



SHAMANISM PATH

By Susan Morrison-Jones aka Ravenjehra

If you truly wish to become Shamanic then I welcome you to a pathway of true freedom, true insight. Welcome and welcome again and again. Shamanism is not a dying craft, it is constantly evolving, has a history back to the beginning of human time and human evolving.

To teach Shamanism can only be done through the traditional methods; stories, lots and lots of stories, with lessons interspersed and 'homework'. You will learn an awful lot about me as you travel through this site. Not because I want to be a bit of a peacock, but because Shamanism is about traditions and experiences being the basics of the futures knowledge's and skills and that is how you will now learn. By reading of the how's and the why and the when of a discovery which led me into this path and is gently leading you.

There are no records of how Shamanism began.

There are Shamans in tribes all over the world, yet not a single paper, book, or manuscript exists to say how or why. An oral tradition exists of master to pupil of teachings and as far as we can tell, this is The Way.

The tradition and the ancestry, unbroken chains of memory of survival and of triumph, man against the universe. So when watching the local Shaman of some little lost tribe in the middle of The Amazon, or in some distant part of Papua New Guinea. Be reverent, be awe struck.

This single person, The Shaman, has seen his people survive, strengthen and prosper by his or her own support and guidance. No technology, no hospital down the road, no T.V. no books or maps or.....well anything.

One Shaman working and interpreting their known world; their spirits and demons; their tribal lore and the gifts of there ancestors as a continuity of the Clan.

But how?

And why?

We can only hypothesise; the following is supposition, imagination and a walk in the past, into the Otherworld, the Dreamtimes.

An invitation to walk into our dreamtimes awhile.....welcome.

The Clan, peoples, required someone to speak for them to The Gods, to see the stars and understand their meaning, to heal them, to deal with the spirits evil and good. To cure sick animals, ensure the spirits where happy and a myriad other specialist tasks the commoner felt unable to tackle for themselves.

A Shaman was all powerful in there Clan. Or was he or she just someone whose mind was quick, observant and able to communicate. Maybe they enjoyed the sense of power his or her station imparted?

Whatever the beginnings, the Shaman became an expert in a variety of fields. One can perhaps imagine the origins of wisdom which stemmed from observing repeating patterns in the clouds prior to a storm. Being able to say with conviction to the Tribe that rain would fall, that the animals should be sheltered and the people get inside. That would be valuable in a climate where rain fell like a waterfall.

Or perhaps our imaginary shaman had seen a full moon and recognised the seas tide and the fullness of nets would be virtually guaranteed.

Maybe our Shaman observed animals eating a specific plant and seeing eyes bright, or strange behaviour patterns, discovered a handy herb for sleeping, pain relief or a good time to be had by all.

There is always the chance our Shaman observed the drunken behaviour of animals eating fermenting apples, honey or other fruit and brought a 'Saturday night out' for the Clan.

Our mystery Shaman was an observer. Their mind sharpened by the power they had obtained from their gathered knowledge. Perhaps they applied this observing attitude to other aspects of life.

Perhaps they came to understand the patterns in the sky pointed to places, signalled a way home when the fire in the sky slept. Maybe they observed shapes; perhaps they created stories to describe why the pattern was there. Maybe, just maybe; he or she discovered the first true religion with parables and myths, names and associations.

Our mystery Shaman might even have discovered how to make maps. Perhaps they used stones and earth and bits of twigs to show new hunters the terrain they must travel through to reach the Hunting Grounds.

Whatever caused the birthing? The Shaman was the first of all our religious, doctoring, astrological, mystical and alchemical practitioners. The possession of tools such as a knife or a bowl where powerful incentives for other people to be your friend, to listen to you. To obey you and give you help whenever you asked so that you would teach the skill you had invented. Each tool had to be made from the very basics, a sharp stone, and a deep gourd. These were our Shamans beginnings. Who figured out that you could hollow out the Elder tree branch to make a hollow tube/ how did they work out that blowing down the tube encouraged fire to burn brighter? How did they work out that a few holes in the tube made a whistle? How did they invent the pea shooter from the same principle? A few; skills as a result relying on oration, memory and creative display and a certain amount of awe /fear /respect.

Who discovered the pain killing properties of the bark of the Willow? How did they even begin to work out that aspirin came from that bark and not another tree?

Logic says that a lot of trials and tests were carried out in the beginning, but who started it all in the first place? And kept a record or the memory or began to draw pictures on walls of caves, and why?

Who understood the stars as a map? Who discovered how to follow the North Star to get home? How did they find out that planting seeds at the time of the full moon was the best time to do so? Why? Did they even try to find out in the first place? Who made the first drum? Why did they? What was it used for? When and who was the first drummer?

Did the Gods show themselves? Or did mankind discover God? The man or woman of those times is the mother and father of every practising Psychic in the world. The precursor of the Druid, The Priest, The Priestess, The Doctor and the Astrologer,

Our Shaman may very well have started out as a quick witted human. Maybe they thought they were behaving as their gods decreed, maybe they were just up for getting the best they could for themselves.

Whatever the reasoning, however it was started our Shamans built on their standing.

They created rituals and stories and descriptions of behaviours perhaps to teach the young how to survive, to hunt, be safe, and be responsible to and for the Clan.

And to ensure they kept the power they kept an oral tradition, passing on their skills to apprentices who cared for their needs and became acolytes, students of the first occult practices.

What tools did the ancient shaman have?

His speech, his stories, his memory and observational skills.

To know by sight; Cloud formation. Animal behaviour, the Hunting grounds, the birth and death and the Rites to give when they lost a member of the tribe.

The need for doctoring skills; skills to deal with the unknown, the spirits of Air, Fire, Water and Earth.

So many skills, enormous amounts of memory given to keeping the tribe, safe, growing, strong.

Where Shamanism is still active and a living force for a tribe, the memory capacity of the Shaman is considered infallible. Keeping the genealogy of the tribe as well as everything else.

Education has come into the world now. Words and the power of communication. People all over the world are capable of gleaning knowledge from a variety of sources, knowledge which cannot be censored any longer. All is available for all to access.

For all of the new world and its technology the power and energy of shamanism; the dedication and time it takes beckons to a modern society tired and listless of its instant culture. The Shaman is growing ever more in strength.

There are more Shamans now than ever.

Something appeals to the human psychi.

Something about the patterns; the beat and the sounds of drum, voice and vowels.

The sight of the fields and the forests.

Being close to Mother Earth.

Observing animals and plants, understanding their relationship to 'us'.

Making an effort to reach out, to communicate on different levels.

To use senses that has been dulled by modern life. Smothered by the heavy scent of human decays and intolerable levels of sound babble.

Shamanic practises are solitary by nature.

The individual can take time and effective control over there pace of learning. Interest can wax and wane and there is none to say yeah or nay.

The knowledge's can be accumulated in peaceful anticipation, making the journey a joy.

The practices disturb no one; there is no need for religious paraphernalia unless one considers a drum such a thing. Ah yes the drum, the very first drum was the human heart. The sound that told uneducated peoples that life still existed in a body. The sound that broke into a faster rhythm in excitement, during fear, flight, joy and sexual union.

Anything else fits nicely into 'walking gear' and the Shaman is themselves. They may carry a tattoo, perhaps there will be unusual songs or music in there library but other than that. Who could tell?

Where to begin.

In the beginning, there was discipline. The discipline of watching, remembering, reciting.

Then tales to explain, words to make for shapes, beasts and fowl to describe, to communicate.

Songs and chants to make the memory stick.

Pictures to draw, maps to invent, places to be kept sacred for the fallen clan member.

So the children of the wild did not feast on them.

Fears to instil, not to go here or there; for danger, evil, spirits, death waited for the unwary.

An Invitation to walk the path:-

My original Master (you tend to get a master as and when you need one and they are ALL very different from each other, very original people with there own ideas and ways.

Eccentric? mostly, because by and large the person teaching you has formed a unique relationship with the world, their own insights and knowledge and tend to actually live the life and not pay 'lip service' to an ideology.

My Shaman teacher had a wonderful way of seeing right to the heart of the matter. No bull, no waffle, just straight to the point. Words were NOT for wasting.

He would probably pull a thousand holes into this work, because words; for him; were a power all of their own and should be used sparingly. So with an eye to his image, his memory and his teachings, and feeling as if he is stood 'just behind me' I am telling a tale from long long ago.

With the right of my own path and my own uniqueness, I invite you to walk a way with me, in the hopes you will one day. One wonderful day. Walk your own path. Maybe we will meet, maybe we never will do so, yet each path has a way of ending up in the same destination waiting room for a while. Who knows? We shall see.

My Master taught me from his own personal understandings. I can do no less. Here is how it all began, so many years ago.

Listening, reading and chatting until three am in the morning, one day I was asked to write a story. Here is my story and how I wish I could tart it up, change a few things, maybe give it a bit of spit and polish. But true to my path, this was where I began, this was the way I thought then and still have remnants now....read on !

THE STORY OF THE SHAMAN.

A work by S.M.-J. 1982

I crawled away, my arms hurt. The muscles hot and strung tight with carrying my mate. Old Beast had struck a deep score of flesh from his back. Splashes of the red life had left a bright trail the smallest of our tribe could follow. I was filled with fear, terror clawed in my mind. Yet I watched. The trail, the trees, the bushes, the very stones. I remembered the path home I wanted to be home. . I had been crawling like a burden beast for a long time.

My mate was slung across my back, his arms trailed onto the stony ground, his feet bloodied and cut by the grounds razor stone and the dirt had flung itself against us both. My flesh carried the stench of his death and my own fear.

Sweat ran like small rivers over my flesh, adding to the death trail behind me. Old Beast could find me if he wanted to. My mate had left me. His flesh had turned cold and heavy, yet I could not leave his self to the feeding of the children of the wild. He was my Mate, inside me hurt with no sign of a wound. So hurt was my self with his going

I struggled on; Old Beast would go hungry tonight. I would not leave my mate for his teeth and claws...

If any where to eat of him, it would be the tribe. We would keep him to our world, our tribe. My eyes ran with weak water.

I hear a shout. It is the Oldest One. She has seen me and runs, crab like on hands and feet towards me and my sad burden. The tribe follow; they run towards me and my burden. Hands slap the ground, beating a tattoo of sounds to scatter the crawling ones, the males screech like the beasts who swing in the trees as my sisters screech and howl like the beasts that live in the air. The sounds drive Old Beast from my trail. Free me of the fear of capture and sudden, violent death.

My eyes watched carefully as they carried my mate away. Sisters helped me stand straight; my back had bent easily to my mate's weight, now it was time to stand closer to the fire in the sky.

Some of the Clan had taken to walking on there back feet all the time now. Some of the people, the old, didn't do that. The new way was not good for them. I could walk both old and new ways but my burden of my mate had made me like a beast. All my strength in my bent back, carrying him home

Many hands carry my mate to the stone of offering in the circle of our life.

We sat in our circle of light; the flames of the fire had been burning for a long time after the fire in the sky had fled. My eyes had watered for a long time. The Old One had eased my body's hurts with fat from the beasts. We ate my mate after I had told the story of our combat. I drew the tree where we had found the sweet stuff the beast had been eating .I put stones to show where we had tried to hide. I struck a branch over and over against the image I had drawn of my mate as he had stayed before me. Between me and the Old Beast. Many of the clan threw dust on there heads as I told the tale. Many eyes watered with mine as I told of him leaving me. He had been a good hunter. His eyes had seen much I had not.

He had shown me how to get the sweet stuff before the little ones could sting and bite. Using a stick of wood from the trees. We would poke it into the home of the stinging ones. Out it would come, dripping with the sticky food, sweet and making lips and mouths shiny with sweet stuff. It was this search for the sweet stuff that had caused us so much pain.

Oldest waved her hand at me. I took my knife and cut my mate so I could find him inside. I found him; the red stuff had run through his drum, like a river. Many of the people looked and saw the bigness of his drum self. I ate it and his red stuff ran through my mouth. I felt the other him kick me inside. I smiled. I had him inside me twice now.

It was time to let my hurt leave me.

As Oldest patted my head and my back I felt the pain swell bigger and bigger. My tribe had eaten well this day. My mate had been big. Now he was in us all. Oldest ate the mush in his head. The stuff that made us be us, if tribe where hurt here then the tribe did not be tribe but strange and stupid. Oldest says this is the knowing stuff that the knowing lived in it. Now his life story was in her as

well. She would remember him and he would be in her mind with her.

I howled like the beasts of the night. I howled and I screamed like the winged ones in the sky, I bellowed like the beasts of the fire mountain and I watered the ground with my eyes until a river could have formed from my hurting

That which was my mate had been eaten; its sound no longer carried him. I took up a stick and struck the big skin tied across the cave mouth behind me. Its sound was the sound of him. I struck again until I had made his sound very loud and fast, I sounded the story of Old Beast and my Mate. Others began to sound patterns to join mine. Here where my sounds, then many sounds as Clan came and Old Beast was scared away. Then I stopped as he had stopped and my mouth made no sounds anymore.

My throat hurt, my stomach tightened. I felt much inside me move. The pains grew again, this time I had a new life to care for. My mate had left me, yet he was in me and with me.

I sat at Old Ones feet. She smiled at me. I knew she would teach me now. She was our Oldest. I was like her in so many ways. She had lost her mate many times of sun before

She had remembered the way, the only one of the tribe then to have such a gift. She had walked the cold stuff and found the cave and remembered to go there again. She could not walk the way on two limbs; she walked as I had this day. On all fours, a beast of burden as she carried the dried stomachs of beasts filled with fat and grain and dry meats from the fire. She had shown us and we prospered.

She was first, she was our Mother. She gave us life and kept us living. She would teach us the way. She took my stick and began to draw.

There was the valley I had walked earlier that day. There where the trees. I could see the places in my eyes like the pictures when I sleep. She drew another way to go there, another way to go to safety and I was humbled. I would remember and I would show my tribe the way as well.

Soon Oldest would leave us. She had the look of tribe that would sleep very soon. Sometimes when the big cold came our weak ones slept and never woke up. Too thin to keep the cold from us. To weak to hunt. Oldest looked like that.

She had a picture in her little cave. It was many marks and many shapes of her living time. I once tried to make the same marks and she had laughed and patted me. She was not angry I had made marks like hers.

She showed me how to make other marks. I knew the marks for a warm time and a cold time and now I knew she had been living as Oldest for all of one of my hands marks and she had been a little mother for one of my hands marks and one of my hand marks again. She was a little one before that for one of my hands so she was very old.

She had been a mother many times over.

Some of her kin where in our tribe. She ate her only male last warm time when he had spilt his red life before the beast with sharp teeth. We ate the beast with him, together they showed the tribe new hunting through our Oldest Mother.

She had much of our tribe in her. She was oldest and she was greatest of our tribes living ones. She made sounds I did not know, they had meaning but I had to learn them. Sounds for come and go I knew well. She had sounds for the fire up above and sounds for his mate who he hunted through the sky.

She made sounds that were pleasant to hear which made eyes close and eyes stay closed.

She had the way of the tribe and the way of another tribe before us. She came to this tribe as a little one and power to remember the oldest of ways... She was wanted, she could catch the crawlers and made sound from there tails. She had the teeth of many crawlers around her neck.

She had the head of a fierce beast on her own head. Its teeth glared her power to us all.

