



# THE SEEKER PROGRAM

**Awakening & Foundation**

**THE WAY WITHIN**

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## INTRODUCTION

There comes a moment in every seeker's path when the world begins to shimmer with unseen light.  
A breeze feels like a whisper from the beyond.  
A gaze holds an ancient truth.  
A place hums with memory.  
What is this? What are we sensing?  
The answer is energy.  
And this journey—this first book—is the key to feeling, understanding, and living with it.

## THE SPIRIT OF ENERGY

“In the beginning, there was only vibration.”  
Energy is not a concept. It is the substance of existence.  
In many traditions, this essence is known by different names:

Chi - Prana - Spirit - Life Force - Kawsay

Energy is not neutral—it is alive, intelligent, responsive.  
It flows through everything: stone, bird, fire, storm, skin, thought.

The shaman learns to commune with energy.  
To feel it. Shape it. Heal through it.  
To sing it into harmony.  
To dance it into transformation.

# ENERGY IN THE SHAMANIC WORLDVIEW

Shamanic cultures across the Earth view energy not as a theory, but as a living truth.

It is the common language of all beings.

- ◆ Everything has a field—an energetic presence
- ◆ Energy holds memory
- ◆ Energy connects all things

## THE LAYERS OF ENERGY

We are woven beings. Not one field, but many interwoven like threads in a cosmic tapestry.

Here are the main energy bodies:

- **Physical Body** – the visible shell
- **Emotional Body** – feelings, wounds, joy, and memory
- **Mental Body** – thoughts, beliefs, identity
- **Spiritual Body** – soul essence, divine connection
- **Ancestral Body** – inherited energy, lineage, karmic memory

Each body holds its own light and language.

Shamanic healing often addresses the disharmony between these layers.

## SEEING AND FEELING ENERGY

To feel energy is to remember your original sense.

You are not learning something new — you are reawakening ancient perception.

**Try this:**

Rub your hands together for 10 seconds.

Pull them slowly apart.

Do you feel heat? Buzzing? A magnetic pull?

That is your personal energy field.

Other practices to feel energy:

- Barefoot walking
- Tree hugging
- Candle gazing
- Intentional breathing
- Drumming or chanting

Energy speaks in sensation, emotion, symbol, and silence.

## HEALING WITH ENERGY

Shamanic healing is not about fixing—it's about re-harmonizing.

Common energy healing tools:

- Feathers to sweep dense energies
- Smoke (like Palo Santo, Copal, Sage) to clear space
- Song (medicine songs, icaros) to shift vibration
- Crystals to anchor or release energy
- Hands and breath to channel Life Force

The healer becomes a hollow bone—a channel for Spirit to move through.

True healing is not given. It is remembered within the person.

# ENERGY, INTENTION & CREATION

Intention is a river of energy.

Where your attention goes, your energy flows.

Where your energy flows, your reality grows.

Ceremony = Focused intention

Shamanic Journey = Traveling through intention

Dreaming = Co-creating through intention

Be aware of your words.

They shape the unseen.

Be aware of your thoughts.

They ripple through your field.

Be aware of your desires.

They call energy toward you.

## JOURNAL PROMPTS

1. When have I most deeply felt energy in my body or in nature?
2. How does my body tell me when something is “off” energetically?
3. Where do I feel blocked or stagnant energy in my life?

## **BONUS SECTION**

### **Breathing Ritual: Feel Your Energy Field**

This is a simple ritual to become aware of your own energy.

1. Sit in stillness. Spine tall. Eyes closed.
2. Inhale through your nose for 4 seconds.
3. Hold your breath for 4 seconds.
4. Exhale through your mouth for 6–8 seconds.
5. Repeat for 2–5 minutes.
6. Now raise your palms. Face them toward each other, 10–20 cm apart.
7. Slowly move them closer and farther.  
Can you feel warmth? Resistance? A pull?

That is your energy.

This breathwork awakens your field and attunes your awareness.

## **BLESSING**

May you walk in beauty,  
Dream with clarity,  
Speak with the voice of your soul.  
And may the winds of the unseen guide your way.

# 📖 WHAT IS SPIRITUALITY? 📖

## 🌿 THE WHISPER THAT BEGINS THE JOURNEY 🌿

It begins quietly.  
Not with trumpets or lightning bolts.  
Not with a robe or a mantra.  
It begins with a feeling—  
A tug in the heart,  
A glance at the stars,  
A sense that something more is waiting, just behind  
the curtain.  
You hear it in the wind.  
In the sigh between thoughts.  
In the strange ache that no Netflix series can numb.  
You are being called.  
Not to a religion, not to a rulebook—  
But to the mystery of your own being.  
This is spirituality.  
Not something you wear,  
But something that wears you,  
Softly at first...  
Then with feathers and thunder.

## 🔥 SPIRIT, SPIRITUALITY 🔥

*The dance of essence, expression, and illusion*  
Let's not pretend these words are easy to pin down.  
But we'll try anyway—because the soul loves a little  
clarity now and then.

## WHAT IS SPIRIT?

Spirit is the **essence behind everything**.

It is not a “thing” you can measure.

It is the hum that lives beneath your heartbeat.

The flicker behind your eyes.

The invisible thread that connects all beings, all stories, all time.

Spirit is the ocean.

Everything else—thoughts, feelings, forms—is a wave.

Some call it Source. The Great Mystery. The Divine.

Others say nothing, and simply sit by the river.

You don't have to believe in Spirit.

But one day, you'll feel it.

In grief. In awe. In a dream that speaks truth.

## 🌀 THE SPIRITUAL EGO 🌀

The spiritual ego is clever.

It wears beads and quotes Rumi.

It likes to say, “I am awakened. You are... learning.”

This is the ego dressed in light.

And sometimes, it's more dangerous than the shadow

Because it *thinks* it's above the shadow.

Signs of spiritual ego:

- Using jargon to avoid vulnerability: “I'm just not aligned with you anymore.”
- Judging others for being “less evolved”
- Avoiding accountability because “everything is an illusion”
- Getting lost in endless self-help without ever *being helped*

## The Trick, The Trickster, The Coyote, The Fox

The ego doesn't go away just because you bought a singing bowl.

