

Sunday, May 30 - Your current work or assignment is to do a living ceremony (or more) with each of these elements, between now and the Solstice on June 20th, 2021.

Becoming artists of Spirit – becoming creative shapers of *mutual benefit* is an AWAKENING – becoming open, flowering:

- *from* the reactive contracted and disempowered trance state
- opening *to* our creative, agile, responsive, resourceful selves.
- Becoming our selves – becoming love in action. *Becoming* is the gift of you flowering.

A direct experiential practice for this awakening from a trance state – from the chronic contraction of “self” that is the result of domestication – is called LIVING CEREMONY.

We will explore what a living ceremony IS and how do create one – these examples re loose guidelines for your practice of a “way of being” that will become a natural and fluid extension of your way of being in the world.

We call Living Ceremony “living” because it is fresh and spontaneous – even with a general “form” – like the examples below - the living ceremony is as flexible as life itself.

Living Ceremony is different from *ritual* – different from a highly codified, regulated and formalized *reinactment* of a ceremony. “Ritual” is done with a specific intention – as if by following the rules *exactly* the anticipated results would be guaranteed.

We start with respect, with the recognition that we are entering into reciprocity – with living ceremonies, communicating with the **elements** – with EARTH, WATER, AIR, and FIRE.

We did ONE living ceremony in the video recorded on Sunday May 23rd. We did this living ceremony with **Air** – with inspiration, with the great in and out-breath of manifestation.

Be sure to watch this video to get a feel for how we move into alignment with the presence of the **Vast Self**.

1. Earth - you just did a wilderness visioning experience, including connection with allies, who have prayed for you to come to their rescue here on EARTH.

Go again to the wilderness, this time, knowing more about allowing yourself to see and hear them

Another approach to EARTH is to up the quantity and quality of radical self care: physical care, nutritional care, sleep environment, meditation practice, **PLAY** – mesa, medicine bag, gardening, plants children... Life itself, **everything having to do with embodiment is a celebration and living ceremony of your manifest world – earth – and that includes self healing, and ancestral lineage healing.**

2. Water - water is liquid light – sing to water, pray into water, bless water, create holy water – “tone” into water to create a visible vibration. Create star water, sun water, and BLACK LIGHT WATER, by leaving jars of water out under the stars, in the sunlight, and in a dark enclosed space.

Touch water with love - for yourself, for plants, for pets – take notes on what occurs using “holy water” for your journal...

3. Fire Ceremony – a fire is a portal – a fire is a dream. A fire is a living Presence of sun, rain, wind, creatures, earth, rootedness, growth, connection with light, the magic of photosynthesis... a fire is many many spirals around the sun... (move beyond the obsolete “spiritual” idea that a fire ceremony is created to have a place to dump unwanted aspects of yourself! - Don’t dump crap into it!)



Conceive of a Fire Ceremony done with RESPECT!

One such Ceremony that I love has the living ceremony be a **ceremony of *assembly of the bonfire of illumination of yourself.***

I start by trying to light the big huge log of “reality” with match after match – and while you do get a slightly charred area – the log doesn’t burn. Each match is a modality – a form of spirituality, a religion, a belief system, a established spiritual form of some sort. It doesn’t matter – because without OUR coherent assembly, no outside influence is capable of creating the illumination of ourselves that our own innate giftedness can create.

Then – with that in mind:

We start with bottom layer of the bonfire – the “foundation” of the fire, in the fire pit – we lay down the *kindling of our superficial and ongoing commentary* – then we add the *small sticks of our beliefs and opinions*, then on to the *larger sticks – the bones of our habitual behaviors.*

As the bonfire’s framework grows, next we add the small branches of our compromises and accommodations, then adding a few of the split logs of our neglect of ourselves... and finally placing the big log of what seems to be our immutable reality on the top.

That’s the ceremony!

Then, lighting the fire, with a single match - is a celebration, a living connection with the ineffable, a remembrance, an offering and blessing - even a source of wisdom coming through the portal...

Living Ceremonies work to the degree that they are inspired, relevant and tuned to the needs of your time and place.

Here is a recap of the Air Ceremony we did live on the video – and the video does contain all of the freshness of the moment – even if you view it several times!

4. In the place of Air – of Spirit – of Inspiration and expression, we will send a voice – we’ll send a call to Creation.

This Living Ceremony is roughly transcribed from the live ceremony on the video. If this written version helps you shape your own ceremonies, great – but it is not a script to be followed – go to the live video recording to allow the ceremony to move for you, to move you in the Sacred:

We’ll talk to the Universe, we’ll talk to the Multi-verse – to the Above – to the Below – We’ll talk in English, and in Tiwa.

