystical and spiritual traditions that were built from it. Thus providing the keys to unlock the secrets and make them truly useful to all for the benefit of all. I think you will find that there is a little bit of shaman in all of us, and maybe quite a lot in your life. The tendencies to teach, to soothe or heal, to encourage and empower, to be a good mother or a good father, to serve, and to create are all a part of the characteristics of a shaman.

What is a Shaman?

Since the first humans began to walk the Earth and huddle in caves at night to stay warm and protected, there were always those who could see what others could not yet see. One of these visionaries was the first to notice the warmth around burning brush that had been struck by a bolt of lightning from the sky, and how it would spread from one piece of wood to another. She knew that she could gather that wood and that magic warmth from the sky and bring it into the cave to bring greater comfort to her family. Perhaps she was the first shaman. Or could it have been the person who first tossed a stone at a high hanging piece of fruit?

Surely, her family was amazed and delighted at the results of her vision and her ability to bring greater comfort and joy like no one had done before. Perhaps some were frightened by her magic abilities. Perhaps some were called to learn from her because they also had unique visions; and the first lineage of shamans was born.

Then there was the hunter that observed patterns in the migrations of the animals that no one had noticed before; and because of this, he was able to provide more good food for his family. Perhaps many were astonished at this one's ability to "speak" to the animals and know where they would be tomorrow. Perhaps they *did* speak to him, and give him the vision to observe and know their migratory patterns.

And another one wishing to improve the quality of life of her village, to see more comfort, joy, healing, and laughter, listened to what the plant spirits were telling her and extracted medicines from the plants. Or was it that she was intrigued by the sweetness of the water that the leaves had been sitting in, and noticed that it soothed her sore body or aching stomach? Whether it was the random firing of synapses in the brain that science may espouse, or direct dialogue with the Great Spirit, or both, the end result is all that really mattered to the people of the village.

Then there was the first storyteller, artist, and musician who noticed that she could soothe the children at night and bring teaching, laughter, and joy with her myths and performances. She would even don the skin of a deer to embellish the story, and paint great scenes and mythic images on the cave walls. Again, her people were amazed and delighted at the magic of this unique

person, and again some would be drawn to learn and bring that same joy to others.

And as life and cultures became more complex, so these great lineages of shamans and their tools, techniques, and teachings grew in complexity. Throughout time, these people have been the ones who could connect with the unseen forces and bring new information and knowledge to improve the quality of life of those who were asking. They became the mediators of souls between the worlds. And more and more these shamans were admired, revered, and feared. Some continued to use their gifts to bring joy and wisdom to all that they could, seeing that this was good and that all the people could benefit and learn from it.

Some shamans began to relish the vision they had that others did not have, and began to realize that they could have power over them as a result. And they used their myths to increase that power and make it increasingly exclusive and secretive. Thus the spiritual cults and religions were born. There were also sorcerers who would use the Shamanic techniques as black magic to manipulate or do harm to others and attempt to gain more power, money, and infamy. However, theirs was not the power of love, healing, and creation, but instead a power based on fear, greed, and control.

With the advent of the religions, science, and spiritual cults, the ever evolving and open gifts of the shaman's vision and connection to the unseen became closed and permanently fixed in the pages of books, and guarded by swords. And those that feared the magic and words spoken by the hierarchy became the most easily controlled, while those that would find joy and learn from the

magic continued to do so, even within these structured and institutionalized forms of the Shamanic vision and wisdom. The leaders justified their approach, many with the original intent of bringing joy and a better quality of life. And so the religions, sciences, and spiritual cults continue to thrive to this day and do much service to the people, while others have experienced much disservice from them.