It *joins you* on the journey, wearing feathers and burning sage. But here's the grace:

When you can laugh at it, love it, and still stay humble—you grow.

The real spiritual path isn't about being "better."

It's about being more **authentic**, more honest, more whole.

## THE MANY FACES OF THE PATH

There is no single way to be spiritual. The mystic, the dancer, the scientist, the grandmother with her herbs.

All walk the path in their own rhythm.

Some pray in cathedrals.

Some pray with drumbeats and bare feet on soil.

Some pray without knowing they're praying at all.

That's the thing—

Spirituality is not a style.

It's a **relationship**. With self. With source. With silence.

And yes, even with awkwardness and failed meditations. The path is wide. Make yours weird and wonderful.

You are not here to float away. You are here to bring the sacred into your coffee, your parenting, your heartbreaks, and your taxes. Yes, even those.

Embodied spirituality means that your body, your feelings, and your day-to-day life **are part of your spiritual path.**

It's not just about mystical experiences—it's about integration.

## ☀️ What Embodied Spirituality Looks Like:

- Washing dishes while humming a gratitude song
- Taking deep breaths in traffic instead of screaming (or at least screaming consciously)
- Listening to your body's signals as messages from Spirit
- Crying without shame, because water is medicine
- Saying no with love because your boundaries are sacred too
- Feeding someone with your hands as if you're feeding the Divine
- 

You don't have to "ascend" to be spiritual.

You just have to show up—fully, messily, honestly.

As one elder said, "Don't try to be holy. Try to be real. Holiness will follow."

## COMING HOME TO MYSTERY

At some point, the seeking slows.

You've read the books.

You've saged the corners.

You've stared at your navel long enough.

And then—

You laugh.

You cry.

You breathe.

You realize you were never lost.

You were the mystery all along.

You stop trying to "get there."

And start **being here.**

Welcome home.

# 🌀WHAT IS SHAMANISM & WHY HAS IT ENDURED?🌀

Before temples, before scriptures, before names were carved into stone, there were drums.

There was a fire. There was a voice that knew the wind.

And there was someone who listened—not just with their ears, but with their entire being.

That one became the **Shaman**.

**Shamanism** is one of the oldest spiritual practices known to humanity. Long before organized religion, before philosophy and psychology, humans sought guidance, healing, and understanding from the world around them—and within them. The shaman was the one who bridged those worlds.

In simple terms, shamanism is a practice based on the belief that **everything is alive, interconnected, and filled with spirit**. The trees are alive. The rivers remember. The stones whisper. The stars speak.

A shaman is not simply a “healer.”

A shaman is a **bridge-walker**:

- Between the seen and the unseen
- Between the spirit world and the waking world
- Between suffering and transformation

## 🔥 Why It Has Lasted

Despite colonization, religious persecution, and cultural suppression, shamanism has survived—not because it was protected in libraries, but because it lives in the bones of humanity.

Shamanism continues to endure because:

- It honors the Earth as sacred and alive
- It speaks to our inner knowing—that there is more than meets the eye
- It provides direct experience of spirit, without intermediaries
- It addresses healing on all levels: physical, emotional, ancestral, energetic, and spiritual

It adapts across cultures while keeping a universal core: connection, ceremony, journey, and presence.

Whether in the Amazon rainforest, the Mongolian steppe, or a modern urban apartment, the shamanic path whispers the same invitation:

“Come closer. There is more to this world. And you are not alone.”

### 📖 **A Practice, A Way of Life, A Sacred Science**

In Indigenous cultures, the shaman is more than a spiritual figure.

They are the **medicine carrier**, the **ceremony leader**, the **dream interpreter**, the **counselor**, the **diviner**, and the **historian**.

They hold the community's connection to:

- The spirit world
- The ancestors
- The wisdom of plants, animals, and elemental forces
- The cycles of life and death

Shamanism is a **spiritual technology**—developed over millennia, rooted in direct observation, vision, and energetic interaction.

To the shaman, the world is not symbolic. It is literal and alive. A dream is not just “a dream.” A sickness may not be only physical. A rock can be a teacher. A plant can speak.

### **The Modern Shamanic Revival**

Today, shamanism is re-emerging in many parts of the world, but with a modern face. Urban seekers are learning to journey with drums. Herbal medicine is being rediscovered. People are hearing the call to return to a life that feels **sacred and interconnected**.

However, with this return comes a responsibility.

The title "shaman" is traditionally earned through years of dedication, suffering, initiation, and community acknowledgment. In many Indigenous traditions,

a shaman is **chosen**—by spirits, by the community, or by fate. In modern contexts, many respectfully call themselves **practitioners** or **students** of shamanism, rather than shamans themselves.

This distinction is not about ego—it's about **honoring the roots** and **walking with humility**.

At its essence, shamanism is not about labels or exotic rituals. It is about:

- Listening deeply
- Being in relationship with life
- Tracking energy
- Restoring balance
- Walking with the spirit of the Earth, not above it

That is why it has endured.

Because even in our most modern confusion, the call of the drum still echoes. The ancestors are still watching. And the Earth still speaks—waiting for us to remember.

### **The Origin: Shamanic Roots of Religion**

Here's what many forget:

**All religion began as spirituality. And before spirituality had names, it had shamans.**

Long before the rise of organized religion, **shamans were the original bridge-keepers**—between the seen and unseen, the human and the divine.

They:

- Journeys into other realms to bring back healing and knowledge
- Interpreted dreams, signs, and omens
- Held ceremonies to honor nature and the cycles of life
- Received teachings directly from the spirit world

Over time, these ecstatic, intuitive, and nature-based experiences were **ritualized and codified**. What began as direct transmission turned into **scriptures**. What began as songs and dances turned into **liturgies and doctrines**. And so, many religions emerged—from the **shamanic practices of ancient tribes**.