We’ll talk in archaic Nauhautl – the language of the ancients ones at Teotihuacan.

HERE, in this Present Moment Our Breath merges with the breath of the Vast Self

Our voices are like sage smoke – and my friends - YOUR voice – your wish – your prayer is unique – you make a unique and unscripted contribution...

You might be saying HELP ME - SHOW ME HEAL ME - MAKE ME REAL -

Together we will move from the “something” that we think we are.....

to the “nothing” –

the NO THING that becomes everything

Listen – with no thought - this is an invitation - your eyes – first open – now closed, now slightly opened

we breathe the Vastness – gently – breathe in through your nose, LISTEN - exhale through your mouth - LISTEN

Please allow my voice to speak for all of us –

when I say “my heart” know that it is your heart speaking – say MY HEART - MY HEART - MY HEART – ok good – gentle – easy – listen - no need to speak – with your permission I will speak for us

From my heart to the sun – from the sun to my heart, from my heart to the earth, from the earth to my heart –

to the stars - to the deep

to the Vast beyond to the vastness within

to the Vast Self - to the Vast Self

wah mah chi – tah chi who

wah mah chi (hey)

tah chi who (ho)

Ometeotl!

Tuesday April 13 - OK – let’s create two experiments – two adventures in shamanism over the next 80 days.

- 1) Radical Wellness and flow
- 2) Regeneration – recovering vibrancy

The impossibility of the Mobius strip having only **one side** will be our guide into looking at how our **inner state** of flow changes our “outside” reality, and simultaneously how our **outer state** reflects and can support a vibrant transformation of our inner being.

1) RADICAL WELLNESS AND FLOW

What is *it* for you? What’s being neglected? Where are you in denial? Where are you still committed to sacrifice of self, or service to others? (Are you experiencing any element of burnout?)

What do you need to do? **(Your reminders – your “medicine” - goes into your medicine bag)**

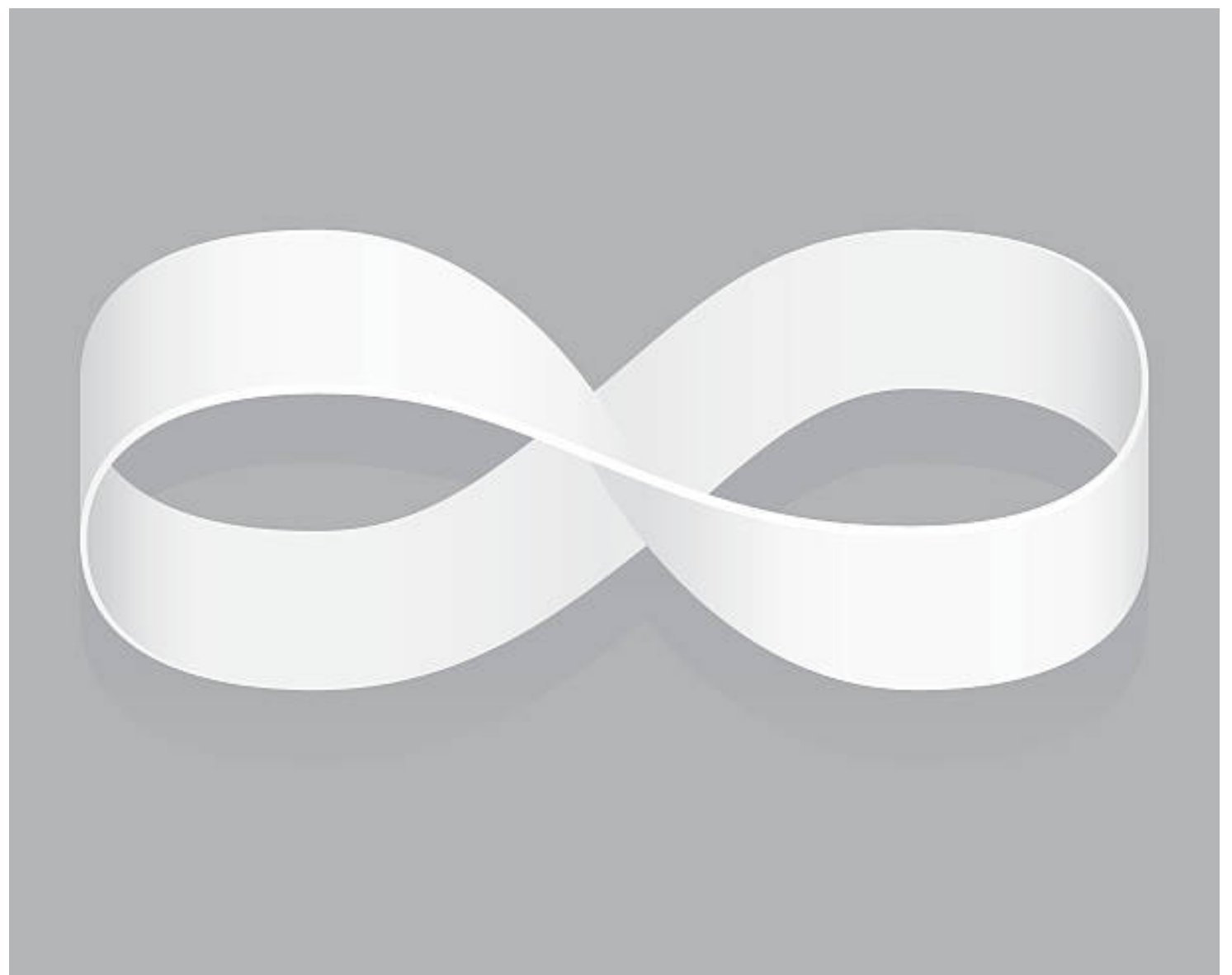
Please read the chapter “Wellness flows like water” – in *A Shaman’s Guide to Deep Beauty* – and implement the 5 point plan at the conclusion of the chapter.