There have been times throughout history, when those practicing the institutionalized forms of Shamanism and sorcery have felt threatened by the original unstructured, open, and empowering forms of Shamanism, and have tried to destroy it. They had come up with many clever ways and myths to convince their followers that these empowering and life-affirming forms of Shamanism were non-serving, false, or indeed evil, and would lead to eternal suffering in and beyond this world. These sorcerers took advantage of people's fears, and whether by conscious intention or not, sorcery became an integral part of business, medicine, and politics as well as religions and cults. People would even inadvertently practice it on themselves through their own limiting beliefs, judgment, and guilt. In business for example, it is used to reinforce the kind of indentured servitude that is often required for corporations to succeed, or to convince people that success is measured by their ability to consume more and more products. In medicine, it is often used to sell more drugs, and inadvertently through diagnosis, which itself can become a self-fulfilling prophecy or life sentence. In politics, sorcery is used in many ways to gain favor, control, and power. These have been and continue to be the less pleasant chapters in the story of humanity.

Nevertheless, today there is an increasing awareness of the fear-based fallacies that have kept humanity from its greatest purpose and basis of life, namely joy and freedom, and the full expression of our true nature of love and compassion. People all over the globe are being reminded of the ancient and original intent of Shamanism, as well as the value and effectiveness of its open-ended teachings and techniques that continue to apply to even the most complex and modern of cultures. Science itself, through breakthroughs in Quantum Physics and Cosmology, is beginning to acknowledge and find proof for the very hypotheses that shamans have always relied upon and have already proven through the results of their work. Non-local phenomena, the relativity of time, the curvature of space, and the immeasurable and invisible “dark matter” and “dark energy” that science has concluded must make up ninety-six percent of the Universe, have always been the basic natural laws and phenomenon that shamans harness and apply.

And because of this increase in awareness, people are reconnecting to the gifts of both the unseen and seen forces of nature that are all around them, even in the big cities. People are reconnecting to the soul and spirit of all Creation in this way, and improving their quality of life like never before. Today’s inventors, storytellers, artists, musicians, alchemists, mathematicians, scientists, medical doctors, psychologists, priests, and healers of all kinds are recognizing that they *are* the shamans of their villages, towns, and cities. In increasing numbers, they are seeking and completing full Shamanic training and bringing the comprehensiveness of the ancient wisdom teachings and techniques into their modern practices. And because of this, their intent to bring wisdom and joy to their people is being fulfilled more completely and with

greater results than ever before. For, they are melding science and religion, the worlds of spirit and matter, the unseen and seen through the teachings and techniques of today's Shamanism. And the indigenous cultures who have held onto these Shamanic traditions throughout history and even through the most challenging of times, by sharing them once again with those who had forgotten, have created this trend that may actually bring the world and humanity back into balance; and not just that, but to an even greater level of joy, freedom, quality of life, and connection than ever before.

I use the word "shaman" because it is a simple and fairly universal title. The actual word comes from the medicine people of Siberia and has been widely adopted throughout the modern Western cultures to describe someone who facilitates a coming into power and freedom, which is often referred to as healing. Ideally, someone who practices Shamanism has been trained in techniques and initiated in a way that allows them to safely and effectively mediate between the physical and non-physical worlds in order to bring about some desired change on all four layers of our being: Literal/physical, Psycho-spiritual/mind, Mythic/subconscious, and Energetic/essential soul. While Western medicine diagnoses, maps, and intervenes only on the physical or psychological layers, the shaman engages the healing process on all four layers and preferably intervenes at the essential Energetic layer and then maps the new healed state at the Mythic layer. Shamans will stop the bleeding, set bones, prescribe herbs, and help change thoughts and beliefs, but they will also help empower you and help you to create more desirable experiences in the future, so that you no longer have to repeat the same old patterns and wounds that you or your ancestors have experienced in the past.

The shaman is a healer, a storyteller, a mythmaker, a wisdom keeper, a visionary, and a technician of the sacred that mediates between the worlds of energy and matter. Often through an altered or naturally different state of consciousness, she calls on all the forces of nature, both physical and non-physical, to help her do her work. She brings balance back into any situation by being in balance and dialogue with nature herself. Because of her preparation and relationship with the forces of the Universe, there is very little for her to actually do. She just has to be, and to hold a safe and non-judging space for the healing and visioning work to take place. The shaman sees no separation of matter and spirit, the way we do in modern Western and in many Eastern traditions. To the shaman, all matter is animated, and there is nowhere that spirit is not. For example, there is nothing more spiritual to the shaman than biology—how it seeks more complex and beautiful forms as atoms gather to form molecules, which then gather to form cells, which gather to form organs and eagles. And neither is there anything more spiritual than our man-made objects. It is all filled with spirit and consciousness.