For example:

- In Judaism, early prophets were ecstatic visionaries receiving divine messages—classic shamanic traits.
- In Christianity, Jesus is often seen as a healer, visionary, and spirit-embodied teacher.
- In Islam, the Prophet Muhammad received revelations through trance-like states in a cave.
- In Hinduism, the rishis (sages) received sacred hymns in altered states of consciousness.
- In Buddhism, the Buddha himself underwent a form of spiritual death and rebirth under the Bodhi tree.

All of these began with **direct experience of the sacred**—before temples, before hierarchies, before dogma.

### 🌱 Why It Matters

Understanding this origin story helps us:

- Reclaim the **aliveness** behind religious forms
- See that **spirituality and religion are not enemies**, but different expressions of the same search
- Respect traditional religious paths while still honoring our **inner compass**

Recognize that **we all carry a spark of the shaman**, the one who seeks, listens, and remembers.

## 🔥 SPIRITUALITY, RELIGION & THE SHAMANIC ROOTS 🔥

*The many paths of the sacred—and where they began*

We are born spiritual.

Before we are given names, beliefs, or borders, we come into this world as sensitive beings—able to feel the invisible.

We cry at beauty. We wonder at stars.

We reach toward what we cannot see.

This is **spirituality** in its purest form:

A living relationship with the sacred, however we name it.

## **Spirituality: A Personal Path**

Spirituality is not a fixed system. It's an unfolding.  
It's how we each choose to walk with the mystery.  
Some walk barefoot through the forest. Others light candles in silence.  
Some sit in temples. Others speak with trees.  
Spirituality is:

- A personal and evolving relationship with the divine
- A desire for connection, meaning, healing, and truth
- Guided by experience, intuition, and heart

It is not a checklist. It is not reserved for gurus, monks, or influencers. It is the quiet moment you realize you're part of something vast and alive.

## **Religion: The Organized Face of Spirit**

Religion emerges when people gather around shared spiritual experiences.

It offers structure, tradition, and collective meaning.

Religion gives us:

- Sacred texts, Moral teachings, Rituals and celebrations, Community, Symbols and myths that connect generations

At its best, religion uplifts the spirit and builds connection. At its worst, it can divide, control, or suppress. This is not because religion is inherently flawed—but because human structures often are.

## All Religion Has Shamanic Origins

### **What is Spirituality?**

Spirituality is a direct, personal relationship with the sacred. It is the inner longing to connect with something greater than oneself—whether that’s called Spirit, the Universe, Source, God, or simply Life itself.

Spirituality is:

- Experiential (you feel it, sense it, live it)
- Fluid and evolving
- Rooted in connection—with self, others, nature, and the unseen
- Often intuitive, personal, and self-guided

You don’t need a temple, a title, or a doctrine to be spiritual. You just need a willing heart, a question, or even a mystery that won’t leave you alone.

### **The Shamanic Origin of Religion**

Here’s what many forget: **before religion, there were shamans.**

Shamanism is the root from which many spiritual systems have grown.

Long before temples were built, there were:

- Rites of death and rebirth
- Spirit journeys
- Animal guides
- Plant medicines

- Sacred songs and trance
- Initiations, purifications, and offerings
- Direct communication with unseen realms

These early practices didn't require doctrine—they required **relationship**.

And as cultures evolved, these original experiences became **codified**.

Rituals were written down. Myths became scripture.

The ecstatic became ceremonial.

Shamanism is not a relic of the past—it is the **spiritual foundation** beneath many religions.

You can find its echoes in:

- The visions of prophets
- The sacred herbs used in blessings
- The symbolic death-and-resurrection themes
- The division of three spiritual realms: upper, middle, and lower worlds
- The use of music, dance, and altered states in worship

Even the Christian idea of **Heaven, Earth, and Hell** mirrors the shamanic concept of the **Upper, Middle, and Lower Worlds**.

## **Walking the Line Between Spirituality & Religion**

You don't need to choose one over the other.

Some find deep nourishment in religious traditions and also walk spiritual paths.

Others feel confined by dogma and find freedom in more intuitive ways of living. Both are valid. The key is this:

Are you in relationship with the sacred? Does your path deepen your compassion, clarity, and connection?

If yes, you're walking a sacred path—whatever you call it.

## **Shamanism Today**

Modern seekers often return to shamanism not because it's "trendy,"

but because something deep within them remembers.

It's a remembering of:

- Earth as alive
- Spirit as present
- Ceremony as healing
- The self as a bridge between worlds

In a time when many feel spiritually starved or skeptical, the shamanic path offers a return—

not to dogma, but to **direct experience**.

You don't need a temple. You *are* the temple.

You don't need a priest. You *are* the seeker.

You don't need to believe blindly. You can **journey and see for yourself**.

# SHAMANISM VS. ANIMISM

Same Spirit, Different Song

If you've ever felt the presence of a tree,  
spoken to the ocean with your heart,  
or thanked a stone just because it felt right...  
you've danced with animism—whether you knew the  
word or not.

But how is that different from shamanism?

Let's explore it gently. These are not boxes to choose  
between—they are threads of the same tapestry.

## What is Animism?

**Animism** is the belief—or better said, the understanding—that **everything is alive** and holds spirit.

In animism:

- A river has a soul. A mountain has memory. A fire can listen. A plant is not just a thing—it is a being. Even a handmade object may carry intention or spirit.

Animism is not a “religion” in the organized sense.

It's a **way of seeing the world**—as vibrant, relational, and sacred.

It's how many Indigenous peoples have always lived, long before the word “animism” was coined by anthropologists.

## 🌀 What is Shamanism?

If animism is the belief that all things have spirit, then **shamanism is the practice of communicating with those spirits**. A shaman is someone who:

- Enters altered states to journey to the spirit world. Seeks healing or knowledge from spirits, ancestors, or nature beings. Performs rituals or ceremonies to restore balance. Guides others through soul retrieval, death rituals, divination, and more.

Shamanism assumes an **animistic worldview**, but adds something more: **the role of a mediator**—someone trained (or chosen) to move between realities.