Physical: incorporate movement – dance – Walking meditation – CHI GONG – AND YOGA

DIET: SUGAR MAKES YOUR BLOOD CRY -- SALT LOWERS YOUR VIBRATION – a clean healthy diet supports health – however it is equally important that you ENJOY your meals and snacks, and that you let your body know it’s GOOD by going MMMMMMMMMMMMM!

STRESS creates acidic environment – in your blood – un-metabolized adrenaline – cortisol – a stressed system is a toxic environment that lowers your immune system

Environment – sleep – mold – light? Dust, dander, pollens, cleaners, solvents, chemicals..... what’s in your environment?



Time: time for you in your life?

Can you be gentle and allow – chi gong? yoga? Can you allow yourself to explore yourself with an inner exploration of your flow – your chi?

2. Regeneration – Recovering Vibrancy

Working with the outer world also changes the inner world – there is a Mobius strip characteristic to this RECIPROCITY with “things.”

Also there is simple **entanglement inertia** – your energy invested and STUCK in the things you have acquired, collected and stashed in drawers, closets, shelves, and out in the open!

The archeologists of the 1900's were always surprised - and couldn't understand how the old indigenous cultures had what they considered to be the garbage heap (the “midden pile”) near the center of the villages – we all know that you throw the garbage away – at the dump.

And they found beautiful things in the garbage – it seemed crazy to find beautiful and valuable beads, jade figurines, necklaces, carvings and other special items in with the “garbage.”

But the old cultures called this the **“Temple of Regeneration”** and instead of throwing “garbage” away they offered it to be composted into the fertile soil that enhanced growth.

In those early days, there was no plastic – no mass produced containers. No used batteries. Bent coat hangers. Burnt out light bulbs. And what is the bulk of what WE throw away?

For our culture – with “THROW IT AWAY on Garbage Day” – and take it to the dump – well – we've come to the point in our world where there *is no away* – we've made the world a dump.

So - to recover the energy that we have entangled with “stuff” - we all need to find ways to be aware of “unconscious consumerism” and of acquiring stuff in advance – our awareness of this issue could use an upgrade.

And we need our own **Temples of Regeneration** – compost, recycle, revive use, give away, and bless everything as it departs – so that we recover our energy that was invested (entangled) in “stuff.”

This recovered energy has a surprising energetic quality – mysteriously, magically, we feel “lighter” – we feel un-entangled, and our personal vibrancy increases.

This is 80 days of clearing your investment in entanglement, with love, respect and blessings all around.

BTW – the idea that we need to discard parts of ourselves – eliminate and remove unwanted parts of ourselves - suffers from the same misunderstanding – there is no away to throw parts of ourselves that we are done with...

We have our own inner temple of regeneration to offer our un-needed old habits and patterns to – our own “junk.”

But in light of our experiment: let's say it will be a minimum of one item a day for 80 days – more is good – less if that's real – and using your journal to keep you honest about your activity.



There is a category of precious & sacred items acquired over time but no longer in use to us: we can gift, and pass along. May Ann had an idea for a sacred items marketplace page where we post items for give-away or sale – with Paypal covering costs and/or shipping... A sacred items trade and sales group.

IF an item – book – whatever it is, has magic and flowing mojo for you – OF COURSE KEEP IT IN YOUR FIELD – you'll want to play with it – celebrate it – have fun – share it –

Finally, with “garbage” – thank it, bless it, and wish it well.

Summary:

Create two programs that you will work with between now and the solstice.

