

**Title: Conversations**

**Subtitle: What is a shaman?**

**Second Subtitle: SHAMANS**

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So mysterious...such whispers murmured when the word even comes up.

Shamans, shamanic practitioners, healers, divination, drumming, rattling house blessings, extraction, interpretation, self discovery, and recharge retreat and solitude.

Elemental connections, working with the natural elements, dismemberment issues locally, globally, exploration further into the upper worlds, the middle worlds too often misunderstood, often left unexplored at all.

Power animals, animal spirits, tree spirits, nature spirits, spirit guides, endless.

There are maps for questing for the serious minded shaman. The same maps successfully. Amazing actually to know someone else has really been there next to you in a journey.

I've seen them have you?

As you describe it in vivid, beautiful detail someone else may be pointing beyond my level of skill. I can not even read a local street map, so I just remember my way back. Once off concrete and busy city streets, I never took the map classes. Although for some of you here, it is right up your alley! to look at and I have recognized places I have been.

The shamans journey is purely experiential. I will leave it at that. If you want more than stop reading HERE...

For no words I write to you will ever convey what a class or workshop facing an experienced practitioner, a full shaman can and will if you open your mind.

Be not afraid. Why even my youngest children beginning at age 6 and 7 began their first power animals with a well trained shaman. They loved it. Much new to them, for you see as I suspected like me, this indigo daughter and son already knowing of such things. It needed only a name and a remembering off! Sam continues his training with his shaman.

I remember crying tears of joy during my first journey. When my first Shaman I could only reply at age 26, I did not know "it" had a name. I held it secret separate and isolated from those around me, not those who were in worlds

seemed more real to me. I had been taught as a child to hide in shame a

The journey experience was real! A real place and I couldn't be happier I who knew it too. I made certain my children did not have to wait so long

Most beginners are amazed at their first journey some even their tenth. I imagining it all. I needed no convincing. I was not afterall new to this ex advanced. I was indeed born this way and nurtured the skill more so in th banks not far from my home, where I found serenity and inner peace. Wh heart and soul. For you see I had already recognized God in everything, presence of oneness in all creation within self. I had discovered early O

Does it amaze you to know we stand shoulder to shoulder among you. For shamanic practitioner of today are as likely to be driving car pools, as s activity in the local grocery store or market. They are probably sitting on a soccer game, and hiking in the woods a few feet away.

How would you know us? Many of you ask nothing about us for in many h fear, which separates us. This must change. Yet, what you may find inter recognize one another, even when from another tribe, as private solitary from different cultures.

Why is this? We are sensitive, paying attention and alive! We seek out m journeys to "invisible worlds". We are guided, renewed, empowered, uplift commonalities...one mind and one heart often times. We use divination a and other selves. We do not judge why others do not choose to do what v are merely dancing to the beat of a different drummer at the moment.

We can hear the rhythm emanating from our family, our tribe as it may be of the earth and the air as we breath. As the drumming and rattling conti intensity we expand to take in the earth, the universe, all that is.

Changing chords, finding one heartbeat...deeply connected to all the mus and melodic and then raging as a river or pounding out vigorously a new and the soul reaches new heights and the journey takes you to yet farther you merely follow the beat of the drummer. Now this is very advanced, of mind of the beholder.

In a beginners journey the drum beat when used stays consistant like the leaders choose to go slower, while others pick up the groups intensity ar consistant throughout the journey. It is all about energies and how we in

A familiar beat and the call is sent to come back, instinctively, yet reluc return just as that last beat hits home. Sometimes, I am wondering if it v that make the last sound in the last round.

CORRECTION: NOT ALL SHAMANS NOR PRACTIONERS use psychedelic pla ordinary time and space! I never have...perhaps my description of how th it all. Certainly my children never have. Yet I too have witnessed miracle

and words only my journal and a few other shamans I have shared with n

I have been witness to hundreds of journeys, my teachers, thousands, ev  
each of us would tell you we have yet to meet a soul who can not do a jo  
heart open and allow your senses to come alive. Trust and let go of any  
mind. Be as a small child and go along for the ride. You will be taught h  
how to go and return.

You will be watched over by a true shaman and their assistants. You will  
intention and to stick to it. To seek out assistance from spirit helpers an  
animals along your first journey. In the beginning never practice alone.  
is serious and it is real. Always seek guidance and protection of an adva  
Check out their credentials.

There are many things left unsaid for you to learn on your own at your ov  
always take a cover for my eyes and water to drink. A journal and a pen  
the cooler months another blanket to snuggle under. I also bring crystals  
incense, tobacco, cornmeal, flowers, a drum and my rattle. Yes I am we

Shamanism is an art that takes practice and dedication to master. It is n  
varieties and cultures and many levels of practice. Choose wisely. Do so

In the beginning I learned to journey with the beat of the drum, later it w  
merely a thought that takes me to where I need to be. A thought that brin  
stop practicing, to give up the art, I would need to begin again at the be

Taking the "time" to properly learn to journey with the guidance of true s  
I ever made. My skills moved forward quickly and my faith exploded.

I went on to practice advanced skills in the area of death and dying. I us  
those who were terminally ill. Not only was it a comfort for them it was a  
know looking back, I made the right choice. My training continues in a ne

The journey itself is a natural way of regaining harmony and balance with  
potential awaits. Change will move each of us forward with the shift tha  
without.

I noticed an improvment in my own health and an increase in vitality. I'  
looks even close to his or her real earth age. Now that is inspiring in thi  
tells me we do not have to age poorly or swiftly. The more I practice, the  
the more I have to share with others. True of all practitioners and shama  
only makes sense there is more to share, so I pass it around. Abundance  
take a drink?

Metaphorically speaking, I keep a tool box. In it I hold all the lessons of  
healer, an artist and creator. I love having a full toolbox, and I am sure  
Having tools allows me to be the handy craftsman of my own life. I can h  
problems, resolve many of my own issues instantly, overcome obstacles i  
all they are all of my own making. I created them and now I will undo wh

myself. I love to test the other self too. I wonder when he will realize the Practice, of course!

I was just sure I would only practice this art for self. Not because I was uncertain and rather insecure to be honest. Convinced I was of this, I proclaimed it to my first shaman as she protested otherwise. She would smile the while, then letting out the loudest of belly laughs just shake her head about it.

Healing, personal growth and personal evolution all appealed to me then. I did not realize is that life is guided and goes in a predestined path if it goes on to share this tool, this art and gift with thousands of others over time. Amazing, I could have never guessed so long ago, yet the shaman knew. I did not know to laugh so boldly! Nor would I yesterday have dreamed of the way I choose the next. Yet I never stop being the healer, the shamanic practitioner, the love seeking ONENESS in One True Faith.

Yet, I still wonder if many of you even care or suspect how I use these gifts.

Love and Light,  
suzyq