## 🔍 The Difference in a Nutshell

### **Animism**

A way of perceiving reality

Everything has spirit

No hierarchy or priesthood

Often lived unconsciously

Can be part of daily life

### **Shamanism**

A spiritual practice or role

A person journeys to *speak* to spirits

The shaman often holds a distinct position

Requires specific training or initiations

Often involves ceremony and deep rituals

# THE HISTORY OF SHAMANISM

Echoes from the Beginning of Time

The story of shamanism begins long before history had a name. Before empires. Before borders. Before anyone thought to write things down.

It begins with a human—somewhere—feeling the wind shift, hearing a voice in the flame, and answering a call from the world beyond. That was the first shaman. And they were not alone.

## Older Than We Can Measure

Anthropologists estimate that **shamanic practices go back over 100,000 years**, with hard evidence of global rituals and spirit communication appearing **at least 40,000 years ago**.

The earliest shamanic artifacts were discovered in **Siberia**, where the word “*shaman*” originates from the **Tungusic language**, meaning “*one who sees in the dark.*”

But traces of the shamanic path appear everywhere:

- In the **cave paintings of France and Spain**, showing humans dancing with animals
- In the **petroglyphs of North and South America**, depicting spirit beings and vision quests
- In the **Aboriginal Dreamtime** of Australia
- Among the **Inuit of the Arctic**, the **Dagara of West**

**Africa**, the **Māori**, the **Amazonian tribes**, the **Celts**, the **Tibetans**, and beyond.

Shamanism is **not one culture's invention**. It is a global phenomenon, a shared memory etched into the collective soul of humanity.

### **The Core Is Universal**

Though shamanic expressions vary across regions, some themes are strikingly consistent:

- **The Three Worlds** (Upper, Middle, and Lower)
- **The Journey**—into trance, dream, or vision
- **Spiritual Allies**—animals, ancestors, guides
- **Ceremony and Music**—drumming, singing, dancing
- **Nature as Sacred**—elements, plants, stones, and stars

These patterns suggest something profound:

Shamanism is not a belief system imposed from outside. It arises **organically**, wherever humans seek healing, meaning, and connection with Spirit.

### **Suppression and Survival**

As religions and empires rose, **shamanic practices were often persecuted**. With the expansion of Christianity and colonial conquest, temples were destroyed, ceremonial sites desecrated, and practitioners labeled as heretics, witches, or savages.

- The **Catholic Inquisition** targeted any form of “pagan” spirituality
- **Spanish colonization** attempted to wipe out Indigenous ceremonies
- Many shamans were **executed**, and their wisdom nearly lost

But the Spirit cannot be killed. These practices survived—cloaked in folk medicine, whispered in lullabies, passed down through grandmothers and secret rites. In many Indigenous cultures, shamanism never stopped. It simply went underground.

Today, it is rising again.

### **The Anthropologists' Role**

In the 20th century, Western anthropologists like **Michael Harner**, **Mircea Eliade**, and **Carlos Castaneda** brought shamanic knowledge into mainstream awareness—though often through a distorted or simplified lens.

While some of their work helped preserve sacred practices, it also led to:

- Misappropriation
- Commercialization
- Confusion between “authentic” and adapted practices

It's important now to walk with **discernment and humility**, honoring both the traditional roots and the evolving forms of modern shamanic practice.

### **From Then to Now**

What began in caves, fire circles, and sacred forests now appears in:

- Urban ceremonies, Consciousness retreats, Plant medicine circles, Healing sessions and journey groups, Online courses and guided meditations.

Though modern expressions are often far from the original village context, the **spirit remains the same**:

- Listen deeply, Heal what is wounded, Walk between worlds, Return with gifts.

Shamanism is not a religion.

It's a remembering.

A way of **coming home to the Spirit that never left us**.

## **THE GEOGRAPHY OF SHAMANISM**

*Spirit Wears Many Faces, But the Song Is the Same*

Shamanism is not bound to one culture, language, or continent. It is not a system invented in one time and exported to others.

It is a **spontaneous spiritual language** that emerges wherever humans meet mystery.

You can find it whispered through leaves in the Amazon, chanted in the winds of the Mongolian steppe, drawn in sand in the Australian outback, and carved into stones on Celtic land.

Shamanism is **geography with a soul**.

Let's walk through some of its expressions.

### **South America – The Jungle as Temple**

In the dense, breathing lungs of the Amazon, shamanism is alive with color, plant spirit, and sacred song.

**Ayahuasqueros** and **curanderos** (healers) work with:

- Plant spirits like **ayahuasca**, **mapacho**, **tobacco**, and **chacruna**
- The **icaros**—medicine songs sung during ceremonies to guide, heal, and protect
- The understanding that **everything has a madre** (a mother spirit)—from rivers to vines

The jungle is not seen as dangerous, but as intelligent. It teaches, challenges, heals, and initiates.

In Andean traditions (Peru, Bolivia, Ecuador), **Paqos** and **Altomisayoqs** (Andean shamans) work with:

- The energy of the **Apus** (sacred mountains)
- The force of **Pachamama** (Mother Earth)
- Tools like the **mesa** (portable altar) and **coca leaves**

for divination.

Their ceremonies are about **reciprocity**—offering, honoring, harmonizing.

## ❄️ **Siberia & Mongolia – The Origins of the Word “Shaman”**

Siberia is considered the linguistic birthplace of the term “shaman,” from the **Tungus word šamán**, meaning “*one who knows.*”

Siberian and Mongolian shamans often:

- Use **drumming** to enter trance
- Wear ceremonial garments with **animal symbols** or **antlers**
- Call upon **ancestral spirits** and **sky beings**
- Perform **soul retrievals** and **spirit extractions** for healing

Their world is often seen as divided into:

- **Upper World** (sky, light, celestial guides)
- **Middle World** (the world of humans)
- **Lower World** (the underworld, ancestors, animal spirits)

The shaman is the **cosmic traveler**, moving between layers to restore harmony.

## **Africa – Spirit in the Bones**

African shamanic traditions are deeply rooted in ancestral reverence, earth-based healing, and embodied spirit expression.

