

Module 1 - Class 1 Transcript (Video 1 - 7)

Video 1 - Welcome to the Crystal Shaman Initiation Program.

Hey, hey. Hello, my sacred friends. I am Lori Andrus and welcome to The Crystal Shaman Initiation Program. You're here, I'm so excited. Welcome to this journey.

This next year is going to be absolutely incredible. You are going to grow in so many amazing ways. You're going to discover parts about yourself, and things that you love to do, and gifts you have and talents you have, and and ways of being that you maybe had a sense of before or wanted to know about. And throughout this journey, you're going to get to discover those parts of you. You're going to get to know yourself incredibly intimately. Yeah. And just as you spend time getting to know yourself, cultivating a deep and meaningful relationship with yourself, you're also going to be cultivating a relationship with the earth, with the land, with the crystals and stones, with spirits, with spirit guides, animal spirit guides. And you're going to be cultivating a deep, deep trust in that relationship, one where you are able to cultivate incredible confidence in your ability to move forward in life, your ability to be discerning, to align with your own vision, to awaken to your dreams and to step into your unique path. This journey is powerful.

So as we begin, I want to share with you in this video, first, some logistics and then, some tips for how you can set yourself up for success. When we're in the midst of a deep dive internally, sometimes we can forget about some of the tips and tricks for moving forward and getting unstuck. And I want to invite you to actually just pin this page, pin this video and let it be a place that you come back to when you go, "Hey, I'm kind of stuck right now. I'm not sure what to do next". Or "Hey, I'm struggling". This video is going to offer some tips on how to move through that. And very often, when we get in our own way about things in life, because this happens, we live life, we experience life and we get into our own little pattern and a routine and we forget about some of the things that are really incredibly supportive, things that will support us in moving forward and moving through where we're feeling challenged.

So in this video, when I talk about setting yourself up for success, I'm going to share two things. I'm going to share, one, some tip, well lots of tips, on how to really structure this so that you can stay in the flow and some things to be aware of, like where we stop ourselves, the things that are little triggers so that you have that little awareness in the back of your mind like, "Oh this would be a way to help me right now".

All right, so here's what we do to set ourselves up for success. The first thing, look through this website, get this classroom portal down. Get familiar with where the schedule is at, get

familiar with the ceremony, location, mark your calendar. I know it seems like the most obvious thing, but we don't always do it. And then we over-schedule things, we double up and then we go, "Oh shoot". Scheduling this time into your calendar will help you exponentially because the calendar is scheduled out for this next year and it's all laid out right there. And if you can just put it in, it'll help you to really just stay on path, stay in a rhythm.

In addition to that, I want to invite you to schedule time for you. Yeah. So this class, this program is going to require anywhere from five to seven hours upon average every week, during our class weeks. So you can block that out however that works best for you. For some of you, it might be to take morning time. "In the morning, I'm going to sit down and I'm just going to be here for an hour and sink in," so an hour a day. And some days you'll need more, some days you'll need less, but giving yourself that space to go, "Oh, how can I find that flexibility within it?" For some of you, it may work better to pick one day a week during the class weeks that you are going to just create a self-care loving, luxurious day where you sink into all of the class content for that week. So that may mean that you pick a Saturday, and class content comes out Friday and you spend all day Saturday just deep diving into the reflection rituals, into the class videos, listening to the audios, doing the shamanic journeys, doing ceremonies. Yeah, I just listed off a whole bunch of stuff, right?

Well, each class is going to be laid out a little bit differently and yet, there'll be a similar structure to it. Each class is going to come with... It's going to come on a Friday and it'll be in your inbox by noon central time, and there'll be a link that will take you directly over to the new class page. And all the content will be laid out for you.

There's going to be a what to expect in this class kind of video with each class and then also a checklist. Yeah, it's really nice to have these checklists. Okay. And on the checklist, it'll just take you through the entire class. Every class will have an assortment of videos and teaching modules, and within those teaching modules, I'm going to offer also a transcript of the module, as well as an audio. So the videos are always accompanied by an audio that you can download and take with you. So you can go on a walk and listen to it, you can listen to it as you drive to work on your morning commute, you can listen as you're sitting in the carpool lane waiting for your kids, picking them up after school or dropping them off. Give yourself permission to be creative with how you bring in and learn and connect with the content of this program.

