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SHAMANI

EFA



She practices earth medicine, employing the smoke of her fire to contact the air of the spiritual realms.

Who is Shamani?

She represents the Shamanic approach to spirituality. The Shaman builds invisible bridges to other dimensions in order to heal or receive various kinds of guidance from spiritual entities. She is the bridgemaker between the worlds.

Shamani practices earth medicine, employs sacred ritual, works with the medicine wheel, the elements and directions and the medicine animals or totems. She sees visions in the smoke and travels astrally to fulfill her vision quest.

She is entrusted with the spiritual and often material wellbeing of the tribe as she knows how to communicate with the spirit guides and ancestors. She ingests, imbibes, inhales those substances offered by nature to open the connections.

The Shamanic path is common to the spiritual life of most indigenous peoples.

It is time for us all to walk again the Shaman's path which honors the spirit in all things.

Location/Sphere of Influence

Shamanic circles anywhere and everywhere. North and South America.

Allies

Deer, wolf, bear, eagle, condor, beaver, jaguar and all animal totems and spirits.

Nature & Description of Dakini

Shamani reveals a vision in the smoke.

She works with earth medicine, and also flies on spirit wings.

On the horizontal plane, she is seen in earth tones, dancing the medicine wheel, taking on the spirits, the masks, of her animal totems, the sacred medicine animals. Grey wolf and brown bear represent the North American animal guides, jaguar the South American. In the center the stag-headed Dakini brings deer medicine to the circle. The Huichol of Mexico say that the deer represents the heart, is the gatekeeper of the spirit world and helps pierce the veil between worlds.

In the sky above, the eagle and the condor fly, in fulfillment of the Inca prophecy that when they fly together the earth will awaken. The eagle is the north, the modern technological world, the condor the south, the way of the indigenous peoples.

It is said it will herald the beginning of the 'Fifth Sun', the beginning of a new calendar period. Beaver sits to the left, ready to begin building the new reality.

In the center Shamani ascends in her spirit form, she flies through the dimensions on iridescent rainbow wings. She is blue like the limitless sky and in tribute to the Bird Tribe guide that flies with her.

Her inner organs are the Shaman's sacred vine Ayahuasca, which also form the 'roots' of this medicine wheel.

Two hummingbirds act as messengers to the sun, moon and stars

She has rattle and drum. She smudges the sacred area with the smoke of sacred herbs. She evokes the spirits and enters the trance of the oracle, the vision quest of the healer.

She sings and dances the songs of spirit and shows us how to move between the worlds. She makes the invisible visible. Hers is the Shamanic path that evokes the spirit in nature and the nature of spirit.

She warps space to connect the realms, forming a rainbow tunnel, a rainbow bridge between worlds. It is not just her doing, for she has a team of helpers. You will see both dark and light entities along the way.

If you have a particular issue, Shamani will act on your behalf and call in the relevant spirit helpers. She is your intermediary to the spirit realms and knows how to shape-shift through these dimensions with tested Shamanic formulas.

Divinatory Meaning

Shamani has come before you to remind you that this world is made up of more than we can see with the naked eye. It is full of spirits and helpers, invisible allies and guides who are ready and willing to help if we know how to call on them.

Shamani says that you need some help from the 'other side' and she is here to facilitate.

In our modern world's quest for 'progress' we have largely discarded Shamanic practices, which were vital to most tribal societies. The Shaman was responsible for the physical, mental and spiritual health of the members of the tribal community. This would be a huge burden for any individual, but then the Shaman did not take on this role as an individual, but as an intermediary, channeling the messages from the world of spirit.

How do you listen to spirit? Do you make a practice of doing so? If not, Shamani tells you that its time.

Shamani represents a wonderful blend of earth magic and that of the spiritual realm. She knows that for those who can 'see', the realms are not that separate. As one who sees, she forms a bridge from this world to the next.

You are longing for that bridge.

We have such fear of the unknown. We fear death. We fear the world of spirits and create mythologies of fear and horror, featuring ghosts and ghouls and all sorts of scary monsters. But it doesn't have to be like that. Tribal societies also feature ancestor worship in the sense that they continue an on-going healthy relationship with members of the tribe that have passed on. They are seen as helpers in the world of spirit and when we remove all the stigma and taboo surrounding death and the dead, we can see how this makes sense. Modern society has thrown the baby out with the bathwater when they dismiss Shamanic practices as forms of superstition and black magic. Yes, as with any system, you will see those who wish to use it for selfish ends, and when decadence sets in, the lower aspects manifest. But this does not detract from the pure essence of the real thing.