In Zimbabwe, ngangas or traditional healers work with:

- Spirits of the ancestors
- Ritual possession for healing
- Bone throwing and divination tools
- Spirit songs, drumming, and dance

The Dagara people of Burkina Faso, through the teachings of elder Malidoma Somé, emphasize the importance of community ritual, initiation, and spiritual grief as transformation.

African cosmologies remind us that spirit is not abstract—it is relational, emotional, and collective.

## **North America – The Land of the Sacred Pipe and Vision Quest**

Many Native American and First Nations peoples have rich ceremonial and spiritual traditions.

Though each tribe has its own cosmology, common threads include:

- Connection to the **Four Directions**, the **Elements**, and the **Medicine Wheel**

- Use of **sacred plants** like tobacco, sage, cedar, and sweetgrass
- Ceremonies such as **Sweat Lodge, Vision Quest, Sun Dance, and Pipe Ceremony**
- Deep relationship with **animal spirits, dreams, and land spirits**

Importantly, many Indigenous teachers today remind us that these practices are not "shamanism" per se—but their **own traditions**, rooted in **sovereignty, land, and lineage**.

Walking with respect means **listening and honoring those distinctions**.

### **Europe – Remembering the Forgotten**

Though often overshadowed by the rise of Christianity, Europe has deep shamanic roots.

In the **Celtic, Nordic, Slavic, and pre-Roman** traditions, we find:

- Spirit communication through **seiðr** (Norse trance practices)
- Animal guides and **ancestor veneration**
- **Sacred groves, stone circles, and seasonal festivals** (like Samhain, Beltane)
- Use of **herbs, chant, and runes** for divination and healing

These paths are rising again as Europeans reconnect

with their **indigenous soul memory**—the land-based wisdom once buried beneath conquest and conversion.

## **Oceania – The Dreaming and the Earth Story**

Aboriginal Australian spirituality is not shamanism in the typical sense—but it holds profound similarities.

In the **Dreamtime**:

- The world is seen as shaped by **ancestral spirits**
- Songlines—**musical maps across the land**—are used for navigation and memory
- Art, ceremony, and oral storytelling maintain spiritual connection

This worldview holds one of the deepest teachings on Earth: **You don't just live on the land. You are part of the land's dreaming.**

## **A World Out of Balance**

We live in a time of great beauty and great unraveling. Technology connects us—but often disconnects us from ourselves. The Earth groans under the weight of exploitation. Mental health crises rise as souls grow hungry for meaning. Rituals are forgotten. Grief has no ceremony.

We have knowledge at our fingertips—but wisdom feels scarce. And yet... something deeper is awakening.

A quiet, powerful return. A re-remembering of what we once knew.

## **Why the Shamanic Path is Returning**

Shamanism is rising again not as a trend, but as a **response**. Because people are tired of being disembodied, fragmented, and spiritually starved.

Because the soul is thirsty for **direct experience**, not just belief. Because we feel, deep down, that life is supposed to be **sacred**—and we want to learn how to live that way again.

The shamanic path is:

- **Non-dogmatic** – it doesn't ask you to believe, but to experience
- **Earth-honoring** – it reconnects you with land, body, and spirit
- **Ancestral** – it invites healing not just for yourself, but your lineage
- **Transformational** – it teaches you to walk through fire and return with medicine

**Empowering** – it reminds you that Spirit is not outside of you—you are part of it

## **The Shamanic Archetype Within**

You do not have to wear feathers or speak Quechua to walk a shamanic path.

You may be:

- A parent who blesses their child with a song
- A therapist who holds space like a sacred circle
- A gardener who listens to the land
- A dreamer who talks with the moon
- A grief-tender who cries for the world and still rises

The shamanic archetype is not a costume.

It is a function—a way of being that bridges spirit and matter, death and renewal, pain and purpose.

## A New Kind of Shamanism

Today's seekers must walk with two feet:

- One in **reverence for the traditions**
- And one in **adaptation to the modern world**

You might not have a tribal lineage, but you can still:

- Listen to the Earth, Honor your ancestors, Create your own rituals with respect, Learn from wisdom keepers (with consent and humility), Heal your wounds so you stop passing them on

This is not about becoming “a shaman.”

It's about becoming **whole**.

## JOURNAL PROMPTS

1. Where in my life do I feel called to heal—not just for myself, but for others or my lineage?
2. What aspects of the shamanic path (ritual, journeying, energy, spirit work) am I most drawn to, and why?
3. What fears or doubts arise when I consider stepping more deeply into this work? Can I sit with them with compassion?

## BONUS SECTION

### Simple Ritual: Calling In the Spirit of the Land

This gentle practice helps root you where you are, reminding your spirit and the local spirits that you are *in relationship*.

#### How to Begin:

1. **Step outside** (or face a window, if that's your only option).
2. Place your **bare feet or hands on the Earth**, if you can.
3. **Breathe deeply.** Close your eyes.
4. Whisper or think:
5. "I honor the spirit of this land.
6. I come in peace.
7. May I walk gently here.

If it feels right, offer a pinch of herbs, a flower, a song, or even a tear.

**Listen.** You may feel nothing—or you may feel everything.

This isn't about "results." It's about **reconnection**.

## **BLESSING**

May the Earth beneath you hold you.

May the sky above you guide you.

May the ancestors walk with you.

And may the drum of your heart always remind you that you are sacred. That you belong. That you remember.

Thank you for walking this path.

## **THE CALLING**

*When Spirit Whispers (or Shouts)*

Not all calls come gently.

Some begin as soft dreams.

Some crack your world open.

But for every shaman, the journey begins the same way

Not by seeking, but by being **called**.

## **The Nature of the Calling**

In Indigenous and traditional contexts, the shamanic path is not chosen like a career. It is received—often reluctantly. The calling arrives as a disturbance, a rupture, a whisper in the soul that says:

“The way you have lived will no longer do.

You are meant for something else. And it will not be easy.”

In many cultures, the calling comes through:

- A spiritual crisis
- A mysterious illness
- Repeated brushes with death or loss
- Deep psychological breakdowns that modern society cannot explain
- Persistent dreams, visions, or encounters with spirits
- The sense of being “between worlds” since childhood

“The first symptoms of a person chosen to walk this path are often mental imbalances, hallucinations, loss of reality, or contact with subtle beings. In the eyes of a traditional society, this is not pathology—it is initiation.”