Okay, the reflection with that... There's also reflection rituals. Now, the reflection rituals are designed to support you in sinking in and really listening within. Now, one of the things that I really encourage you to do, often people like to just read through a reflection ritual, and look at it, and maybe jot a note down or type something or put a couple words somewhere. I invite you to actually print these off and sit with them and give yourself permission to actually hand write things out. Let yourself be raw, be real, be vulnerable, be fully present with the reflection. When you do that, what you're doing is you're opening up the left side of your brain. Your right side is all about linear, logical... Oh, hold on, you're opening up the

right side of your brain. Your left side of the brain is all linear and logical. Your right side is that more creative. And having this moment I'm feeling like I've got it completely flipped. Sorry about that.

So what's going to happen though is that you free up and you step into the creative aspects of your mind, and you open up the space. It's like instead of keeping something in your mind, keeping it in your thoughts, and internally you're bringing it out. You're giving it a voice. You're giving it energy in another form. The thing that happens when we don't write things down, when we don't speak them is that we sit and wait, whirl. Yeah. Our mind goes around and around and around. It whirls through stories like no body's business. And we want to be able to actually slow that down and allow what is going through our mind, what is distracting us, what's overwhelming us, a space to be expressed. And when we start to express what's been really busy in our minds, our mind has space to actually slow down and come into a softer place to actually pause. Yeah. It's a really beautiful thing.

So I invite you to explore how you experience that. Notice if you have a little resistance around that, what's that resistance about? What story do you have about that? Maybe you think you have bad handwriting, I don't know. Let yourself play with it though. Let yourself sink into that piece of expression and give yourself space to write.

The next thing I want to invite you to do is to get really involved within the Facebook group. One of the biggest keys to success within this program is community. Now, this is a little different because we're not in an actual physical classroom space where you're sitting next to someone and you might nudge elbow them and go, "Hey, what do you think about that?" Or, "Ooh, that's me". We don't have some of those immediate little experiences with each other. We don't have that talk that we have when we're waiting in line at the bathroom. We don't have those little chatty conversations. We don't have the conversations that we would otherwise experience at lunch. So we need to get a little bit more creative in cultivating community in an online program.

And in an online program about shamanism, one of the challenges that comes up, this is a challenge that I want to share with you right away, one of the challenges that comes up is that we have personal stories and beliefs and stuff that surface. And some part of us has a really, really solid good story about why we are the only one who ever experienced that, or why we can't talk about that with anybody else, or why we need to stay silent about it, and we begin to retreat within. And what I want to invite you to do when you are recognizing that within yourself is, first, get to ceremony, get to journaling, bring it into sacred practice. Get support. If you don't want to open that up in the Facebook group, if you feel like, "Oh, this is a little bit more personal, I really want to work on this more intimately," get a private session with myself or as we're moving through different practices and learning different practices throughout this program. Pair up with another classmate. Pair up and get support.

This is a journey that it is incredibly important that we allow that community in, that we allow that space to be witnessed, to allow ourselves to be seen and to see others. There's a really

incredible unique energy that has come together for this journey. There is no coincidence to the group of people that are here. Each of you has something to share with each other and you have something to receive from each person in this group. Yeah. Feel that within yourself. Just drop in. Everyone here, there is some magic that is being woven and an energetic core, like a core energy and a core energetic theme that is going to be worked with within this group.

Often, some of the most intimate work that we can do, some of the best healing we can do or the easiest way for us to begin to recognize what is ready to be healed within ourselves is seeing it within another person. And very often, we're going to see things within each other before we even recognize them within ourselves. And when we recognize it within another person, it may show up as a trigger, like something that just makes us really uncomfortable that is frustrating, that's overwhelming, that we don't want to deal with, we get annoyed with, that we go, "Oh my gosh, I can't believe it." And we slip into the place of judgment, or shaming, or disconnect and we pull away.

The reality is though, that what is being triggered within us is an opportunity to do another layer of exploration or healing. It's an opportunity for our heart to crack open even further, to discover a whole new relationship with love, and compassion, and presence. Triggers are a really great little litmus test for where we're holding onto something tightly, for where we have a limiting belief, a fear, something that's hanging out in our shadow, an expectation that maybe isn't in alignment with the very core of who we are.

Triggers are an incredible gift. They're not easy. They're not easy, let's be honest. They're not easy, but they are an amazing, amazing gift. And if you can step back when you recognize yourself being triggered, if you can just step back and pause and go, "Ah, that's what's going on here. Okay. Thank you. Thank you. Thank you. Thank you, spirit for letting me see this. Thank you to the other person for raising that up. Yeah. Big thank you. Thank you. Thank you. Thank you." And then take the journey to go within and discover. Get support, turn to reflection, ceremony, ritual. This program is going to be so rich in all of those practices.