Your mission is to “lighten up!” – to take radical care of yourself, and to lighten your load of entangled energetic investments.

Any questions? francis@shamanzone.com

thank you – feral blessings, with love

Francis

Here at the Vernal Equinox, there is tremendous flowing energy available to amplify our intentions - to re-create our reality.

Let's work with shaping intentions in the 2nd attention – with opening to the flow of energy, and actively engaging in creatively shaping our “realities”

Here is a review of the “attentions” - this is Source wisdom from Teotihuacan:

1st our attention follows our beliefs.

Our minds seek evidence that we are “right” & finds it

2nd our attention follows awareness –

the light based illumination surrounding us attracts our attention – and we see what IS – and what is possible.

3rd attention is directed by awareness – this is the realm of the Holy ones – those who speak on behalf of Creation and the Sacred

4th Awareness of awareness seeing itself.

Shaping our *intentions* – from the Latin: stretching of the tendons – opening – engaging – acting – participating in shaping what manifests.

Take notes for what your intentions are in these core areas: **health, happiness, abundance, relationships**

1st attention: I want to be happy, I need more resources. why does this happen to me, how do I get what I need, what do I have to do to get break?

THE KEY HERE is *pursuit* of needs being met – and what we pursue eludes us and we continue to want and to need.

2nd attention: “Allow” – it “is.” I allow love to find me. I'm grateful for everything. I care for myself.

So I know this is going to be a rough draft – that you will continue to tune-up until you see it clearly for yourself:

- What are your intentions for your health?
- What are your intentions for your happiness?

- What are your intentions regarding abundance?
- What are your intentions regarding relationships?

Our wisdom tool is the Teotihuacan “flower” model of your multidimensionality - - how you are aligned and expressing your reality

And, in the center of that alignment is your assembly – how “in synergy” your body intelligence, heart intelligence and head intelligence are

SO a gift of shamanic orientation is to frame your intentions in these frameworks:

- health is foundational to embodiment – is – south
- abundance is flow of resources – is west
- happiness is awareness of the gift of life – is east –

Our relationship with life – with ALL OUR RELATIONS is the great mystery – great spirit – the realm of living synchronicities- is north

Guards at the gates of perception attempt to keep things the same – to contain you for your own safety. Ask each guard to open the portal to the radiant fields of light – to inspiration

Review your intentions – the more tuned to inspired awareness -

For example: RE: health – *gratitude* for embodiment - instead of critical commentary, negative self talk and self abuse.

Let’s re- visit the transformational practices we’ve touched on – practices that turn out to be active direction of energy into beneficial outcomes

EAST - Examining your alignment – your relationship with your own multi-dimensional self – opens portals to expansive potential for your intentions to manifest

SOUTH - bringing your heart and head into alignment, and listening to your body, caring for your body – moving out of chronic contraction into harmony and coherent energy flow CREATES SUPER POWERS, SUPER INTELLIGENCE – CLEAR INTUITION, EMOTIONAL INTELLIGENCE, radiant wellness

WEST - Moving into flow – PLAYING – dancing, flowing, moving with life – allowing creativity, discovering your own agility and flexibility = alignment WITH change.

NORTH: With ALL YOUR RELATIONS – with relationships – recapitulation as an ongoing practice – the recovery of energy invested in compromise and accommodation, in judgments and defensive and reactive behaviors, and then the reinvestment on an ongoing basis in love and appreciation – in collaboration, in co-creation, in communion and council – in partnership and relationship!

You’ve got *alignment* – and *realignment* is living ceremony – simply opening the portals of perception

You’ve got *assembly* – with love – without fear – unified light body

You’ve got *recapitulation* (and forgiveness) to clean up your energy and invest it in mutually beneficial ways.

Practical Homework:

1st – create a medicine bag. It’s a bag you will keep with you –it can be small and wearable – or, medium and portable, or large = medicine bundle



It contains the medicines you need to support your intentions – your health, happiness, abundance and relationships.

In our traditions: the medicine bag can include plant, animal, mineral, human

Some traditions include something signifying you.

It is to be opened – examined – refreshed every day. Active play – what are you facing and what medicine do you need today?

MESA:

get a bandana size cloth – portable altar – a *portal*

the mesa is a field of play – the four directions plus center – this represents the known universe – your reality

In old traditions: the mesa is used for healing, transformation of circumstances, for reshaping reality

“as above so below” = “As below, so above!”

what you play with creates possibilities, creates alternative realities.

Keep it simple to start – then let PLAY guide you - - things begin to happen, your imagination begins to influence the field of play – a field of dreams...