She could be fierce and her eyes held death when she was angry. She once pointed at an enemy and he fell to the floor and screamed over and over and over again. He did not stay in the

tribe. Oldest was strong and fierce and power was in her eyes and in her voice. She could sound like all beasts and she could make the sounds of the flying ones. She had much inside her and when she left us, she who was her next Oldest would eat her knowing and be stronger and better and more powerful

I curled outside of her little cave. I had made a claim to be her chosen Oldest for the tribe. I could not hunt with my mate in my belly. I could not feed the tribe but I knew I could be the memory, the way. I could make marks on walls like Oldest.

She did not move me. If I stayed she would teach me the way. Then when she leaves I will be the Oldest. I would like that. I needed a gift for her.

Tomorrow I would bring her my gift, I had watched the stinging ones, and I knew two of their homes. Today, as my mate had been my burden I had heard the low hum of the stinging ones, I had seen another home. I gift the knowing to her and she will keep me

She would pat me for having kept faith with the tribe. I would have much honour if I bring my mates last gift to the tribe.

I will be Oldest and I will be safe, the people will keep me safe. I will keep the tribe.

When I am Oldest I am going to make the sounds Oldest makes, she calls it song. I will make a song of this day, my mate and the beasts. I will make a song and it will be good and it will stay in the tribe's memory.

We will be strong. I am She, I will be Oldest. I will remember.

S.M-J

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THE WAY.....a tale....a story....a tradition.....

Use your mind now; write a history of the Shaman you think grew all those years ago.

How would he or she stand out from all the rest of the Clan?

How would the Shaman keep their power from others gaining, attaining, and taking their place?

Write your story as a historical event and draw upon your inner vision, create for this site something of the dangers of those far gone days, use your creative self to touch the past. To re-create a hint, a taste, a touch of those far gone days and a man, or a woman, who opened their eyes and SAW the world as it truly was and gave it back to The People to survive, to live, to triumph

WELCOME TO THE WORLD OF SHAMAN.

Your story should be your own style and your own way and your own ideas. You have read what was written many years ago. My master didn't stop laughing for a long time. Apparently (and yes I can see it now!) it was 'transparent' Hmmmmmmmmm. So I am looking forwards to your gift for me. Your story. That is the first stage.

I AM SHAMAN.

My names have been many, over the years one loses the fancy and fanciful and understands the true worth of a word, a gesture, a thought.

Now I have a name I value, one I keep safe and honour. I am Oldest.

There is no need for more, or less. I am who I am and my name tells you of survival, of growth and gathered wisdoms. Of life led and life survived and life yet to be.

For Oldest has no true name, only a station in life, an ascendancy from youngest and all the names I have been: Baby, Little One, Child, Youngest, Daughter, Sister, Friend, Girlfriend, Intended, Mate, Wife, Mother, Grand Mother and now Oldest.

I have also been, Honoured, Treasured, Loved, Trusted, Loyal, Friendly, Caring, Wise, Kind, Considerate, Knowledgeable, Sensitive, Empathic, Communicative, Responsible. Giving and Sharing. Protective. Clanocentric.

My Dark Nature has been Thoughtless, Spiteful, Angry, Violent, Aggressive, Bitter, Hurtful, Unwise, Sarcastic, Selfish, Paranoid, and Egocentric.

I have wanted to be powerful and all knowing and grown through the lessons in my life to understand that true power is that which you know you can do and choose not to do.

That knowing is only a store house of information applied in a proper manner and that to know, one lives and lives through and survives to avoid the living of it again, or living whatever it was again for the knowing of it and the joy of it.

Knowing and power are for all to achieve and not the chosen few. No one is master of me, yet I can choose a Master, I can choose to be mastered. If the experience is one I wish I can choose to keep it. If I choose to disavow the mastery then I must be prepared for the price it will cost.

*I am Oldest now. I keep the memories of my tribe. I keep the old ways; I am Oldest, not always wisest, not always knowing. I do not take the memories from the dead. I keep the memories of the living and remember the dead with honour. I can read of the dead, I can learn. I am Oldest and am still learning. I gift you my knowing. Will you walk my path? Can you walk my path? Will you have my knowing and will you teach me yours?
I am Oldest, welcome to my tribe.*

I have walked the paths of Cat, Wolf, Raven and Swan. I am walking now, it is a cosmic web, I am Spider and I am Oldest. Come; walk with me a while, for I have miles to walk, and many, many things to do.

KNOW YOUR EARTH

To become closer to the Earth.

To become truly balanced within the psychic world. With its ties to all things of sentience and the 'feel', the very essence of the elements. (Air, Fire, Water, Earth and Spirit.)

One should attempt a thoroughly basic understanding of the world we inhabit.

There are many scientific theories to prove or disprove that our earth is a 'living' organ, and not simply a vessel to hold or support

life. Many sensitive peoples claim to be able to 'hear' the sound of the stars, the earth, and the elements. The Aoleon sounds of the wind and all the other elements and elementals of our universe.

No matter what all these people say, or prove, or disprove. It is only the evidence and experiences of your own person which will count.

As a student of the Occult, there will be many aspects of psychic phenomena, which will make absolutely no sense what so ever until the part you are studying is placed next to, opposite or combined with; another aspect.

In the case of Weather Lore, it is not a psychic event; it is a Psychi event of the Earths resources.

That birds are the master of the Air Element, is not in dispute. That they also have Mastership in other elements it is an aspect we should study further.

For example._

Rain is part of the Element Water.

Volcano is part of the Fire element.

Earthquake part of the Earth Element.

All these elements send out signals, we as humans often ignore for a variety of reasons. Animals, fish and birds will heed these hidden signals. Whatever forces are being used, the animal kingdom listens and acts upon it.

Observe the world's tenants, see for yourself the patterns and the guide these creatures offer us.

Now begin from the very first elements we can be sure of.

As human beings we can develop hi tech machinery to give Seismic readings, Thermal readings, Wind patterns and Cloud patterns. We can see from the stars with observatory satellite, all that was denied our technically deprived ancestors, Weather patterns, sea changes, storms and hurricanes, tidal waves and Tsunami.

Yet: - if there where a catastrophe, an event that severely removed our technical abilities away from our domination. How then, would we survive.

How would we know when the earthquake would happen, the wind change, the rain fall.

Without the prior knowledge developed so short a time ago, we return to the dark age of mankind. Resources stretched, abandoned technology as it abandons us, returning to times when life was a genuine struggle.

The Shaman Survivor will have to hand, a series of psychic advantages, and an increase in observational skills and perceptions and sensitivities.

For example, the true Shaman will learn how to contact the water sources of the earth through the use of the Dowsing Rod.

The seeds will grow in better condition with knowledge of the 'healing' process which quickens the seeds germination and the knowledge of lunar cycles will improve planting times.

The understanding of Weather Lore will also aid the survivor.

There are of course many other skills for the Shaman to accomplish.

In this seeking of old skills, this paper, seeks to guide the would be Shaman into an understanding of some of the Weather Lore of this earth. This is a beginning, a simple index of a few of the old ways. It is for the devotee to continue to search, to observe, to add too.

Weather Lore is a fascinating subject. Enjoy.

EFFECTS OF WEATHER ON THE HUMAN SPECIES.

I have always suffered from headaches prior to Tempest and Lightening. Other members of my family suffer Migraines, aching bones, throbbing scar tissue and a variety of other bodily triggers.

I began to collect particulars from family, friends and clients and over a number of years I found a few startling facts. Where more than three people claimed the same physical reactions to a variety of weather conditions I began to really take note. These were my findings:-

Migraines, headaches, sick feelings, dry parched mouth, a tinny taste in the mouth and eardrums 'popping' are fairly common ailments prior to thunder, lightening and rain storms.

Severe chills down the spine and a feeling of depression heralds the snow.

A perception of 'still air' is another aspect.

A feeling of well being, a 'spring' in the step and an excellent nights sleep seems to herald both Springs true arrival and a change from cold damp weather to bright, sunny and dry weather.

The most comments were of ;aching joints, old scars throbbing in pain and a feeling of swollen flesh seems to herald the seeping cold, damp aired rain experienced in western and northern climes.

Wind can affect the Human psychi and during certain 'hot' winds in Spain and South America the incidents of violence increases dramatically.

Heavy Sultry weather can cause lethargy, ennui, sleepiness.

If a very large storm is due, the air is super charged with electricity. Discharge of small shocks from cars and TV's are common. Its effect on human beings is literally electric as restless leg syndrome begins. Static electricity charges hair and clothing. Touching peoples fingertips can produce small electrical discharges.

The last investigation into weather depression revealed over 30% of the population suffered from weather induced, depression, catarrh, sinus problems, aches and pains.

S.A.D. or Seasonally Adjusted Disorder is a fully recognised depressive disorder caused by lack of sunlight.

All this is valuable information for the would be integrated Pagan, the emerging Shaman and the student.

Further weather lore is compiled by cloud readings.

Not the scientific data, though that is always handy to understand, to create a roundness of knowledge. The best way for the human mind to remember something seems to be the time honoured ditty, the catchphrase or the 'one liner'. To this end I have given a sort of 'Starter Pack' for the student.

Add to it with your own investigation;

QUICK RECOGNITION SIGNS.

- 🌍 When in the sky there are castles and towers
Be sure the day will be full of showers.
- 🌍 Red sky at night, shepherds delight.
- 🌍 Red sky at morning, be the shepherds warning
- 🌍 Mackerel sky, seas are high.
- 🌍 Mists at dawn, sunshine morn.

- 🌍 Dirty days hath September
April June and November
From January up to May
The rain it raineth every day
All the rest have thirty-one
Without a blessed gleam of sun

- 🌍 Rain before seven its fine for eleven.

- 🌍 A green Christmas makes full churchyards.

- 🌍 A green May the fields full of hay.

- 🌍 The north wind doth blow and we shall have snow.
- 🌍 If wild geese fly out to sea, good weather is sure to be.

- 🌍 The geese, the Gander, begin to meander. The matter is plain, they are dancing for rain

- 🌍 Swallows high, staying dry.

- 🌍 Swallows low, wet will blow.

- 🌍 Bees will not swarm before a near storm.

BIRDS.

- 🌍 Rooks, Ravens and Crows are extremely noisy just before stormy weather. They all have a habit of staying close to their nests when the weather is becoming unsettled, finally nesting in expectation of the imminent arrival of a storm or staying very close to the nest.

- 🌍 Ducks and Geese, flying backwards and forwards over the water, plunging in and out and washing themselves frequently is a sign of rain to come shortly.

- 🌍 Owls hooting a lot during the night are a sign of good weather the following day.

- 🌍 Frogs croaking during the day herald's hard rain to follow soon.

COWS.

- 🌍 A cow slapping its tail side to side (actually swiping at suddenly active insect life) is a sign of storms and probable thunder on its way...

- 🌍 Cows herding into one corner of the field will do so with their backs to the expected storm thus giving a sign as to which direction the storm is coming from as well as wind direction.

PLANTS.

- 🌍 Scarlet Pimpernel and Dandelions are just two of the plants which close their flowers when rain is due.
- 🌍 Pondweed will submerge beneath the ponds surface as a storm approaches.
- 🌍 The sound of tree branches snapping during dry weather is a sign of a storm on its way.

CATS AND DOGS

- 🌍 Cats will scratch at surfaces excessively prior to a storm.
- 🌍 Dogs will occasionally howl before a lightning storm.

BATS.

- 🌍 Earlier than usual flying by bats is a sign of long term fine weather.

SPIDERS.

- 🕸 A short frame on a spider's web indicates unsettled weather.
- 🕸 Long frames on a web indicate a few days of settled weather.
- 🕸 Spiders crawling up stone or walls are a sign of rain coming.
- 🕸 Spiders working on web repairs during rain indicate the rain will stop very soon.

GNATS.

- 🌍 These pesky evening time insects will become very invasive when the following day is going to be excessively hot and the nights damp.
- 🌍 Pine cones reliably help forecast weather. The cones scales open out when the weather is dry as the scales dry out. The scales close as damp pervades the air and the scales become flexible and allow the cone to regain its closed shape.

- 🌍 The petals of the Morning Glory, the African Carpet flower, the Dandelion and the Scarlet Pimpernel (the poor mans weather glass) all close their petals prior to rainfall. Opening out as sunshine returns.
- 🌍 Many types of seaweed will react by drying out in good weather, swelling as damp returns which herald the rain. Kelp is the best seaweed for this.

The budding shaman will familiarise themselves with these 'old wives tails' and realise how many of these are true and reliable.

Answering for them how good they are at observation.

What do Lunar rings and Sun Rings herald? why does the wind smell differently when it is arriving ahead of snow, rain, a storm. Why does a human's skin prickle before a storm? Why do some types of human hair curl and kink prior to rain, why does human hair float away from the head, electrically charged.

There are other little sayings and remembering them, adding to knowledge which you are ensuring your mind can retain and utilise, simply makes your observations quite accurate and enables a little advancement down the path of Shamanism.

Now what to do next?

Creating a weather observation journal.

This is the beginning of weather lore. Anyone can learn, any one can access the whole of the Shamanic aspects freely.

This is a path of personal growth and personal understanding.

A ceaseless search for the attainment of unity with the higher self and domination of the lower self.

The Shaman learns to observe patterns, shapes and signals. Remembering those pieces of information and learning to understand the truth of each little signal. This allows the mind to free itself from 'observation of the norm, mode.' Allowing the mind

to concentrate on the higher and lower realms and the information being given in those particular areas.

In recording the known understandings, learning and adding to the understanding, the would be Shaman retains other powers of observation. The mind becomes aware and alert at a greater level.

To begin a journal, to keep the information gathered and begin your own investigations is only the start of a life long love affair with the Earth and all its many moods. All its relationships, every element. A rich tapestry, woven by nature itself. A miracle of energy, in all its forms, inter-relating and creating and destroying and creating again in a ceaseless cycle of living.

THE EARTH ORACLE

Much of the history of the practices of the ancient Soothsayer is lost to us.

A few references here and there, but nothing all that concrete.

It is only when explorers discover ancient old tribes. Unspoiled by modern life, that we see anything even remotely similar to lifestyles our own ancestors may have enjoyed.

During a particularly interesting documentary on a so called 'lost' tribe I witnessed the Shaman seeking a child who had been missing for some time. The Shaman had entered a hallucinogenic enhanced trance and pointed away to one direction and stated many miles of travel. Sure enough the child was found the following week, he had been kidnapped. There was a happy ending and the Shaman did not see this as at all astonishing. With absolutely no modern technology, no compass, no map, he found the child. I was very impressed.

How marvellous I thought and began watching more and more of these documentaries. As a result I discovered that tribal peoples carry out a variety of predictive actions.

Where the West has tarot and dice, and a multitude of modern day accompanying predictive arts.

The tribe has meditation, trance, and stars and wood sticks or reeds.

A simple form of what has, on other continents evolved into Geomancy. A few symbols and rites of passage and it set me wondering.

I asked myself what my own ancestors may have used as an aid to foreseeing the future. I decided rainbows and Lightning would probably have been seen as portends of doom or deliverance, that a Moon bow would have been associated to the Goddess.

I thought up a variety of rune type gimmicks and ended this with a decision that possibly a handful of lucky stones; shells and so on would probably have been used.

Knowing the history of Stonehenge in England I knew that prior to the stones Woodhenge had been built.

I had visited Woodhenge, which is two miles from the Stonehenge site and been severely disappointed. Where the tree trunks had been there where cement bollards as you would find in a street or road. It was intensely depressing, though the area itself is stunningly beautiful. The power of the place has not diminished, despite the odd ideas of suitable monuments and their replacements.