Now, each of you have come to this program with a different inner reason for coming. For some of you, you are so ready to step on the shamanic path. Others, you have been incredibly curious about this spiritual, crystal, stone world and hungry for connection there. Others of you may recognize that you're ready for some deep, deep healing, that you're ready for deep and inner exploration and you want to go even deeper, and you're here for that personal journey. Whatever brought you here, perfect, let yourself receive that fully. There is no right or wrong reason to come to the shamanic path. Let yourself open your heart and receive your reason and know that your reason will take you on your unique journey.

As we move through this program, you're going to be moving through it with a core intention. And that intention, we're going to work on, we're going to create and craft in this

class, but that intention is actually going to be the energetic guide that will take you through the entire journey. So this is like a container of energy that's going to hold you for an entire year, supporting you in your own growth and expansion. It's beautiful. Powerful.

Okay, couple other things you can do. The first one I want to say is that I want to invite you to look at this a journey as self-care. Yeah. It's not always an easy thing to do because often we get in our heads and we think, "I need to learn this and I need to master this skill", but the mastery in shamanism comes, not through traditional learning and traditional practices, schooling and education. It comes through experience. It comes through organic ways and it shows up, the most... The biggest breakthroughs on the shamanic path show up when we have the greatest surrender. Yeah, when we get out of our own way, when we get out of our minds that really want to chew, and dig in, and think they've got something to figure out. When we get out of that way, we can actually be present. We soften enough that we can be receptive, that we can be an amazing open vessel and be present.

So invite you to really look at this as a self-care journey. Yeah, you're getting to know yourself, you're getting to know what you need to be nourished so that you can craft that relationship with yourself, with spirit, with the stones, and actually show up fully present in life for what you're here for, for the amazing things you're here for, for your family, your friends, your loved ones, and for the sacred work that you're doing in whatever form it is.

The next thing I want to talk about with this is that very often we create this little confusion like, "Okay, I opened up to my spiritual path and now I need to walk that in my work," and we rush to create that in our work. For some of you, that is going to be your path and for others of you, that's not going to be your path. And if you have a little doubt around that, if you have some worry or fear, let yourself just soften back. When we awaken, when we step into a new relationship with spirit, if we give ourselves permission, we can begin to see many beautiful ways that who we are, and the sacred work, and the sacred relationship that we have can be offered in our work. Yeah.

When I started my shamanic path, I was working as an occupational therapist and I was working in a school district, definitely not a place for shamanic work. And yet, what I found was that it was the most natural thing to bring into my practice. I could see things differently in my students than I had seen before and I could ask them different questions than I would have before. I could be present with them in different ways. They opened up to me in different ways. It was really beautiful to see how it actually shifted my practice. I was present with families, parents, teachers, and supportive for them in ways that never would have occurred to me before. And some of the most amazing work that I feel like I've done in really getting to know my unique medicine, getting to know the ways that I relate to people, the ways that I connect happened in that environment. Yeah.

I know some amazing shamanic practitioners who are nurses, doctors who work in the schools, who are teachers, who work with money, are bankers. Yeah, seriously any... Think about how amazing it would be to have people who are attuned to energy, aligned within

themselves in all facets of life. No job is an exception there. Imagine the dynamic energetic shift that could happen in our world as a result of that. Pretty incredible. So let yourself just hold space for what wants to be possible in your life. Yeah.

Okay, I've got a list here. I'm going to look at my list and just make sure I've got everything. Okay, schedule, time and nature. This program is going to invite you to connect more and more with nature, to cultivate a more intimate relationship with the earth, to get to know locations in your area where you create a meaningful connection. Some of them may be your neighborhood parks, they may be places a little further out of your area, they may be like a half hour or 20 minutes, two hours, an hour... Your circle of places where you go and connect with land is going to begin to expand, but begin close to home. Begin with your own backyard. Your own backyard may be the neighborhood park. Let yourself start to spend time there. Let go of any part of you that has a story around sacred work needing to happen in these pristine, perfect places and situations.

Mastery within this work is being able to be in a busy park and be fully present with whatever it is you're doing there. If it's sacred work, if it's connecting with nature, if it's spiritual practice, letting yourself discover what that is.