From Sunday February 21 - Recapitulation, Chi-you, Forgiveness Ceremony practice

Please review the video of Sunday Feb. 21 for details on recapitulation and the Forgiveness Ceremony. In the video, we look at recovering energy for regeneration, for healing, for growth and for accessing your innate multi-dimensionality. We investigate "recapitulation" as a simple way to begin letting go of energetic splints. And we explore the flow of our energy from Valentina the whale rescued in the Sea of Cortez, to Jen Freeman sharing a QiGong course. Please review the ongoing forgiveness Ceremony in "[A Shaman's Guide to Deep Beauty.](#)" - "Forgiveness is the Key" page 35.

HOMEWORK:

A path to recovering the free flow of your energy for regeneration of your full capacity - your healing – your emergence:

1. Energetic coherence & harmony - daily. (open hand - right hand to heart, left to lower belly)
2. Recapitulation - Nightly
3. Forgiveness ceremony – weekly
4. QiGong with Jen Freeman- “Chi- “you” practice - frequently! You’re worth caring for!

***** Jen Freeman’s QiGong Practice for you! 25 minutes.**

<https://youtu.be/JY39x5Db6XA>

Jen is a remarkable and vibrant guide and coach. You can join her in this practice every day, or every other day - or at least 3 times a week - this will support the flow of your chi - your energy - in ways that will begin to regenerate and heal you in ways that seem almost magical - but are based on the ancient premise that where there is flow there is health. Feel free to check out her web site, and to contact her if you have questions or want to explore your practice in depth.

808.419.0191 - www.freemanconsultingllc.com.

From Monday February 8 - The Mystery of your History

First: How’s it going with the self-assessment practice? Are you beginning to see the guards at work at the gates of your perceptions?

Some people have reported that they are overcome with sleepy lethargy and energetic molasses when they try to look into their own stories and beliefs. Yep - this is a guard – using hypnotically induced tiredness to prevent insightful inquiry!

You can catch a guard like this saying “Don’t rock the boat!” And what a story that is! The point is that everything and anything that emerges is useful and contributes to your personal liberation from constraints to your evolutionary flowering!

Second: If you haven’t already explored the Mystery of Your History – this video and journal assignments will support this on-going look into your personal history, your ancestors and lineages, and the stories that shape your “reality.”

Also included here are some very simple “assembly” questions you can ask to gauge the shape, texture and quality of how you are assembled – the relationship between your **gut, heart and head** centers of intelligence. Be sure to give answering these questions a try!

1. The personal history template spreads out the years from your birth to the present, giving each year some space for your notes. (See template below).

Briefly note every major occurrence:

from births and deaths,

incidents with your mother, father and siblings,

the birth of younger siblings,

to illnesses, your hospitalizations, other life-threatening illnesses, major accidents,

family changes, physical moves, pets, teachers, first friends, incidents and issues with school, issues with sports, teams, coaches,

spiritual mentors, religious initiations, peers,

attractions, boy friends, girlfriends, minor accidents, get-togethers, first kisses, sex, jobs,

degrees, break-ups, marriages, children - the works.

Note *anything* that is significant.

However, these are just quick notes, not a book.

Just use a headline and bullet points style – it’s not a novel.

Epecially important for us to look at is what was going on in your life and with your family from your birth to three, four, five years old - the time that you were essentially pre-verbal.

After you create this chronological outline, create a time spiral (see below) and place key moments from your history on it. Take a look at how events seem to flow in patterns.)

Personal History template: (please [click this template](#) for future work reveals more to the story!)

From Monday February 1st meeting: YOUR WORK CONTINUES:

Overcome inertial and pedal! It’s a “Medicine Flower” - so - petal!

2. Diagram your matrilineal inheritance - make a chart, like a family tree - and note your self and siblings at the bottom, then your parents and their families above that, and then your grandparents, and their family relations, and beyond that, on your mother’s side of the family, your great grandmother and her mother - go as far back as you can. (see rough outline example below)

Go as far back as you can! Can you go 7 generations?

With the women ancestors of your tribe, note where they are positioned in the birth order of their families - who they married, and what children they had.

What are the stories of these people? Make "headline" style notes so that we can talk about them.

What explains why your family is the way it is? What's the story that explains why we are the way you are?

You don't have to get this "right" or perfect to start. If there are "holes" in your history, and in your matrilineal ancestry history, go ahead and leave space for us to find out.

Talking with aunts and uncles, brothers and sisters, mothers and fathers about the family stories will be very interesting.

Don't expect them to be especially forthcoming. If they are, wonderful! And if their stories feel very controlled and edited - that's fine - just note the feelings you get.

If your mother and or older siblings, uncles and aunts are alive - ask them " what kind of baby was I? Was I happy? Cranky? Do you know any stories about me when I was an infant? Was I a good baby? Who took care of me when my mother was busy?"