The Work and Training of a Shaman

The shaman uses metaphor to describe her work. However, in contrast to how Westerners use metaphor, the shaman knows that behind the metaphor are both a real force that can be summoned and a process that can be engaged in to make real changes in the physical and Psycho-spiritual layers. An example of this use of metaphor is the four-step process of becoming a shaman that I have learned through the Four Winds Society, which follows:

1. The Way of the Healer. This is represented by the serpent who teaches us to shed the way we hold the wounds of the past the way she sheds her skin, which is all at once. This makes us available to power and knowledge. Even Western medicine has borrowed this metaphor by using the Caduceus (serpents wound around a staff and sprouting wings) and rod of Asclepius (serpent entwined around a staff) as symbols. The Shamanic process associated with the Way of the Healer is referred to as the Illumination process. An Illumination is like an Energetic enema that cleanses the chakras and luminous body and replaces the heavy energies with the light of our true nature. In the Way of the Healer, the shaman is connected, via initiation rites, to a lineage of healers (or *Hampe* in Quechua, the language of the Inka) that are the Earthkeepers from the past who assist us in our healing process. The shaman's luminous body is also given rites of protection, seeing, and harmony with the organizing principles and archangels of the three worlds: otherwise known in the West as the subconscious, conscious, and superconscious.

2. The Way of the Warrior. This is the way of the peaceful warrior represented by the jaguar, who teaches us to leap beyond fear and violence. Jaguar helps us to release old myths and stories that keep us bound to the same patterns that both we and our ancestors have been repeating - the patterns that inform how we live and die. With jaguar, we are able to clear ourselves of the way that death slowly stalks our spirit, taking our power until we are more dead than alive. Instead, we allow ourselves to be claimed by life and by our inherent power to create our own myths and follow our own footsteps, no longer needing to engage in battle the way our ancestors have, either internally or externally. The Shamanic processes associated with the Way of the Warrior are the

Extraction process, cutting Energetic cords, and the Death Rites (which are really the life rites). The shaman is connected through initiation rites to the lineage of the Daykeepers, or *Pampamesayoc* in Quechua, who are the bonesetters, midwives, herbalists, and keepers of the calendars and stone altars such as Stonehenge.

3. The Way of the Sage. This is the way of the ancient wisdom and the wisdom to come that is passed down orally and through energetic transmission so that we can remember directly. This step is represented by the hummingbird, who teaches us how to reclaim our true nature and passion for life. Here we learn to manifest, appreciate, and be unattached. We shed our identities and teachers so that we have nothing left to defend and can now be truly free to create and work for the joy of it - drinking the nectar of life all along the way. Here we learn to enjoy the journey and the process of life including the contrasting negative or painful events, and we learn that the impossible can be made possible. This is the step where we stop having “spiritual experiences” because we are no longer physical beings having spiritual experiences, but instead we are spiritual beings having physical experiences. We learn to master time, to journey into the past and future in order to retrieve lost or compromised parts of our energy, to change our perception, and to nudge our destiny by re-aligning our energy with whom we desire to become. We also learn to keep a secret even from ourselves, so that life remains exhilarating – just like when you go to a movie and purposely keep the secret from yourself that the movie is just a script with a director and actors so that you can get fully into the drama. And finally we learn to be invisible, to blend in with our village in order to remain free and safe. The Shamanic processes associated with this step are the Soul Retrieval and Destiny Retrieval. The forces that the shaman

is connected to through the initiation rites in this step are the lineage of the Wisdomkeepers, or *Altomesayoq* in Quechua, who keep and share the wisdom teachings that come to us directly from the Source.