When I took my first shamanic training class, it was in Madison, Wisconsin, and we were just outside of the university campus and there was an itty bitty park. Now, this park was smaller than my yard, it was like my backyard, an itty bitty little park, and that is the space we had to work with for the big group ceremonies, for individual ceremonies. And what I found was that I ended up spending time there and connecting with that. And I also found myself taking walks on the streets and discovering little spots where I could sit on benches and be in places where I could be in reflection and be on my own and be present.

And what I want to invite you to do is to just let go of the expectation of context, where your perfect context is for cultivating these practices, or learning these techniques, or cultivating that medicine within yourself and make it practical. Yeah, keep it super, super practical. This is not about living some picturesque life, some imagined life. It is about being able to have that imagined experience, the richness of what you imagine within that experience, weaving that into what is around you. How can you weave that together? It's possible. It is so possible, I know this in the deepest place in my heart. It's amazing. We can be alive, and connected, and fully present, and on our path, and in our work, wherever we are. Wherever we are, yeah.

Okay, so the next thing I have on here is to begin gathering stones. So when we're out and about, when you're at these places that are beginning to hold meaning for you, let yourself begin to... If you're called to pick up a stone, gather the stone, bring it home, and we're going to be gathering stones for this. I'll talk more about what these medicine bundles are, how to pick out your stones, stuff like that, but begin gathering stones. Just let yourself start gathering them. No expectation of what they are or if they really will be your medicine

stones. Just begin to gather them, connect with them, connect with the land, connect with the places around you.

Okay, create a sacred space for this journey for yourself. So I talked about blocking off time and scheduling it in, and having that space for yourself to sink into your sacred work. I want to invite you to also create an actual physical space, like "Ah, this is where I sit down and do my reflections. This is where I go when I'm going to sink into my practice." And for somebody that might be like, "I go on a walk and I listen to Lori's videos". It might be that you have a little quiet meditative space in your home and you sit down there for your reflection rituals. It might be that you go to a specific coffee shop and you get an amazing cappuccino and you get a great pastry and you sit down and you make this really decadent experience as you dive into your reflection rituals.

This is your journey. You get to be creative with how you enrich this experience. This isn't about modeling my shamanism, or what you think someone else does for their shamanic practice, or how you think it should look. This is about you discovering what does this really mean for you? What does this path really look like? How are you going to live shamanically? What is living shamanism mean for you? It's beautiful. It's a beautiful question to be within. It's a beautiful space to be within, that place of inquiry, that place of discovery. Yeah. Fantastic.

Okay. You're going to be acquiring lots and lots and lots of tools and practices along the way, lots of them. And you're going to be invited when stories, beliefs, dramas, traumas, things start to come up, and I'm going to give a little playful eye-roll because we all know that that happens within our lives. We live life, we have experiences, sometimes we don't know how to cope, or deal, or adjust to it. When things come up, you are invited to lean into space of the Facebook group. And also know that very often I will ask you questions, I will invite a deeper, deeper inquiry, and I'm going to support you in going deeper into it. I will not buy your story. Yeah, I'm going to say that again, I will not buy your story of limitation and smallness or anything that is holding you back. I am not going to hold those stories for you. Yeah. And I say that with the most loving and compassionate way I can.

And I ask that you don't hold my stories for me, that you don't hold them for each other, that you don't buy into each other's stories. Part of this whole journey, and especially this first direction is about stepping out of our stories, letting them go. It's the stories that we have that interfere with our becoming that hold us back. You are so much more than your story.

So when you share, when you ask questions, when things come up for you, I want you to share and be raw and real. And know that when I respond, I'm going to tune in energetically. I'm going to listen energetically, I'm going to feel energetically, and I'm going to respond to everyone differently. Yeah. This is where it gets kind of funny sometimes. Know that I tune into you and your path, and I may say, "Hey, this sounds like something you need to take to ceremony". Or I may ask you a series of questions, or I may invite you to go and get support in a session.

And we're going to be learning techniques. I may invite you to go and be witnessed by someone else in the class. Know that this is coming from the place of holding a bigger picture for you. I'm holding your intention with you, we all are. We're all holding each other's intentions, the space for you to expand into your intention. And that means supporting you and letting go of your stories. Yeah, yeah. You've got this, know that. You've got this. And this journey is set up to support you in doing just that.

You're going to learn some amazing practices and you are going to rise, my friend. You are going to arise. So with that, I want to thank you for being here. I look forward to connecting with you in the next video where we talk about what we can expect as we work through class one. Bye for now.