This will start the ball rolling- and we will find these patterns reflected in the events of your life.

It's a deeper look into what we call "circumstances."

3. Simple Assembly Questions:

Gut Brain: What is your physical environment? Your home? Toxins? Beauty? Comfort?

What is the quality of your nurturance and care for yourself?
Looking at: food, beauty, restfulness, calm, noise, Presence.

What pain management strategies are you employing? What condition are you in? What kind of exercise fun, sex, sensuality, enjoyment are you experiencing?

Heart brain: what is your enthusiasm for life? If you had to give your enthusiasm a rating from 1 to 10 what would it be?

Are your relationships happy and fulfilling – are you living with an ongoing difficult relationship?

Head brain: what is your curiosity index? Just like enthusiasm above, can you rate your curiosity about everything – life itself – from 1 to 10?

How is your willingness to look at “reality & beliefs” vs. expansive illuminated possibilities? Would you say you basically know what is going on, or is there room for the mystery – for not knowing?

What do you see as lacking in your life?

What needs are unfulfilled?

How would you describe your circumstances?

Your current assignment is to continue with the self assessment: take an issue – throw down a circle – mark realms of awareness in the east, embodiment in the south, flow in the west, and Spirit in the north.

What percolates up? This is a process - not a done deal.

1. Mind/awareness – What problems and challenges are you facing?
2. Body – what are you saying to yourself?
3. Flow What’s stopping you? (fears, concerns, worries, lacks)
4. Spirit – what would be possible if you experienced sustained synchronicity with creations waves of coherent life affirming energy?

And please review your initial assignment:



OPEN your eyes, your mind, your heart
BECOME spirited, agile, feral, resourceful
SPEAK Truth, Beauty, Wisdom, Wild Poetry
HEAL your self, your family, your friends, your world
ENJOY life, love, peace, abundance
GIVE your unique essential gifts to the world

1. Your Personal Assessment: The Great Mystery is YOU! This “medicine flower” is the first of what will become a series of energetic “selfies.” Please take your time - about ten days - and you are invited to check in and tune up your work with Francis on Monday February 1st at 4:00pm PST. The Personal Assessment is below.

2. Create a Journal – or folder: Make the first chapter the Personal Assessment. Be sure to set aside a special area for noting synchronicities the begin to happen in your life along with this work.

3. Visual aid – print ravens with verb based language for posting on your refrigerator. The image is below.

4. Read the chapter “Enlightenment is Easy” in [A Shaman’s Guide to Deep Beauty](#).

Your Personal Assessment: The Great Mystery is YOU!

We’re beginning our work with an assessment of what’s going on right now for you: the patterns, forces, energetic flows, resources, relationships, entanglements, strengths, weaknesses, hopes, desires, fears, loves, and everything else - from injuries to accomplishments - that are active in your life.

We use the “medicine flower” as a schematic for our organizational structure. Like you, it is not a static structure. Like our lives, it is in motion – although sometimes it doesn’t seem like it’s moving, because our life affirming creative expansiveness is countered by an equal and opposite contrary undertow of subterranean limiting influences.

In shamanic terms, your state of present being is called your “alignment.”

In a dynamic model of you, this can also be called your “assembly” – the way that you are assembled.

And, we see this inner organization projected around us as what we call “reality” – and, we assume that everyone shares it!

This medicine flower spiral based assessment process can be a quick snapshot – and it can take some time. And as a tool for our program, it will be ongoing.

It’s always informative, because you know better than to assume that you know that much about yourself! In a very real sense, you’ll come to realize that you are the great mystery!

We’re not reducing characteristics of our lives into a “good & bad” polarized scenario – we’re just going to be curious and note what we find – because ALL of our life is the path to our awakening.

You will not be asked to share this assessment – this is private work.

You are allowing the deeply loving, honest and sincere central heart from which your whole universe has emerged to illuminate what IS – without judgment, without ornamentation, and without concern for how it looks to anyone else.

Your medicine flower spiral is a living spiral of energy.

The words “medicine wheel” are English words used to replace an ancient verb based phrase that meant “spiral of ever flowering living-loving-flowing-caring.”

And the medicine wheel spiral - the medicine flower - works as a field of healing, repairing, restoration and wholeness because every aspect of you is represented, everything is included, and is available to be reconnected with.

The medicine flower is your energy, and it is made of Light.

The ancient practice of representing this spiral is the origin of the mandalas - where patterns of light and color confer healing energies emanating from their unique beauty.

First: Draw a circle.

This will be the first of many circles you’ll draw over the next six months – this circle will be a marker for you – it will keep you honest.

It will inspire you to keep working – and the center point of each circle you create will remind you that YOU are the authority in your life.