Modern medicine may call it madness.

Traditional elders call it the beginning.

## A Global Pattern

Across the globe, the call to the shamanic path is strikingly similar—whether in the high Andes, the steppes of Siberia, or the jungles of the Amazon:

- A young person becomes ill with no physical cause.
- They retreat or are isolated from the tribe.
- Dreams and visions begin.
- Spirits come—sometimes frightening, sometimes guiding.
- A mentor or elder helps them interpret the signs.
- If they survive, they return not weakened—but transformed.

This is known in many cultures as the Shamanic Illness—a metaphysical test.

If they refuse the call, they may grow sicker.

If they answer it, they are taught, trained, and eventually become a vessel for healing.

## The Inner Signs

Not every modern seeker will collapse into madness or lie under a jungle sky. But the archetypal signs still show up:

- A deep sense of **“something’s wrong” with the world**
- A painful **loss of identity** or purpose

- **Energetic sensitivity** that feels like a burden
- A sudden or gradual **opening of perception**
- Encounters with **guides, symbols, or repeating dreams**

A sense of being “called” to serve or to heal, without knowing why .

*“This path chooses you. You don’t choose it. You walk it because the spirits have asked, and to refuse is to remain in pain.”*

## **Not Everyone Who Heals Is a Shaman**

It’s important to name this:

Not everyone with spiritual gifts is a shaman.

Not everyone who guides or holds space is called to the same depth of initiatory rupture.

In traditional cultures, the shaman’s role is not simply that of a healer or energy worker.

The shaman is:

- A **bridge** between life and death
- A **mediator** between the human world and the spirit world
- A **guardian of ancestral wisdom**
- A **servant** of the spirits—not just a student

And this role is not self-declared. It is recognized by the community—and the spirits themselves.

## ✨ The Modern Calling

Today, the call may not arrive with drums and feathers, but with insomnia, depression, and a sense of disconnection.

Many people called to this path feel “too sensitive,” “too emotional,” or “too weird” for the modern world.

But what if that sensitivity is not a flaw?

What if it is the very signpost of your soul?

We live in a time where the old initiations have been lost... but Spirit still calls.

The modern seeker must listen through dreams, synchronicities, emotional upheavals, and soul cravings.

You are being shaped—not broken.

Tested—not punished.

Asked to remember.

The calling may be terrifying.

But it is also holy.

## 🌞 SIGNS OF THE PATH 🌞

*The Initiate Before the Name*

Not every wound is random. Not every breakdown is a mistake. Sometimes, what looks like destruction is the **preparation for something sacred.**

Before a shaman becomes a shaman, they are something else:

A vessel being emptied. A heart being reshaped. An ordinary person marked by extraordinary experiences.

## **The Marked One**

In traditional shamanic cultures, those chosen by Spirit often share certain signs, even before training begins. These signs are rarely glamorous—they are often painful, confusing, and isolating.

“The future shaman may show erratic or unstable behaviors. They are misunderstood, rejected, or called mad. In the community, they may be seen as outcasts or ‘strange ones.’”

These initiates:

- Speak of strange dreams or visions
- Feel overwhelmed by strong emotions or energy
- Are deeply affected by nature, animals, or other people's pain
- Experience a sense of duality—one foot in this world, one in another
- Sometimes show early healing abilities or heightened perception
- May have survived serious illness, loss, or trauma at a young age

In the modern world, they may be misdiagnosed, medicated, or dismissed.

But in a traditional setting, they would be watched closely, gently guided, and eventually prepared.

## **The Path of the Wounded Healer**

One of the most universal elements across shamanic lineages is this:

The shaman must pass through their own darkness before they can guide others through theirs.

This isn't metaphor. It is the crucible of becoming.

Physical illness, emotional collapse, and mental fragmentation often act as initiations. Not punishments—but thresholds.

“This person is not sick in the traditional sense. They are being visited by spirits. If they are not guided, they may be lost. But if their experience is honored—they become a healer.”

This is the path of the wounded healer:

- The one who knows pain not as theory, but as blood memory
- The one who has descended and returned
- The one who can hold space for others, not because they are perfect—but because they have lived the breaking

## **The Feeling of Being “Different”**

Many shamanic initiates feel “different” from a very young age.

They might describe:

- Seeing or hearing things others don’t
- Feeling more connected to animals or trees than to humans
- Being overwhelmed in crowded or chaotic environments
- Knowing things without knowing how they know them
- Longing for meaning, truth, or home—without knowing what or where that is

This can lead to deep loneliness. Even depression.

But this difference is not a curse—it’s the signal fire.

Spirit speaks in symbols, emotions, and events that shake us awake.

## **Sensitivity as a Superpower**

In a society that values productivity, linear thinking, and logic, the shamanic initiate often feels like they don’t belong.

But what the modern world calls “oversensitive,” the spirit world calls **attuned**.

You are not weak for feeling deeply.

You are wired to sense beyond the veil.

As your guide says:

*“The one who will become a shaman often lives between worlds—able to see, feel, or perceive what others cannot.”*

This ability to feel energy, track patterns, and see into others is not brokenness—it’s **preparation**.

## **When the Time is Right**

The early signs are not always followed by immediate initiation.

Sometimes years pass. Sometimes decades.

But Spirit remembers.

Often, there is a moment—a turning point—when the veil thins and the old self begins to unravel.

The call becomes louder. The soul becomes restless.

And the initiate steps, willingly or not, into the threshold.

This is when true initiation begins.

But before the drum sounds and the vision comes, before the ceremony or the healer’s touch— There is this moment:

The realization that you are being asked to become **more than you thought you were**.

# **CRISIS AS CATALYST**

Illness, Death, and the Shattering of the Old Self

You do not become a shaman by choice.

You become one by necessity—when everything that you were can no longer carry what you are becoming.

The path doesn't begin with enlightenment.

It begins with collapse.