Video 2 - What to Expect in Class 1

Hey, hey. Hello, my sacred friend. Oh, welcome back and welcome to this video about what to expect in Class One of the Crystal Shaman Initiation Program. In this class, we are going to dive into talking about shamanism. What is it? What is the basic core of shamanism? And then I'm also going to share with you crystal shaman lineage, a little bit about that, how this has come forward, how I've developed this, and where this is really coming from, and just open up that space for you. Then from, there we're going to talk about our medicine bundles that we're going to be creating throughout this program and the stones that you're going to be gathering and working with. We will talk about the medicine wheel, which is the organizing cosmology for this program and for the sacred journey that we're going to take together, the work that we're going to be doing over the next year.

We're going to talk about safe and sacred space, and in this class you're going to take a shamanic journey. Yeah. This whole south direction is about shamanic journeying, as the archetypal energy is the shamanic journeyer. We're going to be navigating to connect with our animal spirit guides for our prayer, for creating sacred space, an animal spirit guide for each of the four directions. Yeah, you're going to each have your own unique prayer, your own unique animal that you work with in each direction. This is a part of you cultivating your unique medicine right away, just opening up that space to discover your allies in this path. Then we are going to talk about setting an intention for this journey and really opening up that space for what wants to come forward on your path right now.

Now this process for sending an intention, it is a bit lengthy. We'll talk about that more when we get there, but know that this is an opportunity for you to just do a little bit of letting go and creating space to really listen to what wants to come forward as you really begin to begin this journey, as we open up the space for the journey. All right, so with that, I look forward to seeing you in our next video when we dive into the energy of what it is to be a shaman and who is a shaman? How does the shaman heal? What is the path of the shaman and the crystal shaman lineage? I'll see you there. Bye for now.

Video 3 - What is a Shaman? How does a Shaman Heal?

Let's begin by talking about shamanism. Who is a shaman? And how does a shaman heal? The word shaman itself originated in the Tungus region of Siberia. It's actually the Tungus tribe. And this word has been utilized by anthropologists to describe medicine men and women in indigenous cultures, to describe a certain way of being and working between the worlds, working with the spirit realm and the physical realm. And it's through many different practices that they access the spirit realm on behalf of an individual, on behalf of the community, and the planet. And these techniques have been passed down through many different cultures in many different ways.

But the word shaman itself actually really is unique to the Tungus tribe, and a word that's just become generalized and utilized in other areas and other places. And it's also become one that we've begun to really recognize as holding an energy of a connection with spirit and with divine and having a truly unique relationship and ability to support others in their healing and in their journey. Now the word shaman itself really holds a deep energy of reverence and meaning. And there's a lot of talk in many different threads through indigenous cultures around whether or not to use that word in reference to one's own practice, in reference to one's work. How does one become a shaman? How does one begin to hold that word and work with it?

And this is really a big topic, and it's one that's really blown up a lot in social media recently and in conversation around, as we've really created around some of the segregation and the colonization and some of the things that have happened to indigenous peoples, where there has been this taking from of their traditions. And so as we look at, and we step into working with this word as an identifier for the way that we connect and work with spirit, we need to know how we're holding that word within ourselves, and come into a really clear place about what it means to us and how we are going to identify ourselves and walk in this world, walk with this sacred work in a way that feels in integrity and in alignment.

This hasn't been an easy one for me to own. As many of you know, I've been in practice and study of shamanism for well over a decade. And it's really been a word where that I've actually hidden because of my own discomfort with some of the conversations that are out there, and the ways that it can be looked at for white individuals to step into shamanic practices. And really wanting to be sensitive to some of the traditions that I've studied with and to the individuals that I've studied with. And what I've really come to is that the word shaman itself, it has a true origin. Right? And then it's become a very generalized word. And it's also a very clear identifying word. And it really identifies a very unique relationship with spirit and a unique relationship with self.

And there are many, many different characteristics that are cultivated and ways of living and being and working in life and seeing life, that are truly unique to the eye of a medicine woman, a medicine man, a shaman, a priest, a priestess, an oracle, a mystic. As we look at

all of those words, there's a thread that runs through all of them. And I could even throw more out there, a witch, a warlock. All of those words, there's a thread that identifies this unique spiritual essence that comes forward. And what we're doing is we're calling forward within ourselves that essence that is connected between the worlds, that's able to bridge the spirit and the physical world. We're calling forward the part of ourself that recognizes that the world needs someone who can see morality from a higher picture than morality of our time, that can see a bigger picture of it, that can uphold a higher ethics, higher ethical or moral code, and is able to live outside of some of the binds that our times have, who is able to step outside of them on behalf of the world.