Make small marks at the top, bottom, left and right, on your circle.

Erase a small area at each mark – so that your circle has four small openings. These openings are portals – open gates of perception, openings into the Vast Self – the vast fields of expansive possibilities.

The top portal is North – the place of **Spirit**, where the winds of fresh inspiration, synchronicity and grace blow into our lives. In the elements, it is **Air**.

To the right, the portal is East – the dimension of “**awareness**” -in western terms, “Mind.” This is the place where the sun rises, it is our capacity to “see” – our innate intelligence resides here– but also our stories and beliefs. This is where Light begins, and illuminates your circle. Elementally, it’s **Fire**.

The bottom portal is South – your **Body** – this is the place of physical manifestation, of embodiment, also it is the ancestral presence of your parents, grandparents and ancestors. This is the element of **Earth**.

The left side portal is West – called in the old traditions Flow – and in our western psychological modalities, **Emotion**. This is the place of fluidity, of “change” as a constant. Because of change, it is also the place of endings. This is the element of **Water**.

Guardians of the Gates of Perception

Each dimension of human experience has a guard at the gate of the portal where it opens to fields of Light - where your creative potential lives wild and free.

These guards evolved from early childhood to keep everything in our lives stable and protected – essentially, to keep us safe.

Unfortunately, in diligently keeping us “safe” we have become severely limited in what we are able to perceive. Yes, it’s true that substances from “plant medicines” to drugs and alcohol can be used to disable the guards, and allow a different perspective – perhaps with an increased connection with the magic and beauty of Creation – at least temporarily.

And sometimes we even learn that there is more to life than the safety of the “prison” we have inadvertently created for ourselves. And we are able to apply interesting creative resources to our lives.

In the old traditions, the shaman’s job was to travel out beyond these gates of perception – out into the fields of expansive possibilities, in search of the missing parts, resources, gifts, medicines and aid that would help, heal, and benefit their “clients” – the members of their tribes.

This is the realm of magic and miracles, of prophecy and visions.

And now, here in 2021, this movement - from the chronically contracted state we call “reality” into the expansive glowing fields of Light and creative potential that surround us - this movement is the new flexibility of your innate gifted capacity.

This gifted being is the authentic “self” that you have been reaching to find, practice and use – creating magic and miracles in your life, benefiting yourself, your family, your friends and extending to life itself in our world.

So – the starting point to our shared intentions in Applying Shamanism is to reassign the guards of the gates of perception a new job description: from guarding the openings and keeping you “safe” - but severely limited - to becoming the **guardians of the openings to the gates of perception** - keeping the vast creative potential of each moment open and available to you.

Before you can make this change, you will have to talk with the guards and determine what they think their job is - and discover what they’ve been doing.

Essentially, this is a job performance review – including them in the process, as essential parts of your personal re-organization.

Assessing where you are presently at in each dimension of being:

We’ve been reading this - using our minds – our conscious “attention” to attend to this message. You have been tracking the meaning and content of this message – and the temptation is very strong to turn this self-assessment into a mental exercise.

Instead, we invite the Light of awareness to illuminate our considerations here, and let’s not limit ourselves to the highly focused flashlight beam of “attention.”

Rather than focusing hard on each topic, allow yourself to percolate, to let bubbles of ideas emerge, to let small seeds of ideas grow and flower.

We want to “do” this – but let’s not force anything. And by taking ten days, we allow ourselves to let things develop. Okay?

On your circle – note a few key words in each area – words that are your code for what you discover in the inquiry that you will be doing.

First – the realm of Mind.

We're pretty sophisticated in many ways, and all of us have looked into our stories and have identified many aspects of our beliefs.

But the things we are now looking for are the internalized "conspiracies" – the limitations that operate within us that we internalized and adopted as being true, or at least necessary.

We say things like "that's the way I am." And "I've never been able to..." and "I always..." "I'll never..." "I can't..." "I'm too..."

These inner structures are the orders of the guards of the gates of perception.

Here's what we're getting at: these deep held "conspiracies" are self-fulfilling prophecies, that prove their validity because we see their results played out in our lives.

And the limitations we see in our lives - in our sense of who we are and what we're capable of - are the result of beliefs so deeply held that we don't see them - but we know they are there.

So - shine some light back into the mind, and ask: "What conspiracies have I internalized?" From infancy? From childhood? From becoming an adolescent? From the "realities" of adulthood?

Another way of bringing light to this area is to ask: what do I value? And then, what does my life actually show as evidence of what I value?

Ask: What's important to me? How does what's important to me manifest in my life?

Second – your body.

It's a tragedy that we can be so ungrateful for the gift of having a body!