## ● **When Spirit Breaks the Shell**

For many, the true initiation begins with a moment—or season—of intense unraveling.

It may look like:

- A sudden, life-threatening **illness**
- A traumatic loss or **near-death experience**
- The onset of **hallucinations, panic, or deep depression**
- A feeling that one is being **“possessed”** or overwhelmed by forces they don't understand
- An inexplicable shift in perception—seeing or hearing things others can't

In traditional cultures, this would be recognized instantly as a **spiritual emergency**—a sign that Spirit is initiating someone.

*“This ‘shamanic illness’ is not considered a disease, but*

*a rite of passage. If resisted, it may intensify. If accepted and guided, it becomes the doorway to power.”*

## **Death as the Teacher**

This phase is often described as a **spiritual death**.

- The old identity breaks apart.
- Relationships may fall away.
- The sense of meaning evaporates.
- One may feel completely alone, misunderstood—even cursed.

It is terrifying.

And yet... it is also sacred.

In nearly every shamanic tradition, the shaman **must die before they can truly live**.

They must enter the underworld, symbolically or literally, and return transformed.

*“I was broken so I could be remade,” one initiate said.*

*“I thought I was dying, but it was just my illusions falling away.”*

## **The Shamanic Illness**

This phenomenon is described consistently across cultures:

- In **Amazonian traditions**, those chosen by the plants may fall into fevers, delirium, or madness

before receiving guidance.

- In **Siberia**, initiates may be tormented by spirits until they accept their role.
- Among the **Dagara of West Africa**, young people showing signs of “madness” are trained—not medicated.
- In **Andean wisdom**, initiates go through “despachos” and physical trials to purify the soul.

The illness, the loss, the mental disorientation—these are not accidents. They are **tools of Spirit**.

They destroy what is false so that the soul can become true.

### **The Function of Breakdown**

From a modern lens, this can be hard to understand.

We are taught to fear pain. To avoid discomfort.

But in the shamanic view, suffering has purpose. It is initiatory.

“Crisis is not punishment,” your guide reminds us.

“It is the fire that tempers the metal. It is the teacher that strips away what is not yours to carry.”

Through illness, we learn humility.

Through death, we learn to see with Spirit’s eyes.

And through both, we learn what it truly means to serve.

## **Walking Through the Fire**

This stage cannot be bypassed. It cannot be faked or outsourced.

But it can be held with sacred context.

When viewed through the shamanic lens, what feels like a breakdown becomes a rite of passage:

- The old self burns.
- The soul returns to the bones.
- The initiate begins to hear what only silence can teach.

This is where the healing truly begins.

Not in fixing, but in falling apart with awareness.

If you are here—if you are in it—know this:

You are not cursed.

You are not broken.

You are being **recalled to your essence.**

You are dying to be reborn.



*The Journey into the Unknown*

If the crisis is the death, then **initiation is the rebirth.**

It is the sacred container in which the shamanic soul is reforged.

Not back into what it was—but into what it was always meant to become.

Initiation is not a ceremony you attend.

It is a world you are dragged into by Spirit.

And once inside, nothing stays the same.

## **The Purpose of Initiation**

In traditional cultures, initiation is **not optional**.

It is the fire that burns away illusion, pride, and resistance.

It humbles. It teaches. It tests.

But it is also an **invitation**—to step into relationship with the invisible.

To become a vessel of healing.

To take responsibility for your power.

*“Initiation is the process through which the person loses their ego identity and receives the sacred teachings of the spirit world—through direct experience.”*

## **The Structure of Initiation**

Though initiation differs across cultures, it often includes:

- **A withdrawal from the ordinary world**—time in solitude, nature, or silence

- **Instruction from elders, spirits, or dreams**—sometimes symbolic, sometimes visceral
- **Tests of courage, surrender, or physical endurance**
- **Sacred encounters**—with animal spirits, ancestors, or elemental forces
- **The naming or claiming of one's purpose**
- **A return to the community** with gifts to offer

In Amazonian traditions, this might involve **dieta**—extended isolation and fasting with master plants.

In Siberia, it may involve months of dream training and spirit combat.

In Africa, it may require enduring days-long rites of passage, guided by ancestral spirits.

Each culture protects this wisdom.

Because to be a true shaman, one must be **remade by the invisible**.

### **Initiation in the Modern World**

Today, many walk this path without elders, rituals, or community.

Their initiations happen:

- In hospitals
- In grief
- In the isolation of the psyche,

- In sudden spiritual awakenings that shatter the mind
- In dreams that teach them more than any book ever could

Spirit does not wait for perfect conditions. It finds those ready—and begins the work. But without guidance, these initiates can become lost. That's why so many modern seekers long for maps, language, and context for what they're going through.

### **The Role of the Spirits**

No shaman is self-made.

Initiation includes encounters with **helping spirits**—those beings who guide, protect, and sometimes challenge the shaman into awakening.

These may be:

- Animal allies
- Ancestral guides
- Plant or elemental spirits
- Cosmic intelligences
- Archetypal teachers or deities

These beings may appear in visions, dreams, signs, or synchronicities.

They may speak in riddles or symbols.

They may demand offerings, songs, or service.

To walk with them is not about command—it's about **relationship**.

*“A shaman is chosen not only by crisis—but by the spirits who recognize them as a bridge between worlds.”*

### **Surrender is the Key**

You cannot control initiation.

You can only surrender to it.

And in that surrender:

- You lose who you thought you were
- You receive who you truly are
- You learn to listen, not just speak
- You learn to serve, not just seek

This is the great paradox:

The more you give up control, the more Spirit moves through you.

You emerge from initiation not “better,” not “above”—but **clearer**.

More human.

More humble.

More capable of holding the pain and beauty of others, because you have faced your own.

This is the path of becoming.

# THE RETURN

Integration, Humility, and Service

You don't come back from initiation the same.

You walk differently.

You listen more.

You speak less—but when you do, it carries weight.

The shamanic path doesn't end with visions or spirit names.

That's only the middle.

The real work begins when the shaman returns to the world.

## **Integration: The Art of Becoming Human Again**

Coming back from initiation—whether traditional or modern—is often disorienting.