As we're stepping into this journey, we call forward the part of ourself that is able to connect with all of life, to recognize the importance of all of life, the way every piece fits together uniquely and perfectly. We call forward the part of self that is able to trust in the cycles and the flow of life and the way that things want to emerge, the magic that wants to show up, who's able to surrender into that. And we call forward a willingness to know ourselves intimately. Ultimately, that's where this journey comes back to. The more intimately we know ourselves, the more intimately we can cultivate a relationship with spirit, the more intimately we can cultivate a relationship with our crystal allies, and the more intimately we can cultivate a relationship with all of life, with our work, with our practice, with the ways we show up in the world, with our relationship with other people.

All of this begins to unfold at deeper and deeper levels as we keep going deeper and deeper within ourselves. Shaman really cultivate their unique medicine. And that's what we're going to be doing. There are many different commonalities, universal threads, that we see. Right? We see initiations. We see rights of passage. We see practices such as ceremony, ritual, shamanic journey. We see Earth relationship. We see working with energy and working with spirit, spirit energy. But how that looks, how the exact practice, the exact methodology from one shaman to the next, to the next, is different. I know. Right? This to me was kind of baffling because when we look at medicine, like Western medicine, we know that there are certain techniques that work over and over over again exactly the same. And there are. You're going to learn in this program. You're going to learn some techniques that work really powerfully over and over and over again in the exact same way.

And then come the nuances, which is your own magic that you bring into each practice. And those nuances are your unique relationship with the crystals that speak deeply to you, the crystals that call forward to work with you, the plants that work with you, the essential oils that you have a unique dynamic and relationship with, the spirit guides that you have as allies in your life and in your work. All of those are going to be a little bit different for each of us. And this an opportunity to really get to know. What are those for you? I'm going to give you some templates, some containers to begin building and growing and developing your unique practice. And I'm going to hold the space for you to recognize the uniqueness that you bring to it, the nuances that want to show up just for you, the ways that spirit speaks to you.

A part of this is going to begin already as we move into getting to know our shamanic senses, getting to know which senses are our greatest ally, and the strongest, and how we can continue to cultivate them and deepen them. And we're also going to be working with the crystals and the stones and the mineral kingdom and calling forward our unique allies. We're going to be creating relationship with land, with Mother Earth, and getting to know where our unique power places are. Where are the places on this Earth that nourish you, that feed you with so much yumminess that you have the ability to, and the capacity to expand and connect more intimately with spirit?

This is where we are going to go, and that is so, so exciting. When we look at shamanism, there really isn't a true delineation or lineage for a crystal shaman. This is something that shamans definitely use crystals, but there hasn't been an identifier as this is what crystal shamanism is. And as we unfold and really deepen into our shamanic practice, we are claiming what that is within our own lives. And much of what we're going to be doing is looking into our own lineage, into our own ancestry, and recognizing. Where are the places that spirit has already brought in crystals and stones in that relationship to create our unique medicine? And allowing that to come forward.

For me, the idea of crystal shamanism, working with crystals in shamanism really ... Oh, gosh. Well, it happened from day one in the creation of medicine bundle, which is something we're going to be doing through this program. And we'll be starting it already in this class one. But what happened is, I had my medicine bundle, which was this amazing bundle of stones. And I went to Peru, and I knew one way of working with them. And in Peru, I learned a completely different way of working with them. And what happened from there is that it opened me up to working with the stone people, working with the crystal allies, and letting them really cultivate and create this unique medicine and share with me some things that weren't able to be taught somewhere else, that wanted to come forward.

And a lot of what we're learning and experiencing will be rooted in Peruvian lineage. It will be rooted in, which goes into the high mountain shamans, specifically the [inaudible 00:12:05], a really unique group of individuals, who work with the high mountain spirits. We're going to be calling in some of that. We're going to be calling in ... I've studied with Celtic shaman and I've studied with some plant medicine, so there's kind of a combination of threads that are coming together here that are going to be woven into what we're doing, how we're working, what our processes will be. And they're going to be developing within each of us in very, very unique ways.

How do shaman heal? We're very familiar with the phrase or the word cure. And in our Western world, we're very comfortable with things being cured, being permanently fixed. Say we have pain in our knees, and we go in and get a knee replacement. That previous knee injury or issue is cured. Say we have been going through cancer treatments. And we get a clean bill of health, and then we are told that our cancer was cured. And it is, it is

medically cured. Curing is the responsibility of doctors. Healing is the responsibility of medicine men and women. It's the responsibility of shaman. It's the responsibility of energy practitioners.