All the real Wicca's, Pagans and Shamans go to Wood Henge. They avoid the tourist trap like it had the plague and save themselves the distress of watching the debacle of media hype and New Age controversy.

What few people were aware of is that in Stone Henge car park you will find three large painted spots. The dimensions are impressive.

More so when you find out this is where the original Henge of all UK historical time had been erected.

Three massive wooden totems unimaginably wide and many metres high. Towering up over the landscape. Visible from afar, a signal to surrounding tribes and visitors.

I imagined these totems, towering upwards, maybe decorated with animal skulls, feathers and the heads of the enemy. Perhaps daubed with coloured clays, painted with stylised pictures of people, places and life from the surrounding area. Maybe the tribes hung skins and horns on it. What a magnificent sight it would have been. How marvellous, Great Britain had Totem Poles, Tribes and maybe we danced round them.

Maybe log drums rolled sounds of thunder across the plains and fires blazed as the tribe began its snakelike winding shuffle round the Totems, brother snake the lowliest of our animal kingdom. Maybe the tribe whirled around and hopped and bounded to copy hare and rabbit, stag and bear, wolf and hound. We will never know. But having only imagination, and barred from walking up to Stonehenge and 'get close, I left.

I travelled four hundred miles upwards from Stonehenge and stayed at a site in the Cumbrian Mountains. Castle Rigg, The Summer Solstice was magnificent, the rites honest and held the ring of authenticity. The setting was beautiful beyond belief.

I witnessed a stone circle of great age, set on the crown of a rounded hill. Central and surrounded by a ring of mountains. No built up areas, no motorways or distracting tourist shops and car parks. This beautiful site is free of everything except a humble little plaque requesting a donation if you could afford it, for the upkeep of an ancient stone circle you can sit in, on, around. Marvellous!

The road is too steep for coaches and Lorries, caravans would have a hard time being towed up the hill, cars can get up there but not during winter, the road would be treacherous. A few houses, old farms are scattered about.

I drove up the hill, steep and winding; almost, I missed the circle, stood in a field which rises to a rounded crown, full of meandering sheep!

Deciding to park my car in a dirt lay by I walked up the hillside a matter of a few hundred yards and went and sat inside the circle. There I had a picnic and sat watching children play, lovers holding hands. People were interested in the site, some even held little ceremonies or walked deasil round and round, winding up power. Something that delighted me; as the general public walk counter clock wise (widdershins) at Stonehenge (which infuriates me, watching visitors from all over the world actively winding down Britain's power.)

More than one person bowed to the East, a few bowed to the North and many seemed to hesitate as they entered through the gateway. Those who recognised fellow admirers of the arcane, the mysteries, smiled to each other.

The Solstice came under way and hundreds of people arrived. I witnessed comradely and joviality and a sense of belonging and it was a wonderful shared experience. Oh there were a few idiots, a few youngsters full of alcohol who hoped to see a few naked females leaping broomsticks! But in the main and through the night to suns rise it was wonderful I stayed the rest of the following day.

Bearing in mind there are no toilets, cafes or rest rooms around. We all managed quite well. Various people went to the town a few miles away and came back with food; lots of people had brought picnics and shared them with the rest of us.

By evening I knew I was in this place for a reason. I sat watching the day disappear, idly seeking whatever it was I was there for. I walked to the tiny stone circle set within the larger one. Local information said it was thought the area was used as a meeting place for tribal elders, trade and ceremony. I sat again and thought perhaps this was where the tribe's shaman had sat with his people. Walking the second road, carrying out his ceremonies and wondered what it was he used to impress upon his tribe coming events.

I had picked something up in my hand, not with conscious thought but instinctively. I looked down and saw I had a stick, a small rod of wood. The Gods alone knows where it came from, the nearest tree was a hundred yards away, but it was there in my hand. At my feet were a few more sticks. I picked them up. It seems odd, but I was tidying the bare earth, the sticks seemed very obvious on the ground.

Sitting again I juggled the sticks round, idly dropping them onto the surface of a flattish stone at my side and I saw.....a pattern. One stick was definitely me. The others spread round, almost identical in shape as to the stones arrangement around me. All except for one small stick which casually rolled across the bumpy surface towards me and a little voice spoke from behind me. A child asking if he could sit on the stones with me. I had my answer. This was one of the ways my ancient Shamanic counterpart could predict events. Read into the future. A handful of sticks and my idea were born.

Welcome to a complete and original works. THE EARTH ORACLE.

THE EARTH ORACLE

Because it is in plentiful supply now, and was in ancient times I chose my 'sticks, fresh each time. Some where green wood inside and broke raggedly and stripped from each other in strands and jagged patterns. Some where rotten inside and so on. I meditated on the likely meaning an unsophisticated person would make. Bearing in mind the life style of the times, the dangers and the intrigues of tribal life. I held the sticks about half a metre from the ground at arms length and dropped them to the earth once I had actually broken them only one stick refused to break, far too green and springy. It lay in a twisted, split and knotted heap...my meditation on that was a revelation...

Breaking the stick to foretell a specific answer to a question.

Take one stick. Ask the question and snap it quickly. A jagged break is ill omen a clean break is a good omen. The answer of yes or no is uncomplicated and very direct.

Meditations on the Earth Oracle.

The Querant chooses a stick at random from out of a large sack to disable prior knowledge... Holding it in the hand the Querant asks the question. Closing there eyes the Querant snaps the reed and allows them to fall to the surface.

The Shaman now assesses the results.

Jagged break. Take care, a rough time ahead. Caution.

Right hand pointed, take the right path. Justice will prevail. The force of good magic. Travel to the right handed trail. (The right hand is seen as 'good' because which ever way a person turns, turn to the right is a deosil action, sun wise.

Left hand point. Injustice, deceit, someone is working against you.

Centre rotted Loss of heart, loss of stability. Inside revelations.

Underneath the reed has broken with long strands, clean on top. Long reaching consequences. Hidden knowledge which will have a

long term effect. Possible treachery from one who knows your secrets.

Overlying rough strands and underneath a clean break
Too hasty an action. Slow down and look around for what you are missing.

Clean break.
Fast action. Possible loss of a relationship.

Stringy break.
Slow but inevitable forces. Against you.

Rotten inside.
A traitor is in your midst.

Insects inside.
Invasion of your world is from exterior forces, alien to you. Perhaps indicating an actual raid from a foreign tribe.

A spider running on the wood or inside of it.
Magical forces. A Geas (the western term for eastern concept of karma)

Water logged
A journey across water, travel, a journey.

Fungus inside.
Rotting loyalties, divided loyalties.

There would be a variety of ways to further the reading, enrich the associations, personalise them. Instead of wild wood, carved wood or polished woods from different trees.

Each tree could become part of the significance as happened with Druid culture. Patterns or paint could be scraped into the surface of the wood creating a design of significance to the tribe.

A circle could be drawn in the earth, stones or wooden tablets to indicate the four points of the compass. The sticks could be dropped into the circle to give direction, timing, and specific people.

Maybe the Shaman would have sticks to denote past, present, future and even specific deities.

I really enjoyed my mental visit to times past. The small meditations were enlightening and I am not claiming this work as a truth or claiming it has to be my way. Simply I felt closer to my ancestors when I placed myself mentally in the far gone life and times they had endured. Castle Rigg has remained, for me, to this day a place of revelation and great beauty. I enjoyed the experience of walking in the past.

ONE MORE STEP

The Shaman carried a pouch of sacred objects wherever they went to. In that pouch would be special stones, herbs, potions. Special because they represented all that the Shaman could accomplish.

Geomancy is derived from part of the Shaman path. When knowledge of the earth and its energies were necessary, wanted by the Clan.

The art of Geomancy became popularised and one could even say complicated, through the ages. Here is a very simplistic form of Geomancy, yet the Shaman was 'simple' and 'direct' and had no pen or paper. Everything was made simply and became complicated by educated man's desire to see more than was on view and yet failed miserably to understand the 'more' was within and meant to be envisioned.

I have already stated that there were no pens and papers to record the truths. However Geomancy is still carried out by our modern day Shamans in Papua New Guinea and other areas. The simplistic but powerful imageries and considerations of the images and thoughts can be very moving. The following is a personal consideration of geomancy with a slight nod in the direction of old text books read about thirty-six years ago...the titles of which escape me completely as I was a very undisciplined and awkward shaman in those days.

GEOMANCY

The word Geomancy stems from two words brought together to make a new word. Geo (meaning Earth or Earth Mother) and Mancy (prophecy from).

The art of geomancy was seen as the ability to draw from signs of the earth and occasionally drawn in the earth, a prophecy through the understanding of what each shape, figure or sign meant in relation to the other.

There are adequate books to enable the student to enjoy a full investigation, study and if wished even a competency in the art of Geomancy. In this short paper is a small outline of the very basics. A true Shamanic student will diligently evolve the art within themselves; books are simply other people's thoughts, as indeed is this paper. Your ability to develop an idea of your own, to contact and strengthen the contact and develop the whole is part of your shamanic pathway. Personal Gnosis is most definitely the greater part of shamanism.

CHOOSING

Find stones or gems to represent:-

The circle.

The square.

The eternal triangle.

The eight.

The hexagon.

The snowflake.

The vesica piscis.

PERSONAL GNOSIS.

If you find a stone which creates a 'shape' in your mind, which you associate with events pertinent to your world, then include the stone as a part of your personal gnosis. Geomancy IS NOT FIXED, it is an evolving action of prophecy. YOU are the prophet and how you perceive matters is part of the whole process. This is your personal gnosis and you are acting as a sacred vessel of the light you worship, the power you have sourced and touched upon.

THE CRAFT.

Brush a piece of land (fine soil or sand) flat and draw a large circle which is then divided by an equilateral cross. The cross indicates North, South, East and West. It will also stand for specific times of the year, today, tomorrow, yesterday and the 'now' or any other system you wish to evolve. Including direction.

You will now cast the stones onto its surface. Draw shapes into the soil as described by the cast. You may use any stones to represent the actual shapes and then draw round the stones to represent the shape fully.

This will give you patterns to read from.

THE CIRCLE.

The Sun, the Moon.

The Lodge or Tepee/Tipi/Yurt.

The hut.

The circles of the Neolithic peoples.

This is completion, wholeness.

This is the circle of life.

This is the God and the Goddess.

This is also a need for containment.

The now, for no direction is sought except a centring of the self.

The Rosicrucian Philosophorum has written in it:-

Make a round circle of the man and the woman, and draw of this a square, a triangle. Make a round circle and you will have the philosopher's stone.

What do you think it means? Work it out.

THE SQUARE

Unique, precise division by 2 and multiples of 2. Draw 4 together to obtain a cross.

The 4 cardinal points dissected into 8.

4 represent The Goddess/ The God.

The 4 points of the compass.

The four corners of the earth.

Foundation.

Balance.

Harmony.

THE EIGHT.

Radiating from its axis are the four corners of the world.

The 8 fold division of space.

The four royal roads of Britain. (History of Kings. Monmouth)

The 8 directions in Tibet.

The eight noble families to survive Christianisation, producing Kings and saints of Britain's Celtic Church.

In Europe the emblem of the division of the day (8) survives the Christianised 12 fold system.

The traditional 8 hourly toll of bells in naval lore.

The 8 hourly division of the day for worship, being 3 main worshiping hour's division again in-between bringing 3 further minor worship hours thus 6 sacred worshiping moments in a 24 hour day.

The 8 Sabbats of the year for Wicca or Pagan Lore.

THE HEXAGON

A natural figure which is produced by the divisions of the circumference of a circle by its radius. Connecting the points of the circle with straight lines produces a six sided equal figure. The sign of:-

The Goddess.

Diffusing liquid will produce a hexagon shape on the surface of the liquid. Known as Tourbillons Cellulaires or Bernard Cells (after Physicist Bernard) Hexagons are likened to the cells making up organic life.

Prismatic forms of Basalt rock produce the shape naturally.

(Ireland has some fine examples of this rock formation known as the Giants Causeway.)

Bees use the shape to form their hive, holding the wax hexagon shapes into formation, neatly fitting alongside, underneath and on top of each other.

North American Algae also use the hexagon as a form.

The alternate vertices of the figure are joined by straight lines producing the Hexagram. When viewed this is a form of Interpenetrating Equilateral Triangles.

The fusion of opposing principles.

Hot/Cold

Wet/Dry

Male/Female

Yes/No

This is Balance.

No motion backwards or forwards but a delicate balance.

The Vesica Piscis is a form created by drawing two circles penetrating each other equally. This in turn is then the derivation point of the equilateral triangle. This is the old Alchemical sign for The Earth Mother. The facsimile of the female genitalia.

The point of life.

Birth or the creation of life to birth.

Other examples of mathematical signia are the Polynesian Mattang. This is a mathematically precise image which displays the inherent Mnemonic geometry of the wave (the patterns created

by waves when deflected by land). It was used as a teaching aid for new sailors.

Whatever the stones or gems have come to mean to you the eternal shapes of the circle, the square, the hexagon, the Vesica Piscis and the Mattang are balances. The triangles significance is only understood when one views the shapes of the interpenetration. Throughout Geomancy penetration of one force to another produces a third force from the combined energies, shapes, denotations. Therefore the triangle is only read as a created shape and not as a standard shape.

The same can be said of ovals, ovoid shapes and so forth.

Geomancy is perhaps the simplest of all prophetic readings and also the most complex, relying as it does on a few very simple shapes, a few, very simple mathematical symbols and understandings, formulae if you will. Yet in these simple aspects one can find the whole meaning of the whole world and the whole of life.

ANOTHER STEP

The Shaman understood the world with a sense of physical and spiritual content. Every plant was searched for its spiritual associations as well as its medicinal properties. To this end I have included a very general knowledge of aspects of trees and plants which are still active in this millennium. History books, folk lore and medicine books will offer a more complete knowledge.

STILL ACTIVE 2006

TREES

Apples were the symbol of both life and death.

WASSAILING

This festival is celebrated in the West Country of G.B. on Twelfth Night. People beat the 'devil' out of Old Man Tree (the largest Apple Tree in the Orchard) by circling round and round the tree banging drums, shouting 'Wassail'. Bells and rattles are also sounded. When the tree has been circled three times a supplication to the Earth Gods is made. Cider is poured over the roots of the tree and a toast is drunk to the celebrating party.

The WASSAIL FESTIVAL is still active (2006) being filmed over recent years and broadcast to the nation.

Apples are also 'dunked' on All Hallows. A bowl of water is filled with apples. A blindfolded person then has their hands tied behind their backs and proceeds to try and bite the apple, or grip the apple with the teeth to capture it. Quite what the significance is has been lost in time. The apple in ancient culture was both a symbol of death (the apple being a fruit and not living) Life (the seeds) holy (five pointed star in the core.) Hypothesis as to what 'dunking' the apple could mean are not available at this time.

ELDER FIRE

To burn Elder in the house hearth is still considered to be extremely unlucky. Especially in the Northern parts of England. (Lancashire, Yorkshire and Cumbria.)

HAWTHORN

Is still being harvested to make traditional Maypoles (though Pine is as likely to be used in these modern times. The Maypole and Morris Dancing is enjoying a revival in rural England and the Maypole, (a tradition of the Virgin Maids dancing round the huge phallic symbol to encourage fertility), is making a comeback. With the general public completely aware of its ancient symbolism.