The tribe would make worldly decisions based on the information they received from the world of spirit. You need to do the same.

Recognize that everything has spirit. Spirit is what is shared between the realms. It is the common factor. Honor the spirit in all things. The Shaman cannot hope to have help from the world of celestial spirits if he or she does not honor the spirits in the world around them. This is the first principle.

Help spirits of the earth and spirits of the sky work together for the good of all. Go beyond concepts of spiritual hierarchies and honor all.

Do not put all your emphasis on the material plane. Look to what goes on behind the scenes.

There is more at work than what meets the eye. You need to penetrate further.

Insight is required in the present situation. This insight cannot come from using the logic of the brain. It must be informed by spirit, from intuition, from things that come into your consciousness and you don't know where they came from. Listen to those things and begin to give them value.

Let spirit speak.

Balance intuition with logic and practicality. Shamani brings practical solutions.

Look out for false shamans who create illusions in the smoke! Illusions can be good if they promote positive change, but you can recognize the other kind from the aura of manipulation or selfishness they give off.

You can ask Shamani for help as this is where her common sense kicks in. She is after all an earth angel, helping always to give the voice of spirit a grounded vessel on the plane of earth.

Bring ritual into your life. Ritual is significant because it focuses intention and creates a space which links the material and the immaterial planes. It shows spirit you care.

Perhaps you have some unrealized ability to heal. Shamani would like you to consider this.

Indications

Look for signs and omens, particularly in the animal kingdom. There is a message waiting for you once you know how to recognize it.

There may be someone who has crossed over who wants to communicate something to you.

Practices

1. Shamani says you have animal spirits, allies, totems who are longing to work with you, help you, both spiritually and in your earthwalk. It's up to you to find out who they are.
In a quiet place close your eyes and ask Shamani to lead you to your special animal totem or totems. See yourself alone in a place in the wilderness. It is dark. Call your animal guide to you and see who appears in this vision space. You may have to wait a while, but if you clearly set your intention, put out the call, then relax and surrender, your animal will surely appear. Even if you see it just as the briefest impression, trust that this is your sign. You have a friend.
 2. Shamani wants to help you gain access to the wisdom of the realm of spirit. Ritual is significant in these matters. She suggests you designate an area for your ritual and make a circle on the ground (or floor if you are doing this indoors). Use little stones or something like that to mark the circle, or draw with chalk. Then divide the circle into four quadrants. You now have your basic medicine wheel. Designate the four directions of north, south, east and west.
Take a small sage bundle, light it and pay homage to the four directions, opening the four gates. Now place yourself in the center of the circle, call your animal totem to you and visualize Shamani before you. Place her in the center of the medicine wheel, the place where you are, so you and she are one. The Shaman who you now are holds aloft the sacred sage, letting the smoke reach up to the spirit realm. You know Shamani can reach into these realms and receive the guidance. You are travelling with her, as her, focus your intention on what you wish to receive guidance about, or a healing you wish to receive, imbue it with the power of your heart, bring all your emotion to bear to fuel your quest.
You may not feel as if you have received what you requested. It may not be immediately obvious. But if you have approached this with sincerity, the spirits will hear your call and things will be set in motion. Have faith.
As you come back into yourself and leave Shamani, remember to thank her and all the spirits and guides who are working for you and with you in invisible ways. Honor them, even if you don't yet feel the effect.
Touch the earth
Close the gates.
Now wait and look for omens and signs.
1. The indigenous people of the planet share the path of the Shaman. For a long time they have worked with the spirits of the earth and the spirits of the sky to maintain the rainbow bridge between worlds.
Send an affirmation that you recognize the significance of their work and a prayer for it to be supported in this age.

Dakini Transmission

I am here to bring you
Visions in the smoke

To dance the medicine wheel
Where spirits, human and animal
Combine
To work the sacred magic
Of the heavenly and earthly net
Where all intertwine
And sing the sacred songs
And dance the sacred dance

Affirmations

I am not alone
I have many invisible friends
Spirits and animal helpers
Waiting to assist me
I am open to their guidance
And their blessing
I believe I can communicate
With the spiritual realm
For the benefit of all