What happens here is that we begin to look at things from a very different level, a very different perspective. The shaman looks at things from an energetic level, from the level of spirit, from the level of the soul. We don't look at things directly as they appear. We go beyond. There's a great quote by Albert Einstein. And that quote is, "No problem can be solved from the same level of consciousness that created it." What that means as we apply it to our work as shaman is that, let's say we are in a car accident. And there's a physical and emotional trauma that happens, both physical and emotional. There's a physical issue. Most likely that physical issue is going to be taken care of medically. Right?

That emotional issue, we can look at that psychologically. Right? The shaman steps out of both of those and recognizes what's happening, sees the physical, sees the emotional, sees what happened to the soul, and then steps out even further, yet one more layer removed. And says, "What is happening on the spiritual level? What is the imprint or the story that is being played out in this individual's life as a result of that accident?" Whoa. There's a whole lot that we can look at there. There's a literal imprint that's written into our luminous energy field with traumatic and difficult events throughout our life. And slowly they can affect us physically if we don't take care of them.

They can affect our posture, the way we're sitting, the way we're standing. They can affect our actual physical wellbeing and health. They can affect the ways we interact with other people. They can affect the things ... They become the stories that lead us in our lives rather than we being in our own space and leading our own lives. Yeah, pretty powerful. And so the shaman steps back and goes, "Okay. What is happening at the level of spirit? What needs to be brought back into order in order to make a ripple all the way through?" Yeah. That's where the ripple goes, all the way through. Pretty powerful.

One of the things that we're going to be doing is getting really familiar with the energy body, getting familiar with our shamanic senses. And how are we able to sense and experience energy so that we can make those subtle effects, those subtle shifts, bringing things back into order? We're also going to learn how to pace things so that we can support people exactly where they are and support them in their healing journey. Healing really is a journey. It's not a rapid transformation. It's not immediate. It's a journey. We need to unfold one step and then the next step and the next step.

A story I'd like to share here about this is that there's an individual who's very close to me, who was on a pilgrimage. And this individual has had a lifelong physical disability. And this disability has been, we'll say one of his greatest teachers and one of his greatest challenges throughout his entire life. And while he was on pilgrimage, he had this incredible experience. As he was climbing the stairs to the place where Divine Mother Mary appears in

Medjugorje, and he can barely climb the stairs. He's pacing himself very slowly, moving very slowly up these stairs. And in the process he hears very clearly, "I can cure you. I can give you your miracle. Do you want it?" And in that moment, he very clearly said, "No," because in that moment he realized that his life path had taken him one way. And this miracle would take his life path over here. And he couldn't conceive of how to live life over here.

When we work shamanic-ly, yes, we create miracles. But we don't go to here in one moment because it's too much. It's overwhelming, so we learn how to support people in going, tick, tick, tick, tick, slowly bringing them into that next place. Right. We learn how to subtly create these movements so that we can make the massive leaps in our lives, but in ways that are integrated, ways that are in alignment and support us in really stepping more and more into our wholeness so that what is so inconceivable becomes conceivable, becomes real, because it unfolded over a period of time rather than like that.

The other piece I want to share with that story is that in that moment that this gentleman had the awareness that he could have the miracle that would take him over here, in that moment when he made the choice to say no, he also experienced an incredible miracle. And that miracle is that he claimed his life. He claimed his life exactly as it is, and no longer fought against it, no longer fought to have a different type of health. Instead, he embraced the health that he has and has lived in a sense of spiritual freedom because he embraced who he is, because he received himself wholly. So often we think about that energy of healing and curing, and we fight against where we think people could be, should be. And between allowing them, be exactly where they are and what is exactly right for them. Much of our role is not about changing what is, so much as finding the capacity to love wholly who we are as we are.

And it's through that, that immeasurable change often unfolds. It's a very different way of seeing and experiencing things. And imagine having your own capacity to hold space for people to fall in love with their unique divine perfection. That is one of the most beautiful gifts that we have, one of the most beautiful gifts that we as shaman can offer people. And we do that by falling in love with ourselves.

Video 4 - Let's talk more about crystal shaman lineage.

Hey hey hey, welcome back. Now that we've talked about shamanism, who a shaman is and how a shaman heals, we're gonna talk a little bit more about this lineage piece. The lineage of the crystal shaman, and what some of the roots are for what we're going to be doing in this program. And so I want to open this up with a little story time. Throughout this program you're gonna hear a lot of stories about my journey and my experiences with learning shamanism. And how from that place of that initial learning it has continued to evolve and grow and develop into its own practice.