The Hawthorn is still woven into the traditional wreath for May and it is possible to witness the occasional wreath sailing down a stream during May filled with the flowers of deep creams and

pinks, a celebration of the Goddess this wreath is cast late at night to encircle the moons reflection.

The hanging of such a wreath on an Oak being the culmination of a Green Man

Ritual carried out in the woods; ending with the Green Man spirit being honoured.

HAZEL

This wood is still cut for the use of Dowsing.

HOLLY

Each Christmas Tide the Holly is cut and tied into wreaths for cemeteries, door décor and as a symbol of Christmas being celebrated in the household. No other tree is used in this method. However the Holly Tree is still left uncut in rural districts as the people consider it unlucky to cut Holly. Whole hedges can be trimmed neat and tidy and Holly will be left uncut in the hedge.

LILAC

Planting Lilac in the garden is a charm to ensure good finances for the family.

In recent years a growth of Lilac has been halted by the adoption of Chinese 'Lucky plants'. However the 'old school' holds fast to Lilac as a charm of fortune.

OAK

The traditional King tree of a woods. Fetishes are still found tied to OAK.

WILLOW

This tree seems to have lost its association with sadness and grief (hence the term 'wearing the willow) traditions have to begin somewhere and currently it appears that children are convinced that Water Fairies live on the banks of rivers in the willow tree itself.

YEW

Is the wood of the 'white wand' and is still collected by active Wicca traditionalists as is ROWAN and HAWTHORN. Witchcraft or Wicca is a once underground religion which has 'come out' in recent years and is now active in the public domain.

If any student has knowledge of active beliefs or festivals concerning trees in their own locality, we would be delighted to hear from you.

THE SHAMAN ALIVE AND STILL KICKING!

Where in the world is Shamanism, no matter what 'name' is being used, the ethos of shamanism itself is still a proud part of the countries inheritance. A practical part of life, a workable and on going growth of understanding, practicality and of course education?

Borneo? No.

America with its indigenous people? No.

The South Americas? No.

All these countries have a core of peoples who have the Shamanic lore in their world, yet modern life and its trappings eats away at the woodlands and forests, strip mines the trees, the land, the landfill of filth and debris of such a lifestyle, polluting its land, its rivers and lakes its very shores.

IS there a country?.....YES!

Here it is, the only country where shamanic culture is an integral part of its survival, its education, its strength and its understanding of need and personal growth. Its name is SWEDEN.

In Sweden the general population refers to the countryside as 'The Nature'. The children are taught to put rubbish in a bin, or carry it until you can do so. The countryside is clean. Everywhere.

There are over 100,000 lakes in Sweden, the people still use bush craft skills in their everyday life.

Forests are sustainable and one does not see great rifts of dead wood or dead land in Sweden, one sees the beauty of a country which actively sustains its ecology perfectly.

Reclamation, recycling and sustainable woods are the norm, not the exception.

It is an entire way of life which has been continued from the Nomadic tribes through to the city.

The crafts of, turpentine and tar production, is still practised in the old ways, removing the substances from tree stumps and tree roots that have aged in bogs.

Skis can still be found that have been crafted from the tree in a traditional old way, steamed wood gently curved to plough through the snow, wood oiled and gleaming. The softer wood eventually wearing away to leave hardwood rims that slice over the snows surface.

Camping in the woodlands is a national past time as is walking through acre upon acre of pristine clean woodland, drinking from crystal clear streams. Fishing in lakes so clean and sparkling you can see the bottom of the lake and watch the underwater life as it passes by.

The air is clean and sharp, the skyline holds as more trees and mountain ranges than it does townscape and cityscape.

Cycling is seen as friendly, cars as a necessity not necessarily a want.

The far north of Sweden is the homeland of the Sámi tribe. A group of people whose world is so far removed from the city world and the modern contrivances of TV and motorcar.

Originally a Nomadic tribe, the Sámi are in touch with the earth while remaining fully aware of the modern world and its conveniences.

Their world is ruled by the temperatures which can be as far down as minus 50 degrees centigrade and how many Reindeer they have in the fields. Yet they have modern things, they enjoy good homes and modern conveniences and combine it with a deep respect for the animals they raise and sell to make a living, the traditional skills of hide preservation, boot making, knife making and many other skills. These people are in touch with the earth in a way the Shamans of old must have experienced.

The Yoik is still practised in Sweden. A way of listening to the earth, the wind, watching nature and all its many moods and creating sounds to fulfil a part of human natures desire to capture the thought and the feeling forever. The Yoik is a sound or a word,

sung in such a way that the moment is described, the element is drawn in sound via the human voice, the drum and any other instrument the people wish to use.

The Yoik is a tradition which has been handed down, year after year, century after century. In this modern world, it is still seen as a way of life to wander into the woods and get in touch with nature, listen to it, sing it back to 'The Nature' as an acknowledgement of 'The Natures' energy, power and continuance.

Not as a religion, but as an expression of joy, a reverence for The Nature and an understanding of its beauty and its gift of life to its people.

Visit Sweden in the summer and see thousands of people taking to the woods and forests, the lakes and the mountains and valleys. An entire race of people whose understanding of the earth and all its glory is expressed in one short but beautiful sentence. The Nature.

As a Shaman in the making, a visit to such a country as this, can only enhance the understanding of how truly beautiful a land can be when its people have the deepest respect for the land, a love and an honour for where they are living and how they are living.

GODFORCE POWER IN SOUND

An original work by S.M-J 1975-2006.

Sound is a power in its own right. In this modern day we now understand the forces which sound creates as we regularly use Ultra Sonic sound to discover what is hidden. Sound used in this way actually creating images for us to 'see clearly' what is hidden from our eyes and normal vision.

There are other levels that sound can be used at. Sounds which; kill, disrupt, destroy. We have yet to discover the scientific methods of creating sounds that build, support, create life and energy in this world. Sound has 'wave lengths' which can now be read by sophisticated machinery. Technology has finally brought us the invisible forces in a format we can witness with our own sight.

The methods of old, the shamanic way are still with us now. Handed down through the centuries. Occasionally rediscovered from personal gnosis; occasionally discovered in little known books, papers, records from times past. Jericho had its walls tumbled down in battle by horns and drums. In several holy books God spoke and the word sound began life. God spoke the word I and added AM and God was. Whatever we believe as individuals, the God-force power in sound is a fascinating study of energy spoken.

Links of sound creating, reverberation, in the human psychi. A sound or a series of sounds which invoke a specific energy, a force, to create a tool of power for the Shaman to use in the time honoured traditions of associating with other energies. 'Speaking' with the gods, with the earth, with the ancestors.

If you have never listened to a piece of music and been moved to tears of joy, tears of empathy and sympathy with all that the composers creativity of sound. Then you are not Shaman.

If you have experienced the movement of your emotions through music, through the cries of an animal or a person, the sounds of grief or the sound of war cries. Then Shaman lives in you and can

be touched, encouraged to rise higher into the conscious self and your understanding.

The earliest drum that mankind understood, was the drumbeat of the heart. The only sound that mankind would hear from within the body to say that life was still present. However life was understood in those far gone days, the hearts beat would speed up slow down, cease and each rhythm or cessation gave indications of the status of mankind's feelings and emotions and their very being alive!

Maybe those sound were copied, beating on hollow logs or tight skins as they dried in the sun. However the first drums were made and for whatever purpose. The drum in modern times has evolved into an enormous corporate business, high tech skills creating sets of drums for the modern bands and groups. Even so, the drum is still being created in dark continents, where tribesmen with no modern technological skills, create drums in the same way our ancestors did. The diversity of sound, the depth and the scale dependant on the drummer and the need of the people. Anyone who has danced to a beat, anyone who has felt their heart race with excitement or slow into a deep trance. Will do so via the solid beat of a drum.

Modern life does not allow many people to escape into the hills and forests to experience the unique drum beat of the earth, yet it exists. Many people attempting a closer union with nature can feel the slow steady rhythm of life which pulsates 'like a drumbeat' through the earth.

Mans other instrument of music was and still is, the voice. How many sounds erupted from the mouth of our ancestors in pain and anguish? The sounds we still hear in primitive tribes are exactly the same sounds made by modern man. Crying and laughter, howls of rage and whimpers of fear are the same the world over. We share with our ancestors and our companion man the exact same sounds now as we did all those many years ago.

Other sounds have evolved and to a degree the history of singing can be traced through Shamanic practices still carried out today. In Sweden the Yoik is still practised. A person will sit quietly and hear the wind and in creating a sound to describe the Air, then the sound becomes 'the Air' and the song or the Yoik is begun. The Yoik does not usually have actual words in it, normally the sounds

link together to describe and become the experience of the wind or the forest or the sun or whatever element is being sung of. However the singers of Yoik can and do include words. It is whatever sounds the person experiences, which is utilised. This is possibly one of the oldest traditions of singing still practices in the modern world.

Visit tribes in Papua New Guinea and hear the noises and music of the tribal festivals and there are similarities. Listen to the ancient traditional sea songs of the modern life. The Gaelic and the Welsh songs of history. Listen to Medieval music and throughout them you will find la la, diddly di de do de dum, de dah, de dah, mmm,mmm, ooooooh ahahah,ahhhh. Hmmmmm. So many sounds and they all have a way of describing emotion.

One listens to The Humming Song of Madame Butterfly and the tears course down the face without ever having to understand the storyline. It is sadness from the human throat, a sound of deep and abiding sadness, swelling into the mind and sinking into the very heart of the self. Listen to some of the ditties and the simple rhymes of childhood and hear the rhythm of sound which means joy or happiness, fears and flight.

Ask yourself why certain types of music are used in theatre and film to create 'atmosphere'. Carmina Burana is constantly used as a background sound for galloping Knights to the rescue. Fire Mountain gets used every time a volcano goes off. William Tells Overture gets used whenever the local heroes are rushing to the rescue. Certain rhythms and certain sounds seem to evince specific feelings in the human which are universal. Otherwise music would not necessarily be appreciated by all, as it is.

To become competent in the Shaman pathway, the gathering of sounds and there intrinsic values as well as the more obvious values, becomes a necessity. To become accomplished at the creation of those sounds and understanding the power within them is also an aspect of the shamanic energies.

To develop those energies one must begin with a simple exercise. One which may take a long time to discover from within the self.

When was the last time you sat in woodland and felt so content, so at peace you could have sung? When was the last time you felt so

close to life in its raw elements that you could 'hear' the sound of the wind. The variations of strength and power, lilting and tempestuous?

This is where it becomes a part of active investigation.

Never place yourself in a vulnerable position where you could be hurt, never place yourself in danger. But if you want to become Shaman, then you need to be able to meditate and become as one, with a variety of energies and you need to vocalise them in a way you are comfortable with.

Ask yourself the following series of questions, right now, sat at your computer. Write down a description of what you think, what you felt.

Sometime in the near future; go out into local woodland, keeping yourself safe (perhaps take a like minded friend with you) Now ask yourself the same questions as you sit in the peace and the quiet. Write down a description of what you thought and felt.

Then sitting in a place of safe and secure woodland, meditate on those self same questions. Write down a description of what you thought, what you felt.

Compare the three writings and perceive any differences, note any changes or revelations. See any similarities. Now you can begin properly. You have drawn a particular understanding from the experience. What you should feel and what you should experience are YOUR decisions, not mine.

Whatever you have decided in the matter of finding the sounds of these particular questions, it is time to do it all over again. Until you are sound perfect in the wholeness of it.

What sound is a tree?

What sound is an old tree?

What sound is a young tree?

What sound is woodland?

What sound is a forest?

What sound is a seed?

What sound is a flower?

Can you create a song of a forest in spring? In winter? In summer?
In autumn?

Can you? Because if you can, then you're almost the whole of the way there (as a shaman). Being able to 'hear' the sounds of those energies is specific, it's creative, and it's power. What sound is a spruce, an oak, an apple tree? What sounds are they inside you? What sounds can you make to describe them to yourself? Is this a song? Or a series of single sounds? How will you link them? Sing yourself a forest, woodland, a tree. What are the differences?

Not an easy concept is it? But it is a vibrant part of a Shaman's power.

Perhaps you would rather create a sound for joy, sadness, happiness, grief, a fugue, ecstasy. As a beginning it is a good one. What sound is peace?

Does this require more than your voice for you to feel competent. Would a drum or a bell make it easier to create, would a guitar or a harp help?

Can you see how this all began? When the human voice was not enough, then the drum may have been begun. Yet the human ability to invent must also have come into play.

Elder trees have long been used to create the whistle. Originally the elder tree was used to fan the flames of fires. The thin branches could be hollowed out very easily and used to blow down to create a draught. From such simple beginnings came the pea shooter and the 'penny whistle'.

A stone hitting a piece of wood, a shell, another stone and sounds would be created, the xylophone must have begun somewhere...maybe this was one way.

Maybe shells strung together to make a necklace where hanging in the wind to dry when they tinkled together and the bell was born.

Maybe the first coiled bracelets of simple copper clanged and the pure bell began its journey towards creation.

There is so many ways that music came into our lives. The sound of dry gathered seeds rattling around in a gourd or a crude pot would create a rattle, as would small stones or a small handful of metal nuggets.

Each sound a different strength, a different level. The strung gut of an animal. Stretched between wooden poles may have been the first Aoleon sounds as the wind sougthed through the taut gut, plucking sounds from the very air itself. The birthing of the original harp, which in turn created the piano and the guitar and the zither. How mystical, how magical would such an experience have sounded to our ancestors?

All because the people needed other sounds to add to the voice, so they could describe need and want and joy and sadness and appease the spirits of special places. Ultimately mankind creates music, to describe a feeling, an occurrence, and a sensation.

Shamans did that for the people in the beginning. The shy hesitant embarrassment of a ten year old, told to sing in front of the class, can be no different to the shyness of the ancient clans as they learned a song for the first time. Maybe they laughed at each others croaks and wheezes and gasps and maybe they all sang together in glorious harmony. All I can really say is...they did make sounds. They created the first songs and chants and rhythm and eventually we reached a level where the twelve and sixteen scale where standardised.

That music is created now in a variety of ways and they are all still.....about emotions. How people feel. How people want, need, have, lost, gained, won and all the other emotions. Songs to God, Goddess, Earth, Animal, songs of worship and songs of self and to share and to keep. All over the world. Song is the bit of us that reaches out to others and needs no words, just the sounds and we can communicate a myriad of emotion.

If you cannot speak another person's language, you can share sounds of music, sounds of laughter, or grief. Happiness and joy fear and anger, love and coaxing and encouragement and pleasure and pain are the same sounds all over the world. Literally the Universal Language of the entire hearing human race. Even

our deaf or hearing impaired brethren have the same sounds to make in laughter and grief, and the myriad emotions between.

Faces can make shapes of different faces from frown to smile but a nod or a shake of the head may mean differing things, a frown can mean much as can a smile, as we display pleasure or sinister enjoyment of someone's predicament. Not all facial expression means the same thing in each differing country. Not all body language is recognisable from country to country, not all hand signals mean the same thing. Some gestures mean insult where they mean support in a differing country and so forth. Yet throughout the world, laughter is laughter, anger is still a screech of raged emotion, fear is still a whimper in every single part of the world. Just as stoic silence can be dumb insolence or rigid control or total shock; they are all recognisable.