Having a life, being alive, having an opportunity to be here, is a precious gift.

And yet, we feel justified in being distressed about aspects of our body, and angry about our perception that parts of our bodies have betrayed us. We also dislike and are embarrassed about aspects of our bodies, and we try to modify or hide what we find unacceptable.

Survey your body, from head to toes – take your time – cover every aspect of your physical self – including internal issues you experience. From headaches, to digestion, to weight, to "thigh-gap" to hair to balding to quality of sleep, aches and pains, chronic problems, and so on.

Note the language you use, and the view you hold. Don't try to trick this survey and pretend you're totally happy – allow what you feel and hold against yourself emerge – allow the guard at this gate to speak the truth that your body has been living – whatever it is.

Note: you may have already noticed that the flower is in fact a living spiral and that what you think blends into how you treat your body, and then that flows into how you feel, and that will shape what you think is possible – and that shapes what IS possible for you.

Just do your best to investigate the activities of the guard at each of the gates – this is what's most important, rather than focusing on the over-lapping duties they each share to keep you contained and limited for your own safety.

Third – Flow – or, Emotions.

The simplest measure of your capacity to flow with the changes of life is to rate your over-all enthusiasm for life.

You can take your enthusiasm temperature by using a one to ten scale.

The long-form measure of your "flowingness" is to investigate your need to control outcomes, along with surveying the things that frighten you (some justified, some exaggerated) and noting your emotional states – checking for resentment, envy, anger, damage from relationships, injury, sense of powerlessness, - as well as the things that bring you joy, peace, fulfillment and a sense of creative contribution.

Don't get all mental about this! Don't argue about sensations vs. feelings vs. true emotions. Just begin to outline your general state of resistance to change and flow, and your creative and happy states as well. To what extent do you "worry" about things? What activities bring you joy? Dancing, art, music, poetry, sex...

What you discover can be surprising – for example: we discover that the guard lets us enjoy a tiny aspect of our totality – and we focus on that as being our capacity for joy and value, meanwhile, we're not seeing the larger realm of our experience being held in abeyance.

This is just a hint.

Forth – Spirit – the realm of living synchronicity.

Our relationship with the realm of spirit is the most elusive of the dimensions that we're investigating.

You have gifts directly given to you by Divine Presence – and it's absolutely true that you have mystic, visionary, prophetic, shamanic, holy, healing and magical qualities that you have directly experienced!

But we don't live in this field of agile ecstatic grace – in fact, my experience with hundreds and hundreds of really amazingly deep people is that there is a general state of disappointment in spirit that is pervasive.

This state of disappointment is the guard at work.

Because, if you opened to the full potential of yourself as a magical multi-dimensional being you would become uncontrollable – you'd be dangerous – and you would be as much a threat to the established order of what is called Spiritual or Religious realms as if a hungry wild wolf were let loose in a pen full of sheep.

Your awakening - your empowerment and discovery of your true self -and the direct authority of your connection with Divine Presence would forever break the grip of the forces that control our species by keeping us obedient, compliant, and complacent.

The idea of "sticking your head up" like this seems so dangerous that for your own safety, the guard enforces the compromise that it's better to join the herd, and have "faith" that you will be rewarded in "heaven."

Or, even worse, to pretend that you are happy with your relationship with spirit.

I recognize that your exploration into spiritual realms is more sophisticated than I've just presented.

But while YOU are more in tune with the wide field of spiritual practices and possibilities, the guard is a fundamentalist!

So – get honest with yourself – look at your disappointment with Spirit – note it. And also look at your genuine connected direct experiences.

Just bring light to this area – don't try to organize anything here – just let the disappointment and the occasional peak experiences be what they are.

I say this because our work is not what we call "Spiritual" (I call that dissociative) or Religious (dogmatic, pedantic).

But rather, we are "Alive in Spirit!"

The last thing the guard wants to hear is that we are all IN the world of Spirit – that this IS the world of Spirit. That HEAVEN surrounds us, and we SEE it! And that we are able to create benefit and care for life from the deep love of Creation for life itself.

We'll be dealing with shorter and more focused topics as we go - but this first survey and assessment of what is restraining and limiting you is very important.

This is not a test. It's not for anyone else. You won't be asked to share it, unless something within you decides to share some aspect of your discoveries in one of our "personal interest group" conversations.

Make multiple circles – make drawings, write without linear coherency - this is your first chapter, and in a way, it's the introduction to your journey on the path of mutual benefit.

BTW – this is the perfect time to re-vision a personal journal. Creating a fresh start journal will be a profound support for you, and will reflect light on the path towards your free flowing competency as an artist of Spirit.

Please email me any questions you have – together we will explore this great mystery of who you are!

With love and feral blessings,

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