4. The Way of the Visionary. In this final step, the Eagle and Condor teach us to look at the big picture and be driven by a vision. We put the cart way before the horse, and use our creative power to dream a world into being for the benefit of our children's children. The Visionary comes from a place of total stillness and unity consciousness, and dares to make the possible more probable by tracking a vision well into the future. The processes associated with this step are to acknowledge what we have identified with, dis-identified with, transcended, and ultimately included as Creator. Here we do a lot of shadow work to dig deep into the subconscious in order to find and embrace that which may still be eluding us - secret battles that result in unwanted experiences and a waste of energy. We do this shadow work to ensure that our dreaming the world into being is done without the resistance of our own hidden judgments, projections, and personal agendas. The forces that the shaman is connected to through the initiation rites of this step are the lineage of the Earthkeepers, or *Kuraqaquyey* in Quechua, who are the archangels and guardians of our galaxy.

Recently, two additional rites have been brought forth and passed on by the Q'ero Laika: the Starkeeper rites and the Creator rites. The Starkeepers, or *Maillku* in Quechua, are the stewards of the time to come - the next evolution of our species. This connection allows us to more easily process the contrasting events of our life at the essential layer instead of at the physical or psychological layers, so that our bodies actually react differently than before. For

example, instead of reacting with the stress response of a flood of adrenaline and cortisol into our system, we can remain in a calm and balanced state.

The final rite of initiation called the *Taitanchis Ranti* in Quechua, or Creator rite, was introduced in June 2006 by the Q'ero Laika for transmission from human to human. This rite connects the shaman to the stewardship of all Creation in the Universe. This allows us to more easily realize our true Godliness and role in the creation process. This book is focused on the Way of the Visionary, the final step on the path of the power, freedom, and joy of creation.

Shamanism is profound, powerful, and at the same time very practical and pragmatic. The role of the shaman also includes showing up with a sense of the poetry and love of life, a kind of love that is not conditioned and is not judging. One of the greatest goals to a person of power, knowledge, and freedom is to live fully in the moment of now, to be fully present as opposed to preparing or waiting for the next experience to happen. I like to say that life is a series of moments, and you are either in them or not; similarly, life is a series of experiences that you either ask for deliberately and consciously or unconsciously. Can you remember those times in your life when you were fully in the moment, or as some would say, “In the zone”, and when you were so focused on your goal that nothing could get in the way of achieving it? These are the moments when you are fully alive, or, as the shamans would say, being fully claimed by life.

You, Too, Can Be a Shaman

Most people would think of shamans as solely those medicine people of the indigenous cultures living on the outer edge of a

remote jungle, desert, or mountain village and born into a long line of healers. They often believe if that is not your story then you cannot be a shaman. I held that belief for years, and it kept me from realizing and fulfilling my destiny sooner rather than later when I was in my thirties. The truth is that those descended from such cultures are indeed the shamans/medicine people/healers of unbroken traditions and lineages going back as far as can be imagined, and thankfully they are still around. Some of these medicine people have maintained the powerful teachings and techniques learned, practiced, and expanded upon over hundreds of thousands of years, and are willing to help those who have forgotten and lost their connection to nature.

In terms of DNA, according to the groundbreaking work of Dr. Spencer Wells of the Genographic Project, all humans share common ancestors if we go back far enough in time. Even the “white” Northern Europeans are easily traced back to Asia, the Middle East, and ultimately back to Africa; and, the North and South Americans are traced back to that same ancestor in Asia and Africa. It has only been a relatively short period of time that the modern European cultures moved away from their nature-based mythologies, practices, and Shamanism. And as we shall explore later in the book, that separation can be traced to a very influential mythology and belief system that sprang from the first few pages of the Biblical translations and grew and spread across the planet over the last six-thousand years.

So the very good news for people who were raised in Western cultures and who now live in villages of millions, is that we are worthy and capable of remembering our true nature and of being shamans—if we so choose. And you can be a shaman,