In sound the Shaman has a master of control in their voice. They can be understood throughout the world. A gentle humming, building to a deeper resonance which finally breaks into a lah lah, lah, lah of sunshine and sunbeams and glinting dust in the rays of a twinkling light that dapples through the leaves of a spring wood; will bring recognition in peoples minds. Smiles are forthcoming, a nod here, a wave of the hand, and a pat on the shoulder as you move on. People pass by with a lift in their spirits. The next day they will greet you with anticipation, the next day they will greet you with a smile, maybe even a word or two. No matter that you cannot speak the language, they will react and respond and before the end of the week.....you will have a friend, maybe even more than one.

I've used that technique so many times. In one day I became a member of a community which was notorious for its closeness to each other and its rebuttal of 'newcomers'. I keep in contact even though it has been many years since last I was their and if ever I visit again. I will be sure of a welcome. I was welcomed and recognise the power of sound and its universal appeal, energy and resonance in our world on all levels.

BRINGING IT ALL TOGETHER.

Having taken this path, you are now aware of the depths of concentration necessary to your development. The following section covers many of the aids used by the Shaman. Dowsing and the Pendulum to find water, minerals and metals, Psychometry which enables the Shaman to discover truths and Meditation to enable deeper contemplation. There are a variety of subjects covered here which are necessary in other levels of development as well.

In learning these aspects you will be adding to your arsenal of inner 'tools' of the trade of Shaman and enabling your own energies to become honed to a greater level of perfection.

Meditation

This will enable you to understand the nature of things more clearly and your own perception skills will become much deeper.

Visualisation

Used properly you will be able to visualise an area of land, a person, a condition and so on which in turn will uphold your concentration and enable a more concise application of your skills.

Aura

Being able to see the aura of a person, tree or other living thing will enable you to perceive the life force and its strengths in all manner of living things. The colour associations are a guide to truths and lies and a multitude of other aspects.

Scrying

A form of perception to enable forecasts and to enable the Shamans insight into matters to be more precise.

Healing

A specialist subject many follow through such pathways as Reiki. This method is the basic healing skills of most pathways.

Wish fulfilment

This is a very real ability which requires great concentration.

Psychometry

Reading the history of an object a tool used by Shamans in seeking the needs of the land or a specimen such as a tree or even a human being.

Dowsing

Creating the ability to find water, metals and ores as well as lost objects.

Pendulum

An excellent tool to use for personal gnosis, map reading and finding lost objects or divining answers.

This part of the course may take some time to be able to fully accomplish but is a worthwhile development of your skills.

PREPERATION. To meditate safely.

We need to lessen the impact of the external world, try to create as ideal a space as we can for your meditation experiences.

Choose a time when you won't be disturbed.

Leave at least an hour before meditation to prepare the place where you will meditate and to prepare your physical self. These may seem very niggling things to do but from experience we assure you from stray thoughts as banal as 'did I switch the kettle off?' to the drumbeat of a water tap dripping these things can ruin a really good meditation. What takes ages to commit first time round is a matter of minutes with practise.

Leave a note if necessary saying your meditating and do not want to be disturbed.

That will take care of unwanted intrusions.

Eat a single digestive biscuit and drink a glass of water.

This will prevent feeding pangs and dehydration. Both of which can disturb your concentration levels.

If you are the householder, or alone ensure your doors and windows are locked securely.

Ensure the door to the room you are working in can be locked or held shut in such a way that you cannot be disturbed by unwanted intruders.

That takes care of part of the safety levels.

Ensure you have adequate ventilation, lock down windows and any other entry aspects to a safe distance to ensure safety again.

Unplug unnecessary electrical equipment. Any gas appliances or energy sources should all be checked for safety.

Ensure no taps are left running or dripping (one of the worst disturbing sounds is a dripping tap!)

More aspects of safety taken care of.

Choose a pleasant piece of music, nothing too raunchy or soulful, classical music is ideal. New Age music is freely available and there are many websites devoted to the sale of this type of music. Whatever you choose, ensure it is not going to glitch in the middle of it, let the music play in the background as you sort the room out, it will enable you to tie into the music more easily later. Pick a volume which you can relax to, that isn't going to distress the family or neighbours. A volume that blocks out the TV down the hallway, the cars outside, the kids on the corner. That will level off the auditory distress.

Light delicate incense, nothing too cloying or sharp scented. This will mask any disturbing or clashing odours.

Choose the right lighting for yourself. You may wish to use candlelight, if so then please ensure your candles are in fireproof holders and placed away from any flammable objects.

If you prefer to be in total darkness then ensure the pathway from light switch to your chair or bed is free of any clutter.

Having done all of this you are still not ready...but you're getting closer. The safety checks and the creation of ideal arenas can take very little time eventually. All this first time preparation is because the basics are as very important as the foundations of your future experiences.

Choose what you wish to meditate on. A chair? Or a bed? Or a floor mat?

Whichever you choose you will need to learn how to use your body properly and create the correct posture for your needs.

A CHAIR

The back needs to be comfortable and a soft seat is not as good as a firm seat. Your posture is extremely important during meditation as you need maximum capability to sit still and relaxed and upright (yes we have witnessed people getting so comfortable they end up falling both asleep and off the chair! At one and the same time. So arms on a chair are a good bonus. Just in case!

When you try out your chair for comfort, try this exercise.

Sit as you would normally.

Now straighten your back as well as you can and rest your arms comfortably. Place your hands in your lap comfortably but please don't clasp your hands.

Place your feet together and raise them about two feet off the ground and slowly lower them heel first down to the floor.

As your feet contact the floor and your weight begins to settle downwards you will feel your back and hips shift slightly. This redistribution of your weight is the desired effect. You are now sat in the chair and not on it. This is a comfortable aspect for your body to now experience.

Whenever you are meditating always ensure you have corrected your body's weight distribution and posture before you begin meditating and you will have created an excellent beginning.

FLOORMAT

Just as you have redistributed your weight in a chair, you will need to do the same thing when using the floor mat.

The hard surface of the floor has a very small layer of soft form between you and it. So as you lay your body onto the mat you

need to get as comfortable as you can. Use a small pillow for your feet to prevent your heels 'burning'.

Allow your shoulders to shift around until they feel supported. Let yourself breathe deep expelling breaths and relax your muscles as much as you can to allow full support of your body. Holding yourself rigid creates a tension in your body which is not conducive to a good meditation.

If your feet keep falling apart and your legs relax so much that your knees are pointing in opposite directions that are fine. Who's going to see anyway?

BED

The pillow on the bed belongs under your feet not your head. A soft comfy bed is far more likely to send you off into one of the best sleeps you have ever experienced.

If the bed is still your first choice we suggest two different types of meditation are possible.

In the first meditation a simple pillow under the feet is fine. This meditation is suggested as being the best for beginners.

The second meditation state is created to give a visualisation meditation and creates a sensory deprivation experience which enables the mind to concentrate more intensely

Place two pillows into an inverted V shape and a pillow across the create an A shape this will support the head, neck and shoulders.

Another pillow (possibly two) is placed beneath the knees to raise the legs.

A pillow is placed lengthways beneath each arm.

A small pillow is placed beneath the feet.

A light cover is placed over the body.

It certainly takes a little manoeuvring and wriggling but it does create a very special 'comfort zone' with no light of any description

and headphones instead of exterior music in the room the whole sensation intensifies and the internal meditation focus becomes very strong.

LOTUS POSITION

The Lotus Position is used in Yoga and in religious meditation experiences.

Now go and visit the bathroom. Wash your hands and change into the clothes you wish to meditate in. Don't lather yourself in strong perfumes.

CLOTHING

Something easy to wear, light, natural materials (to prevent static electric build up)

Clean but not overly scented or perfumed.

FIRST MEDITATION.

Your first experience is geared towards gentle introduction to a unique experience. You're going to meet who you are, but you might have to search a bit.

Sit or lie in your meditation position. Breathe naturally and close your eyes.

As you begin to relax you will start to understand why all that preparation was so very necessary.

First of all your sense of smell will carry every single odour it can detect. Your perfume or aftershave will almost drown your nose in its bouquet.

Then your body odour itself will start to make its presence.

The incense and the soap you washed your hands in. All these will become very identifiable.

So will the noise beyond the music, the soft pad of someone's footsteps or a car door slamming outside.

Your body will want to shift around.

You might get a rumble in your stomach or worse than that...the chilli you decided to have for tea is creating some interesting gases in your intestines.

You might want to open your eyes every few seconds or a feeling you itch here and there will dominate your senses and the desire to scratch will get very powerful.

All that and your mind is wandering as well.

Stray thoughts, unusual memories, embarrassing moments and all sorts of silly feelings may swamp you.

That is just as it should be. Meditation takes time and the art of the whole experience is an internal experience which can only improve with time.

Let your mind wander along, don't deliberately seek memories or feelings, just let them meander in and out of your mind. When you allow this, you are practising dispassionate viewing. You are learning to observe yourself from within.

Once you have begun this experience and dependant on the method you have chosen in either sitting or lying down you may drift off to sleep and that too is fine.

This first experience was about learning what your mind is like when you stop feeding it information and let it work on its own, without direction.

First the mind will swamp you with information from the exterior world. Your senses as a result will sharpen perceptibly. That is why you smell perfumes and odours more intensely. It is why the slightest noise will reach your ears; the merest flicker of light will impinge itself on your eyelids as bright as the sun. Once the brain understands you are not going to feed it more information it will begin the sorting process of information from the days experiences or life events, without the necessity of sleep. Your mind will begin to retrieve thoughts and images in what may appear to be a random pattern. The brain is as aware of your observation as much as it is aware it is producing the images and you have set yourself apart. Thus beginning the long journey of understanding.

You are not your body. Your body can be in various states of health and repair. But no matter what your body is, your mind is not your body. Neither is you the thoughts you have. You can actually stop those thoughts if you choose, you're not your memories and you are not your feelings. All of these you control. Your meditation is called I am I. For you are not your body, thought, feelings or emotions, you are not your memories or your learning. Simply you are the person who rules all of those aspects, you are the one who tells you what to do, say and think. This meditation introduces you to that person.

Carry out this meditation on a weekly basis or perhaps twice a week for a month and slowly you will untangle all the thoughts and inhibitions, fears and uncertainties in your life.

Keep a good record of it all and once you have mastered this you will have a process available to you for calming and de-stressing yourself.

For analysing problems and simply enjoying a mental rest. You can carry out the same process but direct your thoughts towards a specific area you need to contemplate.

Great as a stress buster, fantastic for retrieving a situation you have experienced which may have distressed or worried you and then observing it. This way you can understand things better or find answers which have eluded you.

Meditation 2

Carry out the same procedures as described in meditation1. Once you have reached the ability to settle and begin relaxing you need to change the procedure slightly. As your mind begins its flow of random thoughts and images begin to focus on your breathing.

Now you both sense your breathe as it is drawn in, and observe yourself breathing.

Watch your breathe, visualise the good air entering your body, filling you with oxygen.

Watch yourself breathe out, feel the air rushing out of your lungs, through your nose, or out of your mouth. Feel the next breath as it

enters your nose, the coolness of it, the taste and smell of it, the way it inflates your lungs. Carry this on until you understand the air and your breathing and how you feel.

Now focus again, simply count one as you breathe in and out then two as you breathe in and out and so on until you reach twenty one. If you lose concentration and so lose the number you were up to...go back to the beginning.

Excellent for focussing the mind and body into harmony.

Very good to practise if you have been out of harmony with your sleep patterns or suffering from upset stomachs or feeling nervy and discordant with your lifestyle.

Visualisation and Meditation.

As with the previous meditations you need to prepare and settle yourself. In the preparation we would like you to choose an image to look at. A photograph of a flower or a candle, something simple and preferably single coloured.

Once you have begun to feel relaxed you need to concentrate on the specific image which you chose earlier

Try to 'see' in your minds eye the flower or candle as you saw it in the photograph.

Concentrate not only on the image but try to sense the feel of the object, the scent the heat or other sensory information your mind can supply above and beyond the photograph

This visualisation is very simple but the effects can be startling.

You may see the flowers petals open or smell its perfume.

The candle may begin to burn and flicker and melt.

This visualisation is the beginning for you of other meditations which you will enjoy over the coming years.

Visualisation is a creative method of relaxing and focussing the mind on something pleasurable, relaxing and enlightening as the imagery will evolve and involve other senses as you progress.

You may also begin to sense thoughts which may or may not be related to the image.

They will certainly be for you, about you or your plans. Keep good records of all of this.

Other images may begin to appear without your studying them, in fact more images and other sensations will develop over a period of time. Once you are comfortable with this level of meditation you may feel ready to progress further.

MEDITATION COURSE **SEEING THE AURA**

The Aura is a field of energy which surrounds all living things. Kirlian photography offered the very first scientifically accepted proofs that the Aura is a very real phenomenon.

Living beings generate bio-electrical fields, bio-radioactive and bio-magnetic fields of energy. They also give off heat which is another source of energy. The Aura is a manifestation of that energy in a full combination of the life force.

To perceive the Aura it is necessary for the mind to be free to concentrate if you are at beginner's level. Once your mind has learned the way of 'seeing' this energy you may well find your ability will manifest itself freely. Certainly you will be in a position to practise this delightful skill as and when you wish.

Make a time when you will not be disturbed.

Protect yourself.

1

You will need a reflective surface which you can hold. A sheet of cardboard covered in silver foil (shiny side out.) or a silver plated tray. Something of that nature.

Now sit quietly and holding the reflector towards you close your eyes. Bring the reflective surface at head height.

Now keeping the eyes closed slowly draw the reflective surface towards your face.

With your eyes still closed, as soon as you can sense the reflector in front of you, open your eyes.

You will find that you have gauged the depth of your aura.

The sensation is felt most deeply in the area of the forehead just slightly above eyebrow height, but between the eyebrows. The 'third eye'. The sensation itself is not unlike that of a magnet being pressed against you and feeling the 'pull'.

This is Auric sensing. The surface of the palm can be used to 'sense' this energy field around all living things and especially around humans.

2

Sit in an area where you can observe trees.

Preferably towards sunset.

Now with your back to the sun, look over the tops of the trees.

You should be able to see an almost but not quite invisible energy field over the trees.

Rather like the heat haze on the road when the sun has been burning down all day.

A kind of wavering ripple in the area just over the tops of the trees.

Unusually what you will also see is that same field is emanating even where a limb may have been lost.

Almost as if the trees memory still feeds its life force to the missing parts.

3

Place a light behind you so that the general ambience is a soft full lighting effect which is not glaring into your eyes. Now place a large piece of black cloth or paper underneath your feet, leaving at least two feet of the surrounding floor covered in black as well.

Sit in your chair with your feet on the black with at least two feet of space between your knees and feet. Sit forwards and place one of your hands in the 'space'.

Now take a look at your hand over the black flooring. At first you may only be aware of the hands image. However do not expect to see shards of silver light emanating from your fingertips (if you do then well done but it isn't usual). What you should become aware of is a kind of almost invisible 'shadow' (rather like the ghosting on a TV which has a bad Ariel reception) this 'shadow will surround the whole hand but will be most noticeable around the fingertips and alongside the outer palm.

If you have managed to see this first time you have made excellent progress. It isn't a given, that you will see first time.

Practise 'seeing' your hand in this manner as often as you feel content to do so.

4

You can try another method if you wish. As before in all ways except instead on a single hand. Place both of your hands palm to palm. Imagine a ball of light being created from the centre of your palms into a small space within your clasped hands.