You've touched the infinite. You've died and returned.

You've been stretched beyond comprehension.

And now... what?

You're expected to go back to work? Pay bills? Smile at people?

This is where many initiates struggle.

Because after touching the stars, the world can feel... trivial.

But **integration** is not about forgetting the mystical.

It's about **grounding it in everyday life**.

“Bring the sky down into your soup,” one elder said.

“Make your medicine practical.”

This means:

- Making peace with your past
- Learning how to live with the spirit world and the physical world **at once**
- Continuing to care for your body, mind, and emotions
- Sharing what you’ve received without ego

It’s not always glamorous. But it is sacred.

### **Humility: The Soul of the Work**

One of the most important qualities of a true shaman is **humility**. Not self-deprecation. Not “playing small.”

But an awareness that your gifts do not belong to you alone. The spirits walk with you—not for your glory, but for the healing of others.

You are a **hollow bone**, a vessel, a bridge.

*“A shaman is not a superhero. They are someone who has fallen, risen, and chosen to serve with grace.”*

They have cried. They have died. They have learned.  
And so they walk with compassion.

## **Service: The Medicine Is Not for You Alone**

You went through all of this—

Not just to survive,

Not to gain power,

But to **bring something back**.

In mythic language, this is the return with the elixir.

In real life, it's the way your presence becomes healing.

You might serve by:

- Holding ceremonies or rituals
- Offering energy healing, divination, or guidance
- Creating art, music, or stories that carry medicine
- Teaching or mentoring others
- Living in alignment so others feel permission to do the same

You don't have to be famous, follow a lineage, or have a website. If you carry your gifts with care and share them with integrity—you are walking the path. Some medicine is subtle," *"It may be a prayer in the wind, or the way you comfort a dying friend."*

## **The Return is Not the End**

Even after the return, the journey continues.

There will be more dreams. More tests. More initiations.

But now, you are anchored.

You've seen the truth, and you carry it with you.  
You become a presence in the world—one who listens,  
one who tracks, one who walks between.  
Not to be above others.  
But to be of **service** to the soul of the world.  
This is the return.  
And this is where the true work begins.

### *Between Worlds in the Now*

There is no jungle. No village. No elder with painted face. Instead, there's a laptop. A city skyline. An ache in the soul that won't go away. You wake up knowing you're meant for something different.  
You talk to the moon between emails.  
You track spirits in your dreams, but nobody in your life would understand if you told them.  
Welcome, seeker.

### **You Don't Have to Live in a Forest**

The spirits do not discriminate.  
They don't only speak to those born in remote places or ancient bloodlines.  
They speak to those who listen.  
To those who are willing to unlearn and remember.  
And today, more and more people are **remembering**:

- That the world is alive

- That suffering is sacred
- That they've been through something profound and transformative—and it's not just “trauma”
- That they are being **called to heal, guide, serve,** and reconnect

This isn't cultural appropriation.

It's a **planetary awakening**.

But it comes with great responsibility.

### **Walking with Respect**

The modern shamanic path must be walked with:

- **Reverence** for Indigenous tradition.
- **Humility** in the face of Spirit
- **Awareness** of colonization, commodification, and spiritual bypassing
- **Willingness** to do the inner work

You are not here to imitate.

You are here to **embody**.

This truth may look different for everyone.

But it always includes connection, compassion, and community.

You don't have to leave your life behind.

You bring the sacred *into* your life.

You might:

- Hold ceremony in your apartment

- Create healing through art, touch, or presence
- Build altars in small corners of your world
- Meditate in the park and feel the Earth breathe beneath you
- Tend to grief circles or dream groups in the city

You are a bridge—between tradition and innovation, past and future, spirit and form.

You are not escaping this world.

You are *anchoring the sacred within it*.

### **Not Everyone Will Understand**

People may mock you, misunderstand you, or reduce your path to trend or fantasy.

Let them. You don't walk this road for recognition.

You walk it because Spirit asked.

And because something in you said yes.

You carry the old ways in a new form.

You are part of the reweaving.

This path is lonely, but never alone.

### **The Ancient in the Now**

The urban shaman doesn't deny the world—they engage it differently.

They walk slower.

They speak deeper.

They listen longer.

They trust what cannot be measured.

They know that healing doesn't mean "fixing," but returning to **wholeness**.

You are not here to be perfect.

You are here to **be real**.

To live in alignment.

To serve something greater than your own survival.

This is the new drumbeat.

The one echoing through city streets and silent bedrooms, calling to those ready to return.

You are not too late.

You are right on time.

## **JOURNAL PROMPTS**

1. What experiences in my life have felt like a "spiritual calling" or invitation?
2. Have I ever gone through a crisis that felt like a death of who I thought I was? What did it teach me?
3. Where do I feel resistance or fear around stepping deeper into this path? Can I sit with it lovingly?

## **BONUS RITUAL**

### **A Simple Self-Honoring Initiation**

This is not a ceremony to make you a shaman. It is a moment to say yes to the truth already moving through you.

You'll need:

- A candle or small fire
- A bowl of water
- A stone, feather, or leaf (something natural and grounding)
- A quiet space, even just a corner of your room

Begin:

1. Sit quietly. Breathe. Let the space settle.
2. Light your candle. Say:
3. "I light this flame to remember the light within me."
4. Touch the water. Say:
5. "I welcome emotion, memory, and mystery."
6. Hold your object (stone/leaf/feather) in your hand.  
Say: "I belong to the Earth. I carry the old knowing."
7. Close your eyes. Speak these words (aloud or silently):
8. "I may not know where this path will take me.
9. But I walk it now with humility, courage, and love.
10. I remember. I return. I rise."

Stay in stillness. Listen. Breathe.

When you feel ready, extinguish the flame. Bow to yourself.

# BLESSING

For the One Who Said Yes

May the spirits who walk with you walk gently.

May the fire that remade you burn clear and kind.

May the Earth sing your name when you forget who you are.

May your medicine find its way to those who need it.

And may you never walk alone—

For the ancestors see you now,

And they are smiling.