As the imagery is generated you should have a mild sensation of building heat within the clasped hands.

Slowly bring the hands apart from each other by about 10 centimetres and concentrate on the space between your flesh. You will see a spreading light, at first this may be the shadow effect of before, however the more you generate energy into the space created, then the greater the depth of colour and strength of energy.

You may actually feel as if your hands have an invisible magnet between them. In fact pull your hands apart a little and return them

back to their original position, do that several times and you can actually 'feel' your aura.

5

Better still pull your hands apart until you cannot sense the 'magnetic' effect and where you stop is where your aura stops, it gauges the depth of your energy field.

Once you have broken through the barrier of learning Auric perception there is no end of interesting experiments you can carry out.

6

One of the most satisfying experiments you can carry out is with Mother Nature. Plant five sunflower seeds in a pot and treat it just as a pot with seeds in. water them, feed them and give them good care and see when they germinate and when they begin to grow.

On the same day you plant those seeds.

Take five seeds from the exact same packet you got the originals. Place them in your hands and gently give the field of energy you have in your hands into the seeds. Do this by visualising your energy (your aura) pouring into the seeds and helping them to germinate and grow. After ten minutes plant them and treat them exactly the same as the other seeds. With one exception. Every day, give your chosen seeds a ten minute Auric transfer of your energy. When do they germinate and sprout? Is there a difference?

This Auric transfer of energy is possible in other ways which you may wish to learn.

This is a healing concept of giving your own personal energy to someone depleted in energy or ill. Not recommended as a regular thing to do, healing being a different process. However if someone is suffering from lack of energy you can give them a little boost.

7

When you hug a child or a baby or a loved one, you can extend your aura from your heart and solar plexus towards the person as you hug them and give them a little psychic 'hug' which can fill the

person with a deep sense of peace and fulfilled feelings where you are concerned.

As you become more confident in your abilities we suggest you join a group which will enable you to develop these skills further.

See the main menu for a list of associations which are recommended teaching associations for Healing concepts.

8

Having experimented with all of this there are some new steps to cover.

You can ask a friend to sit in on this if you wish as it is fairly difficult to do on your own.

DO NOT DO THIS BY LOOKING AT YOURSELF IN A MIRROR.
This is called **SCRYING** and requires a high level **PROTECTION** covered in the next part of the course.
You will require a notebook and pen and a lot of patience.

Put your black paper or cloth against a wall.

Put a chair in front of the paper and ask your friend to sit on the chair.

Now look at your friends head and shoulders and seek the Auric 'shadow' discussed earlier.

Note the depth of the field and the areas where the shadow may not be as strong or appears stronger than other areas.

Now close your eyes and visualise the same images and look at the aura again with your minds eyes.

What colour is it.

Usually it is not the invisible shadow effect as before. It becomes coloured, even if only faintly. This is the first sensing of the aura and its colours. It is a huge milestone of achievement. The colour will indicate state of health or mind. The depth of field indicates the strength of the persons will as well as there specific energy levels.

Practise looking at people's aura as well as your own.

Your mind has been instructed to look for colours and you may 'feel' a colour in stead of seeing the colours visually.

This is still acceptable and merely points towards you having latent Clair Sentient capabilities. (See main menu)

Exercise

For you to understand healing and colour association meditate on the following.

The meditation technique is to meditate as normal and when it comes to focus mentally ask yourself a series of questions and faithfully record them.

This will require you to dip in and out of your meditation, the method to use is:-

Ask the question, receive the answer take a deep relaxing breathe and slowly open your eyes and write the answer down then another deep relaxing breathe before returning back to your meditative state by simply closing your eyes.

A series of questions should be based on very simplistic symbol and colour codes.

What colour is joy and all the attendant emotions you feel is appropriate.

What colour is pain and all its attendant states.

What colour is birth and so forth.

Once you have covered all the feelings you can think of then close your meditation and study what you have discovered.

No two people will have the exact same visualisations and that is as it should be.

There are some things which have a standard colour association. White is definitely the colour of spirituality.

Black is NOT evil it is the status of total peace and calm as a status of being not as an indication of a person themselves.

Evil, if you ever see it (we hope this is a few and far between experience)

Is a dreadful grey slimy colour and is often accompanied by a horrible emotional response similar to the way one reacts to a visual sight of a really awful tragedy caused by human involvement. It is a spiritual recognition and rejection of the imagery.

Pain in general seems to be universally accepted to be a red shade not clear or bright necessarily and is probably related to our blood being red. However it isn't written in stone and it is an interesting journey of discovery.

SCRYING.

The aura is perceptible in your reflection.

However before you attempt this protects yourself first and then visualise a thick barrier between yourself and the mirror surface. This is extremely important for both your protection and for your confidence. You are liable to see many differing images.

After a time of intense concentration on your own aura you will become aware of shifting light and as other images present themselves.

You may see an ancestor, possibly an Incarnation of your previous life.

It is perfectly possible to see other images, scenes and not just from the past but from the POSSIBLE future as well.

Record these experiences but also remember that it is only possible.

If ever you aspire to 'see' as in Scrying it is not beyond the bounds of possibility to see very detailed images as clear as any you would see on a DVD, you may however discover this is not the field of development for yourself and it would be wise to leave well alone if this is the case.

Scrying is an art form on its own. Scrying was the original 'fortune telling' of seers and magicians and witches of old.

Some of the old methods of Scrying used such tools as,
A bowl of black water,

A black mirror.

Black glass.

A lake or pools surface on a full moon.

All these have been the tools of Scrying in the past.

To utilise Scrying as an art form keep a full diary of events. Include the date and time you practised this skill. You may find such things as a Lunar Calendar important as traditionally the full and crescent moon had influence as to how successful the Scrying is carried out.

Once you have mastered the art of Auric reading you may wish to take it one step further.

HEALING

Basic healing is simple and satisfying and a generous act from whomever gives it.

Standing with feet firmly placed on the floor and feet slightly apart.

Breathe in and gently breathe out any colour within, breathing in light. Protect yourself.

As you breathe in, visualise drawing the Auric energy of the earth into yourself and fielding it through your hands.

Gently allow the energy to expel through your hands onto and over the person you are healing.

Again using visualisation allows that energy to seep gently through your subject's Auric field.

Never give your own energy unless you know you are completely healthy and stable and only ever in an emergency. You can debilitate yourself and cause illness in yourself.

Full healing lessons are available from the main menu.

AURIC ART.

Many psychic artists develop a way of drawing the aura as they perceive it. First they will draw an image of the human body then they colour an aura around the body, faithfully recording every contour and growth, energy burst and symbol they perceive. In a way, if you cannot see with your eyes but see with your visualisation, this is an excellent way to display what you see. Many followers of psychic events enjoy having their aura transferred into an art form

WISH FULFILLMENT

A great deal has been written lately about wish fulfilment. With the deepest of respect we warn you that asking for a wish has consequences and suggest you think before trying this out.

Warnings.

From our own records we will share two wishes with you.

A very artistic gentleman expressed a desire for a rune which would enable his life to progress further. He required a building, money and time to do the things he wanted.

At the time he was deeply involved in caring for a close family member and was much admired for his dedication and

sympathetic nature. He earned quite a lot of money and had a growing reputation both as an actor and as an artist. His desire was for all that he wished for to occur within the year and this was why he requested a rune to create the year time and enable his wish.

Within the year his close family member, whom he loved deeply not only died but he inherited the house, a large business loan from the bank and because he no longer cared for his close family member he had all the time in the world to do 'his own thing'. We assure you the man has learned to enjoy great success but he maintains the cost was too great.

A lady desired eleven thousand pounds (approximately \$15,000) she wished for this with all her skill. Within twelve months the eleven thousand was in her bank account. Her husband however, was in and out of hospital with excruciating back pain caused by an accident. He never worked again. After ten years the money was long gone, none of the dreams were possible and eventually they divorced.

We can wish for whatever we want. We can enable the wish. But there is always a price to pay. Wishes are granted but not drawn out of thin air, they are enabled.

The only way the first person could have his wishes was literally for his beloved family member to die. He had not thought of this at all, in his heart he wanted a beautiful building, all the money generated from his business and time to enjoy life with his family member. To spoil and treat and pamper them. Inheriting what turned out to be a gold mine of a place was not on his agenda. No one knew the value of the small building. No one expected the person to pass over when they did. Least of all the man, whose personal nature is to be a kind, loving and generous hearted person.

The second person's wish was granted in next to no time. As she didn't gamble or work herself, she did not drive or any other way an accident to her could create the compensation, the wish fulfilled for her in the only way it could, through her husband.

Does that seem harsh? Does it seem improbably? Then look at some of the people around you who say I wish!

When a wish is granted it is not a miracle that has been asked for. It is a wish. A personal gratification.

Miracles are something entirely different. Miracles come from the deities will and one cannot demand a miracle. The miracle is one of those enigmatic and omnipotent acts which a human cannot demand

What we can do is make a wish. As long as you are prepared for that wish to be fulfilled no matter what the consequences then you will be able to make a full wish and get it granted by the universal powers that be. Whatever name you may refer to it as.

HOW

Firstly ensure your wish is not going to harm anyone, that you will not be hurting someone you love or hurting yourself.

Now begin a meditation on your wish and carefully construct it in as much detail as you can.

What it is you want, when you want it to be in your life, how long for. How you would ideally like it to manifest itself in your life. Gather all of this into a complete and short sentence. Meditate on the sentence for a little while. Now envisage you, on this earth sending out your wish.

Fill the entire sky with your wish and see the wish spreading out through the skys atmosphere into the universe and travelling out further and further, with a loud voice in our mind, with clear visualisation.

Remember you really have to use your entire concentration and then you have to follow it up with complete trust and belief that it will occur. Then let it go, leave it alone, don't worry at it. If you think of it arriving great, keep that image. However it is purely a matter of belief now.

Just to encourage you in your quest, or warn you perhaps. Every single one of my wishes has been granted in the last 35 years. I have not had a single wish refused. It has cost me dearly to have my own way. Now I find myself deliberately NOT wishing. You have the right to try wishing. I wish you good fortune.

PSYCHOMETRY

You need to utilise several of the techniques you have learned so far to practise

Psychometry.

This is the art of holding an item of jewellery or touching an object and 'sensing' images, information, messages from the items owner.

The object is your vehicle of contact, your link between yourself and the person who owned or wore the object.

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Ideally you will have a small recording device to enable you to speak aloud your findings for later analysis.

If you do not have a way of recording your voice or filming yourself then use a pen and paper and use the 'dipping' technique of meditation where you enter and leave the calm status you are using.

Firstly protect your self as normal.

Sit quietly and concentrate on the object in your hand, or which you are touching.

Close your eyes. Try to use an object from your family, something you know the history of, the people associated to it. This is an exercise in the skill of working a psychometric reading. A trial run, as it were.

Now visualise yourself and the object in your minds 'eye.

Once you can see yourself clearly, and the object take a mental back seat and let your mind present to you the images and thoughts and sensations it has acquired because of the object.

For example you may have a physical feeling of sickness, or a 'bad' feeling, you may have a sensation of being sat with a very happy person. Whatever the first instinct is, this is the path you will follow.

Speak gently and clearly so as to record as much of the feelings, the images and the messages or insight you are experiencing.

If at first you can sense nothing then allow yourself to rest from the endeavour. This is not a competition, nor is it a test.

You are simply beginning to open a door in your psychic self which has been left to get a bit rusty. Patience is the oil you will use to open the door fully and easily over a period of time.

Try the beginning again and this time, calm yourself and await developments as you create a mental image of you, the object and whatever will be given you.

If an image super imposes itself over the one you have created then add this to your information base. Try to record all the information in as minute a detail as is possible.

You may 'think' of names, dates, places. You may see a picture of the sea or a mountain or even the street where you live. You may feel sick or happy, sad or tired or energetic. These fleeting sensations cannot remain with you because you have protected yourself. You can sense them only because it is your deliberate will to do so.

This exercise will give you a fine basis for future experiences.

Because you already know the history of the object you will already have associations in your mind. Read or listen or watch your reading with complete objectivity. Did some of the detail catch you by surprise? Did you say things you hadn't known prior to the exercise? Did you feel any awareness of another energy being with you, another force around you? What was the experience like? Now you can begin again.

You have taught your mind what it is you wish to experience, shown the mind how to do what you wish. Now 'borrow' from a reliable friend or family member an item of jewellery which they know the history of, and you do not.

Carry out the above exercise again and make a written report or if you feel comfortable with it, let your friend watch your performance either live or the recorded version. Ask for feed back on accuracy, on imagery on perceived details.

If you get a small amount of this exercise correct you are onto a wonderful new beginning in a new skill, which you can continue to develop along the way.

It is using some of the skill of healing in that you are sensing the object as if it were alive physically. What you are doing is sensing the etheric field of energy still attached to the object.

You are also using your creative visualisation as you allow images to build in your mind.

Joining these two aspects together is your empathic skills which allow the feelings, the sensations.

Once you have gathered these skills into this new harness you can investigate further applications.

Sensing spirit in a location.

Sensing 'sick building syndrome'.

Sensing good and evil in a location.

All of this is possible. The difference is, you will need full psychic self defence to be able to operate properly.

You can develop this area of your expertise in a number of ways.

See main menu for Ghost Hunting, Mediumship, Healing, and Meditation.

DOWSING

This is perhaps one of our favourite past times. Something which you can learn which has a true value, even in today's modern society.

Firstly you will need two metal rods (coat hangers are fine.) bend or cut the rods to resemble long L shapes. The shorter leg of the L shape needs to be threaded with either cotton reels, or some sort of handle such as one sees on children's skipping ropes. The wire must be free to rotate inside the handle.

Place a glass or bowl of water on the floor.

Now stand with feet slightly apart and grip the two handles lightly. Raise your hands so that the long part of the L shape is now horizontal to the ground. Holding these two implements slightly apart and without gripping too tightly, begin to walk across the room until you are stood over the water.

What should happen is that the two wires (metal rods) begin to cross over each other. You will find that X really does mark the spot, the water will be directly underneath the X.

If it didn't work first time, do not worry. You need to meditate on carrying out the exercise and seeing the self successfully carrying out the exercise in your mind. This instructs the mind to let down whatever barrier you have raised between energy and yourself.

You can find water, electric cables, lost metal or precious stones. Who needs a metal detector! You can do this all by yourself. Test out this theory by placing objects around the floor to walk over. To test the theory further, have a friend hide metal items around a room and let you find them using your dowsing rods.

You can be a great traditionalist and use Hazel rods or perhaps you will want to join one of the Divining groups which have been established over the years. Great Britain has a Dowsing club, we are sure you will find more. Dowsing is singularly satisfying.

PENDULUM

An extension of dowsing is the use of a Pendulum.

Here you use exactly the same techniques to discover things but by threading string, a chain or cotton through a ring / crystal / stone, you are changing the tool slightly.

Holding the end of the string and allowing the weight to drop down, still your self inside and gently walk over to a glass of water. Watch the pendulum begin to swing round and round in ever stronger circles as you lower the weight towards the water.

Try this experiment:

Hold the pendulum over a male hand and then over a female hand...what happened?

For some the pendulum will swing in alternate circles deosil and widdershins.

For some the pendulum will circle for one sex and create forward and backward momentum in a swinging action for another sex.

Whatever is right for you will work and work well.

Using the pendulum.

Try filling envelopes with a pinch of salt, coffee, tea, sugar and so on...lots of the dry food stuffs you eat or drink. Put tiny measures

of your food into envelopes. Keep track of each envelope by writing a number or letter on them and recording the contents and number on a separate paper.

Once you have completed this (for as many items as you wish) then fold the list away and leave it where you cannot see its contents.

Now put the small envelopes into bigger unmarked envelopes which you cannot see through and seal them.

Now shuffle the envelopes as if they were cards.

Now write your name on a piece of paper and write some other name on another piece of paper.

Hold the pendulum over your name and state 'this is my name' the pendulum will respond with as an example a deosil circle.

Hold the pendulum over the wrong name and state, 'this is my name' and the pendulum will respond with, as an example a widdershins circle (anti clockwise)

You now know what yes and no means in your pendulum work.

Placing the envelopes down onto a flat surface, hold your pendulum over each envelope in turn and ask the following question.

Is the content of this envelope good for me?

Write down the yes and the no on the front of the envelopes.

Sometimes there will be a very strong response and you should indicate this. By strong we suggest you will understand more by the experience than by any description we give, basically the swinging feels heavier and wilder.

Now undo all your envelopes and check what you can and cannot eat or drink, according to the pendulum. Does it make sense? Can you afford to have an allergy test to prove or disprove the theory? The last time any of us did this test we all gave up caffeine and salt went the same way too.....and that was separate investigations.

Its fun, it's fairly undemanding and you can discover the sex of a child, the lost items. You can experiment with lengthening and shortening the string, using different types of weight and discover yourself the ideal pendulum for yourself and for the aspects you wish to study.

Using a map you can swing a pendulum over a map to discover lost people, lost terrain, a lost mine perhaps? You have to do the investigation and discover for yourself what is right for you and where in this experience you are an expert and where you are not. Everyone has, to some degree the ability to dowse and the art of using a pendulum, not everyone can do it fully but it is rare to be unable to do at least a little of this wonderful ancient craft.

DEVELOPMENT

You can bring all of these skills together and follow another series of courses which are created to take you onto the next stages. Or else you can continue developing the skills you have so far uncovered.

For some, where you are now is enough and that is perfectly fine.

You can become an expert in healing, dowsing, Psychic Self Defence. You can create levels of perception in so many areas now and it is a wonderfully freeing and energising part of your world that will enable you to retain your identity and make your own mark on humanity.

For some the desire to pass on the work, teach others, some or this entire course is a burning ambition. To those of you who have discovered such a desire we invite you to our Teaching Module.

All these forms of development are particularly useful to the Shaman and form a large body of the Shamans skills in being knowledgeable and useful as a member of the community.

THE DRUM

The drum has more than one use for the Shaman. It is not just a musical instrument on the contrary it is everything else before it is for music.

First you will need to find the right drum.

Of course you could make your own drum and this is a matter of simply stretching a 'skin' of material taut over a hollow tube. However the modern music shop offers drums which will cope with the beginners initial attempts without breaking or changing tone and is preferable to begin with.

#Visit the local music shop and strike a drum to find out if the sound it makes resonates to your own body. Some drums give off a 'tight' sound. Others deep or throbbing or resonating with an echo. Sounds are all different. \somewhere amongst them is the drum that 'feels' right for you. Celtic drums which resemble tambourines in shape or the African bowl drums. It makes no difference to you what the make is, or the colour or anything else, except for the sound. The sound must feel right to you, sound inside you; make you feel an empathy with the sound.

Once you have chosen your drum it is time to learn how to use it. During your meditation strike the drum gently in a soft and continuous beat. Begin your meditation and maintain the drum beat at the same time.

This may take some time to accomplish.

Once you have learned to strike drum and meditate in harness with each other it is time for the next step. Placing one hand against your neck until you find your heart beat, begin to strike the drum in rhythm with your own inner drum 'the heart'. You will notice that as you calm down, as you head towards meditation your drums will slow down. The beat will become less and less and gentler as well as slower. When you feel totally at rest and harmonised the beat of both drums will reflect that status by being slow, gentle and steady.

Having accomplished this it is time to step up your control over yourself. Begin by striking the drum at a steady pace, now find your heartbeat and note the differences. Remain beating the physical drum at the same rate and prepare yourself to meditate. Within a minute your heartbeat should slow down to the drum beats pace. Now beat the drum at varying pace for a set period of time for each pace and note the effect on your heart beat.

Now do the same exercise again, only in reverse. Note your heartbeat and then begin striking the drum. No matter what beat you use, concentrate on keeping our heartbeat at a single, constant level.

The purpose of these exercises is to enable your personal control over your heart. This means you can control your level of meditation better, create a calm state when everyone else is

panicking, and create an excitement within yourself whenever you need to up your emotions.

During meditation the constancy of the drumbeat can be used as grounding, and as a link to the real world as you are travelling the meditation world.

In using a drum with others you are creating a 'drum festival' or drum moot. In this a guide beat is created by a single drummer striking a deep tone at a constant 60 beats per minute. Each person joining the moot strikes their own drum at their own heartbeat rate, gradually slowing down to the source's beat. Eventually the whole group are striking on time, in time with each other. This is a festival's purpose, to bring a harmony closer. The lead drummer begins to enter meditative status and the drum beat becomes slower. The rest of the drummers will also join this status as their own drum beats slow in time and in harmony with each other. This group meditation can be very rewarding. Used on occasion to 'seer' for the future of the group, its main purpose is to bring harmony to the group but can also be used to engender a powerful circle of energy which is usually used in healing.

The drum can also be used to call attention, to crowd out dissent by creating a living force of sound over and above discord. Eventually warring factions are drawn into the beat and the harmony and usually one can create a much better atmosphere for negotiation and communication if everyone is of the 'same beat' as everyone else.

The drum can uphold a faltering heartbeat, encourage the life force and on rare occasions help ease a weakened and dying force to pass peaceably from faltering beat to silence and peace. Though it must be emphasised that modern medicine practices would frown on such interference from one who is not a medical practitioner and using a method which is not accepted by governing bodies as an approved method.

MUSICAL INSTRUMENTS

As with the drum there are other musical instruments which enable all of the drum beats capabilities. The Harp and the Whistle are the two main instruments. The Harp was often left where a wind could breeze through it. These Aoleon sounds were seen as being magical in past times. In modern practise such an occurrence

would be to determine the strength of the wind or the direction of the wind and little else. Harp music itself is very evocative of peace and tranquillity. The Whistle however is a lively instrument, usually used to express joy but capable of expressing many emotions.

THE ASTRAL WORLD

The Astral by shamanistic descriptions seems to be a dimension as real as this world, accessible through the mind. Occasionally a shaman may claim to physically enter the astral dimensions and then the danger is very real, that they are unable to come back to this realm.

Some of the exponents of a different realm are a surprisingly eclectic mix:-

Carl Jung describes himself as being transported into a region of outer space, phantasmagorical in appearance.

Carlos Castaneda wrote several books about his journeys to a realm which he names as 'the crack between the worlds'.

William Blake visited Heavenly Realms.

Inevitably the Shaman will eventually travel to the next Realm or the Astral world...

This is a specialist subject, above and beyond normal Shaman skill. To travel the Astral requires knowledge's of meditative and magical aspects which are complicated by the inner capabilities already present in any Shaman.

For this reason, Astral Travel forms a part of the Meditation Course and is an invaluable aid to the safety and security of the Soul as well as the Physical self.

Because of the true and very real dangers one can encounter, as this course was being created, we took the decision to add to this course PART of the Meditation Course.

There is a vast array of skills to meditation and its many advantages to the human psychic. The Meditation Course is worth studying for its own benefits. We have included here the safety rules and the astral links to be noted though we wish to emphasise that the actual Meditation course is vaster than the small amount of information included here... Happy Astral travels.

Keep a journal for your meditations and a separate journal for your observations on all other related subjects. You may need to refer to information and your journal will definitely make interesting reading later in life.

PSYCHIC SELF DEFENCE

PROTECTION.

In an ideal world mental protection starts with the physical self and its needs being met first. However that isn't always feasible.

The human mind is a fine instrument which receives enormous amounts of information all the time. In ideal conditions we can ensure the body is as comfortable and safe as possible. At the point when you feel content begin the first steps of Psychic Self Defence...

As human beings we are subjected to an amazing amount of information second by second. Our ears are hearing back ground noise as well as the conversation before us and the chatterbox at the desk over the room, the sound of the fax machine and the fact that it is a sunny day outside and a plane just flew in the direction of Sunshine and beaches and we could go on forever. What is also happening is a sensory overload which may be attacking your more delicate personal abilities.

Feelings of being 'watched' where you can almost physically feel someone's eyes on your neck.

Feeling suddenly drained of all energy when you are physically absolutely healthy.

Fear or self doubt suddenly striking your emotions.

Being swamped by the drama of someone else's life.

Feeling too emotional, always weepy or angry or swept by rage which comes from absolutely nowhere.

All these emotions are seen as an attack of the psychic self. Defending yourself is something you practice whenever you shut yourself off from the world and stay in doors with the curtains shut, watching mind boring TV shows and not answering the telephone!

Why did you do that to yourself? Because it is easier than dealing with the exterior world when you feel so very sensitive. Defending yourself enables you to go out into the world with a lot more confidence.

Psychic self defence is a Metaphysical exercise and requires total focus and concentration.

USING YOUR IMAGINATION.

Take a really good look at yourself in the mirror. This is your true self; this is the real person you will be defending mentally. So don't cheat in your imagination and pretend your stomach is flatter than it is, don't add a few inches onto your body. You're looking at yourself and memorising the truth.

1

Whenever you are with people who make you feel unnerved, whose energies are making you feel uncomfortable you can create a force field between you and 'them'. However, you are at present alone and unable to determine if this procedure is working. What you can do is create the imagery and then practise it next time you are out in the public world.

Imagine yourself with a shimmering shield before you, wherever you walk or stand this 'shield' is with you, make it as thick as you like and it can be made of 'glass', a 'force' as in the Science Fiction films invisible beams, whatever is for you an image of strength and either repelling or 'zapping' the negativity which you feel is too invasive.

This is a defence used when someone makes you feel drained or mentally brow beaten. Place the 'shield between you and them....it works!

2

Now sit or lie down and begin;

See yourself in your minds eye. Imagine surrounding yourself with pure white light. Now silver the surface of the white light until it is mirror bright.

This basic defence mechanism is a protection from negative energy outside of you, it repels it.

If someone were to 'send' a negative force at you, it would be bounced straight back to them without infiltrating your defence.

3

Beginning your work with a prayer is perfectly acceptable if you are of a religious persuasion, ensure your prayer contains the request to be protected from all levels of negativity above and below the earth, from all directions of the universe, within and without of the self.

BREATHING TECHNIQUES

See yourself in your mind's eye and as you physically begin to breathe in white light.

Breathe out whatever colour is inside yourself, keep your breathing to your own rate, do not force your breathe or attempt counting techniques.

Keep this technique going until you are 'full up' with bright white light and you are breathing out white light as well as inhaling white light. See your image glowing with light, perceive the light in your breathe.

Now continue this procedure but add the imagery that the light breathed in is now exuding through your skin. This continues until you are both filled with light and your skin is positively glowing with light in, on and outside of it.

You can comfortably stop the breathing technique, all the imagery is now focussed on maintaining the whole image of yourself positively glowing with filled light exuding from your body in a 'body wrap' of light.

Once you are comfortable with the imagery, close your eyes; 'think' to your mind the instructions. 'You wish to maintain this image during any psychic work you are about to do.'

Let the eyes open as you allow the image to fade to the back of your mind.

This type of defence is using a forceful image of you being protected from exterior negativity and enables you to banish personally invented negative forces.

USING THE TOOLS OF THE TRADE.

If you are a religious person then you can always employ the use of a symbol as an extra protection for the mind. Some of the symbols are The Cross, The Ankh, The five pointed, six pointed and eight pointed Star and numerous others. The name of your deity inscribed on a suitable medallion. A rosary and many other symbols are used throughout the world.

You use whatever symbol has the greatest protection you have been taught and believe in.

These methods of protection are more than adequate for use when practising the developmental skills of psychic development.

People have very rich imaginations. Our minds have been subjected to every kind of media created fear. Be it a fear of the dark to a monster that has been derived from the rich source of mythological data available to us. A very real fear of an animal or insect or even the mockery of your peers. Each fear is freely available, lurking at the back of the mind and awaiting the chance to manifest into our most vulnerable moments. We protect ourselves not only from exterior forces but from our own personally invented aspects too.

Visualisation and Meditation.

As with the previous meditations you need to prepare and settle yourself. In the preparation we would like you to choose an image to look at. A photograph of a flower or a candle, something simple and preferably single coloured.

Once you have begun to feel relaxed you need to concentrate on the specific image which you chose earlier

Try to 'see' in your minds eye the flower or candle as you saw it in the photograph.

Concentrate not only on the image but try to sense the feel of the object, the scent the heat or other sensory information your mind can supply above and beyond the photograph

This visualisation is very simple but the effects can be startling.

You may see the flowers petals open or smell its perfume.

The candle may begin to burn and flicker and melt.

This visualisation is the beginning for you of other meditations which you will enjoy over the coming years.

Visualisation is a creative method of relaxing and focussing the mind on something pleasurable, relaxing and enlightening as the imagery will evolve and involve other senses as you progress.

You may also begin to sense thoughts which may or may not be related to the image.

They will certainly be for you, about you or your plans. Keep good records of all of this.

Other images may begin to appear without your studying them, in fact more images and other sensations will develop over a period of time. Once you are comfortable with this level of meditation you may feel ready to progress further.

SANCTUARY

Sanctuary has become synonymous with being able to leap up a church steps into the chancery and stay safe from the local police, army or anyone else who wanted to have your guts for garters. In earlier times sanctuary was a place of deep peace, meditation and prayer.

These days sanctuary is a programme on the telly and people have in general lost the true meaning and do not understand the need for total safety from the 'demons' of the mind.

SANCTUARY for the purpose of meditation is something you create to give your spirit somewhere were nothing, no-one, no 'it' can harm you in anyway whatsoever.

Before you travel in any direction through meditation, before you trog down any path way or any guided meditation with a complete stranger or for that matter a friend, you should visit your sanctuary.

Sanctuary leads to your place of worship which leads to your meditation site which leads to your gateway which leads to your created pathways. NOTHING comes through sanctuary except YOU.

You follow this wherever you are working with any type of person, no matter who they are or how qualified until such time as you are strong enough to stand on your own two feet and run a development circle of your own.

DO NOT MEDITATE THE FOLLOWING IN THE BEGINNING, IT IS CREATIVE VISUALISATION.

CREATING SANCTUARY.

Visualise a white walled room, develop the room always with white, ceiling, floor, and then fill the room itself with white soft light.

Create (this is when you get to play at being a minor deity !) a large comfortable solid looking door that has enough locks, bolts, bars to satisfy your desire for security and place it in one of the walls.

Across the room, opposite your entry door is a small discreet exit, which leads out to your place of worship.

Create in the centre of this white room a tranquil pool, it can have a fountain, underwater lights, whatever, it should also have somewhere for you to sit comfortably. The pool can be as big or as small as you wish and your room...well make the time to make the room as perfect as you want it and then as big as you like.

Personally my room is so big that the walls are out of sight, there is a dim soft mist which fades the edges. THIS IS WHERE YOU SEEK CALM, PEACE, AND TRANQUILITY.

The ideal place for you to balance yourself, cleanse yourself and then walk quietly to your exit door and enter your place of worship to seek blessings, sanctifying.

NO - ONE CAN GET INTO THIS ROOM IT IS YOURS AND YOURS ALONE.

CREATING YOUR PLACE OF WORSHIP.

Well you can have a church a field a stone a waterfall a pond, a sea whatever. Where do you want to worship and to whom!

Its the same process as before and you keep that 'picture' in your head, work on it with as much intensity and creative energy as you would if your where planning how you would spend that big lottery win!

CREATING YOUR PATHWAYS

To the right

On the right-hand side of the centre of your worship, be it an altar, stone bunch of flowers a tree...whatever, is the way OUT.

NOT THE LEFT HAND SIDE, NOT BEHIND IT...see the work on Kaos for reasons why but if you see a 'K' at the side of something in any future work it is a signal to you that Kaos can be involved, a danger or a threat and though the reasons are not written here I assure you they are in the other works for cross reference and you can read all about it later.

The 'K' signal means STAY SAFE.

Through that wonderful RIGHT HAND gate is the world you can investigate. It is EXACTLY the same world as everyone else's with the added bonus that you have:-

Metaphorically and metaphysically speaking-

Put your hat on

Got your coat

A spare pair of wellies

A pair of sunglasses

A sun suit and a towel

Sun cream

Snow boots

A spare flask of spiritual energy,

A whole lot of curiosity and!!!!!!

YOU GET THE IDEA

From this point of self cleansing, self energising, self sealing you have trained yourself to walk the right hand path which in mystic terms or magical terms is walking a path of light.

This means you don't have to worry overmuch about nasty stuff, be aware

But not paranoid.

By the way, when you walk through that wonderful right hand gate into the metaphorical, mystical, magical world....you can go anyway you want, up down, sideways, left or right, in a circle, back to front...BECAUSE YOU ARE IN SAFE WORLD.

Unless you're seeking to go somewhere you know you shouldn't! At which point. I would just like to say!

"Oh behave yourself, I have better things to do than go look for an inquisitive idiot on the astral ' cos they got into trouble , grow up and come back when your knowledgeable enough to bat swords with me!"

I DID mention personal discipline? Ahhh ! Yes, I did ALSO mention you are the pupil here? Hmmmmmmmmmm. DON'T go wandering off into places you don't belong, this is for your own good....(oh I BET that was annoying")

Once you have all this memorised and clear then MEDITATE it into being.

TO REACH SANCTUARY

- Know you need to be there. RECOGNITION
- Step right through that big beautiful safe door because only you can! REALISATION
- Purify yourself, sanctify yourself, and Seal yourself. (go sit by the pool and clear your thoughts/go to your place of worship and speak with your God/receive your gods blessing)

Simple and effective, just keep it STRONG in your mind.

- ❖ RECOGNITION
- ❖ REALISATION
- ❖ PURIFY
- ❖ SANCTIFY
- ❖ SEAL

Visualise a path behind your metaphysical body.
You will turn towards this pathway and begin to walk along it.

The path is leading you to a beautiful grove of trees, dappled sunlight, green swards of sweet grass, a delicate perfume of lily of the valley, clumps of wild flowers here and there.

A large stone lies at the centre of the grove and you are walking to the grove to go sit on the stone and enjoy the earth's gifts of peace.

See your feet walking along the road. Be aware of your legs as they bend at the knee, stretch out before you. Hear the crunch and clump of your feet hitting the surface.

Feel the texture of the grass, enjoy the walk. It might take a minute; it could be a bit of a hike...this is your meditation, not mine.

When you finally reach the trees, stop and look around the grove before you enter. See the stone, warmed by the sun. Look at the trees, what kind are they? What type of flowers is there? LOOK at it all, then walk into this beautiful grove and sit on the stone to warm yourself in the sunlight.

Breathe in the warm smell of earth and grass, trees and flowers. Feel the sunshine. You may feel a little hot, tell your meditative self to create a gentle breeze, use your breathe as a way of metaphysically creating the sensation of cooling air wrapping round your body, cooling you, gently and carefully. Feel the breeze ripple through your clothing, your hair, across your face.

Here is a small path the other side of the glad. It leads to another place; a path through the few trees begins to climb a small hill side. At the top of the hill is a place of worship. You are aware of this. Today you will seek to travel the path. You are seeking a higher self. Enlightenment. You will stop along this path many times before you reach enlightenment. Yet the journey is one of joy and happy exploration.

As you walk along, become aware of the ground and its content. The little stones on the path, sand or soil, verges of flowers and grass. Fields or valleys on one side of the path, a growing hill on the left. As you approach the first corner you are aware of a growing anticipation. Round this corner is waiting your first guide. Perhaps a member of your family who has passed to the next

realm. Maybe it is someone you have admired. Possibly it is a complete stranger. As you turn the corner, they are sat at the side of the road, waiting, smiling and content. They wish to speak with you. There is a small log or stone for you to sit on and you stay. Who you meet, what is said and how it is said, is entirely your own experience.

You may simply meet someone who you have missed greatly. You may meet a stranger. They may or may not speak with you. Perhaps they give you a gift, maybe they hand you a symbol of your growth and search. Maybe a key or a plant or a stone. This is when meditation gets to be REALLY interesting.

Record of much of it as you can.

You have been building a journal of colour associations, symbols, and experiences, read through them. Is there a theme? Is there a new symbol. Words or gestures?

This is all for you to begin understanding.

From now on you are strong enough and aware enough to choose your particular way forward. If what you wish is to practise meditation and become a devotee. You may wish to choose a religion which encourages meditation as part of its credo.

Buddhism is one such religion. A description of which is at the end of this course. You may wish to become a Magi this is taught in our Magic 1 and Magic 2 and Advanced Magic courses. You may wish to practise meditation as a way of distressing. Cord Meditation is excellent for serious issues. Cleansing meditations can include visualising yourself in a shower of light, a sea of silver and gold light, a pool of peace. Each creative meditation is of your own crafting and your own strengths will play to the visualising you decide upon.

You have a unique opportunity to create your mind's own personal mental hospital. Meditation will heal and strengthen and uphold the mind in a crisis. Endure through a crisis and encourage through journeys for enlightenment.

MEDITATION with THE EARTH

Many religions practise 'grounding'. As you have already learned the principles of grounding in meditation 1 this is a very easy meditation to enact.

Using Breathe control.

Visualise the self breathing in light, breathing out the negative colours within.

Breathe in counting to 5; breathe out to the count of 5. Place the feet flat onto the surface of the earth and as you breathe out, visualise your energy seeping from the feet to touch the earth.

Visualise the centre of the earth's energy, the raw energy of life. Allow the energy to raise through the earth's strata to the base of the feet. See your energy and the earth energy intermingling. You are now touching the energy of the earth. Begin to slowly allow any negative energy to seep down through the body and through the feet. The earth is more than capable of dealing with your hurts, pains, distress, and negativity.

As the old negative status is re balanced you will feel the earth energy slowly rising into your body. A feeling of regeneration, being 'washed' from the inside. It is a marvellous experience. Allow the soles of the feet to 'close' from the earth source and breathing in white light allow your energy, the white light of your god head and the earth energy to intermingle. Flowing clockwise around your body, surging with each breath in, settling with each breathe out.

You have cleansed yourself, earthed yourself and re energised yourself all in one meditation.

TO RETURN

Know that you wish to return to the physical world fully. Take a deep breathe and let the imagery fade. Take a second deep breathe and let all conditions go. Take a third deep breathe and open your eyes slowly. Sit still and let your mind and body delicately re-balance you. Drink a glass of clean, fresh water slowly and allow yourself to become fully aware of your experience. Now write it down in your Journal as fully and as in depth as you can. Include your emotional response to this experience.

Another way of using this energy meditation is to expel the breathe and as one visualises the breathe leaving the body, push down physically onto the earth with your feet and palm of your hands. You then visualise the energy of the earth 'sticking' to your hands and feet, allow your energy to rise through your body, see it seeping through your flesh, mirror the surface, ties your energy firmly into the earth energy.

Rock like.

Nothing and I mean nothing can move you now. In a meditation where you may be challenging real forces of darkness this is a very good way of keeping yourself just where you want to be.

It also repels attacks of distressing negative emotional aspects and attachment energy attack.

Chakras Balance/ Dragon balance/ Balance.

No matter what name you give the energies they are all in the same sequence, the same as the rainbow in the sky. Energy centres are located up the spinal cord NOT down.

The spine itself may very well align itself downwards because of gravity. Your mental energies feed the mind from below to above. If you 'open your mind' and you haven't sorted out the basest of your emotions...well your not going to be a balanced little practitioner are you? So using your commonsense, your will and your control.

Envision the basest of your emotions. What are they? Most of the time, as humans we are an ocean of mixed emotion which can control us even when we think we are doing 'ok'.

What reaction do you have when the person you most love in the world, kisses someone else? Precisely.

You can feel as spiritual as you like but if jealousy sweeps over you then your spirituality will go throw itself off a metaphysical cliff while your anger, hurt, desire, passion and wealth of possessiveness sweeps in like a Tsunami and you 'punch' the two timing so and so on the nose, or maybe you think your above such feelings? Well done you.

So have a good look again, are you REALLY that cool calm and collected. Maybe you're an animal activist, a ban the bomb person. Just what is it that gets you mad!

What colour is it?]

What shape is it?

How would you stop it making you mad?

What would you use to clear it out from your system?

Okay, so now we know how to clean ourselves from within, we can begin working on those important power centres.

The colour is a symbol of the emotion or physical aspects of the human body. The status of the colour, its clarity, strength, even the symbol it may appear to you, is also indicative of your subconscious acknowledgement of the real truth of what is inside you.

If a colour is 'dirty' then wash it with white light, rinse it in a blessing and restore it with prayer or the will.

If a colour refuses to stay in its place, then ask yourself the status of your health? For example;

If you have a bad eating regime, your heart centre (being green) may be suffering from an overload of fats. Therefore the 'green' of the heart centre may bleed into the yellow of the stomach and you will see a pale dirty green colour. So change your diet, be good, don't eat cholesterol with every bite and in the meantime tell your power centre you got the message, clean it up and when you next go back to that meditation your reward is to see the full clarity of a bright yellow and a bright green power centre.

BUT

If what you see is emotional, you may see the green in your basal centre turning the red into brown, in your head centre turning the colour into an indeterminate mud colour and your heart centre will look dirty and possibly pulsating. So you got jealous, or you are hurting because of an inappropriate love tangle, or you have been emotionally bruised by a partner. You clean everything up. You reassure your inner self that you deserve better and re-balance the entire system to bring strength and resolve and decision into being by meditation on each aspect with positivity in mind.

Sounds awfully complicated, but it is really interesting and very easy once you get the hang of it.

PLEASE! Don't try meditation of the power core when you're in a foul mood, hurting so much you feel ill, trying to get material possessions. It won't work and you will feel awful after.

If you are a practising healer you will understand better than most when I state 'All things are connected, and you can't interfere on one level and expect the other levels to stay the same.'

The following colour associations are the common understanding of the code.

Each is believed to govern different functions, the physical, mental, emotional, and spiritual arena of life.

Base RED: the bottom of the spine, the gonads.
Passion, survival, instinct.

Second centre ORANGE instinctual responses, sexual energy, and fertility .placed between the navels to the higher sexual organ placement. The 'belly'.

Third centre. YELLOW the Solar plexus: just that, above the navel but below the chest. A powerful energy centre, the focus for psychical attack, nervous energy, Ulcers are a common result of a distressed emotional self.

Fourth centre. GREEN the Heart, love, compassion, stress, instinctual responses to danger.

Fifth centre, BLUE the Throat, speech, communication.

Sixth centre. INDIGO the Third eye controlling all the psychic energies and astral self.

Seventh centre AMETHYST. Situated at the top of the head. It is the link to the spiritual realms and their wisdom.

You may wish to try the following meditations.

PAGAN VISUALISATIONS

EARTH

At the base of the spine is a root, it is a flower of great beauty which must grow up the spine, gently nurtured by the energies , bit by bit you take the growth up the spine and eventually the flower is in bud and spends some time blossoming.

TO RETURN

Know that you wish to return to the physical world fully. Take a deep breathe and let the imagery fade. Take a second deep breathe and let all conditions go. Take a third deep breathe and open your eyes slowly. Sit still and let your mind and body delicately re-balance you. Drink a glass of clean, fresh water slowly and allow yourself to become fully aware of your experience. Now write it down in your Journal as fully and as in depth as you can. Include your emotional response to this experience.

WIND

At the base of the spine is a bell, it is deep and resonates in a base tone.

Each successive bell is smaller, lighter in tone. And each bell rings once as you balance it correctly. At the head of the core is the smallest of bells, it is light and its tone is sweet and clear. As it tolls its first sound the entire core resonates and the wind of change rings the whole series of bells once. Together they make the sound of AUM

TO RETURN

Know that you wish to return to the physical world fully. Take a deep breathe and let the imagery fade. Take a second deep breathe and let all conditions go. Take a third deep breathe and open your eyes slowly. Sit still and let your mind and body delicately re-balance you. Drink a glass of clean, fresh water slowly and allow yourself to become fully aware of your experience. Now write it down in your Journal as fully and as in depth as you can. Include your emotional response to this experience.

FIRE.

The Dragon sleeps at the base of the spine in a red gem egg shaped and shiny. The egg cracks and the teeny Dragon is birthed. It will grow through each level and adopt scales to match the colours of the levels attained. At the head of the levels this

Dragons head fills the physical head and the crown of the Dragon is seen to be the enlightenment of control and emotional balance

readying it for flight. The metaphysical body of the Dragon fills the physical self in appropriate links.

TO RETURN

Know that you wish to return to the physical world fully. Take a deep breathe and let the imagery fade. Take a second deep breathe and let all conditions go. Take a third deep breathe and open your eyes slowly. Sit still and let your mind and body delicately re-balance you. Drink a glass of clean, fresh water slowly and allow yourself to become fully aware of your experience. Now write it down in your Journal as fully and as in depth as you can. Include your emotional response to this experience.

WATER

The base of the spine is the deep well which contains the water of life. Coursing through the bodies 'strata' the water rises through the levels, washing and cleansing the levels, emptying the flotsam and jetsam of the day into an outer region beyond the body, on reaching the highest level the 'water' spills out of the top of the head into a fountain of light which covers the interior and exterior bodies.

TO RETURN

Know that you wish to return to the physical world fully. Take a deep breathe and let the imagery fade. Take a second deep breathe and let all conditions go. Take a third deep breathe and open your eyes slowly. Sit still and let your mind and body delicately re-balance you. Drink a glass of clean, fresh water slowly and allow yourself to become fully aware of your experience. Now write it down in your Journal as fully and as in depth as you can. Include your emotional response to this experience.

Variations:

Stones, plants, symbols, metals, pictures and candles of the appropriate colours are placed before the meditation group or person to enable a clearer visualisation.

You are now a fully fledged Shaman WITH A LEARNERS PLATE, so don't get overly ambitious and don't go hurting yourself by taking on too much. Start slowly, keep your journal and above all, get it right from the very beginning and don't try teaching this to someone until you know who YOU are first. If you want a friend to learn or someone approaches you to learn these skills I truly suggest you direct them to this site. Not because of the fee involved and our own agenda, but because if your that good someone wants to learn from you...think how well this site taught you!

Walk in Light my friend. May light ever find you in your darkest of hours.

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