And I want to open this up by actually sharing with you, how it is that I really found my way to my shamanic practice and some of, a bit of information around the Peruvian culture which largely influenced what we're going to be learning, what we're going to be working with. Because that's a core thread and I really want to make sure that I honor that lineage and also share with you a bit more about it, so that there's a deep sense of connection and understanding within yourself.

Okay, so my shamanic path began probably around 2004-ish, 2005. I started working with a local Celtic shaman who did a lot of shamanic journeying, and I went and had private sessions with her. I would go to group shamanic drumming circles and guided journeys. And I would go, I also did a sweat lodge with her as well as a vision quest. My ... that like really opened me up and I was very curious about it, but at the same time, I didn't feel the call to like really study shamanism until 2006. And that was when I received one of my first rites of passage that I received on my journey.

And then in 2007 I began studying with The Four Winds Society. The Four Winds is a program that was developed by Alberto Villoldo based on the lineage, based on his studies as an anthropologist with the medicine men and women of Peru. And you can, there's tons and tons of books, he has written many many books, many amazing books. And I may reference some of them throughout this program or encourage you to read different parts of some of them. If they speak to you and you want to pull them out, go for it. He did a really beautiful thing in that he wove in some Western philosophies and ways of teaching, including psychology and some more Westernized ways of connecting with energy. So that it integrated, so that it was easy to understand, so that it was tangible for this Western world.

So I started studying in The Four Winds, which led me to meet with a shaman by the name of Jose Luis Herrera. And Jose Luis invited me on a 14, two week like, journey. Invitation only, research is what he called it. A research expedition, to work with the altomesayoks. Now this was a group, I think there were maybe 20 of us on this group trip, and we worked with an entire group of medicine men and medicine women. A group known as the altomesayoks,

And before we go much further, I want to just touch in on this energy of the word shaman and the use of that and you know, why to me it feels really important to use that word right now and why I feel a sense of permission in using it and why I invite you to feel that sense of permission yourself, okay?

Back in the way way back, we're going to go back a couple hundred years, when the Conquistadors came to South America, the Incas had prophecy around this. They had prophecy around men on horses with sticks that explode, or fire, with fire coming out of sticks. And that when that group would come, that they would need to flee to the mountains, that it wouldn't be safe for them any longer. And so when this happened, when the Conquistadors came to South America, there were a group that stayed and fought,

right? There were people who stayed and fought, who tried to defend Cusco and some of the other sacred sites.

And then the medicine men and women fled into the mountains. And there they safely guarded and held and protected all of their secrets and they passed it on from one generation to the next and to the next and to the next. They also had another prophecy, and that prophecy was that at some point that they would need to come down, that the world would be ready to receive what they have to offer. So they held, and they held these practices, they lived high in the mountains. And when I say high in the mountains, I'm talking you know, 15, 16, 17,000 feet in elevation. At incredible altitudes, in tiny little remote areas that were inaccessible by road.

Well then in the 1950's, on the day of Inti Raymi festival, the Inti Raymi festival is their winter solstice, which is a celebration of the return of the sun. During the Inti Raymi festival, they came down from the mountains and entered into the streets of Cusco. And immediately the Peruvian people recognized them as the Children of the Sun. The individuals who had been holding that information sacred for so long. And they were warmly received and celebrated.

They came down from the mountains because they knew that this was a time when the world was ready to be receiving their wisdom. Not specifically Cusco or Peru, but the world. That's immense. Let yourself just sink into and feel the immensity of that. They came down with an awareness that it was time for them to share their wisdom with the world. So how does that happen? How does this, a group of individuals who have been essentially secluded come into an area that has moved forward in a timeline where life is completely different. It's a great question, right? How did, and then, how did they spread it into the world?

So they began teaching, and then in the 1970's, Alberto went to Peru, a curious anthropologist, young anthropologist, wanting to learn, wanting to understand things and actually really wanting to discredit or disprove some of the things he was hearing about these medicine men and women. And so he came down to Peru and found himself on an entirely different journey in his life, and you know, a lot of what has been shared originally came through him. And you know, he did a great service for really distributing and like, creating awareness around shamanic practices, around ancient medicines, and bringing that forward.

And for that I'm immensely, immensely grateful. And you should also know that just as a lot of individuals do, as they're bringing forward teachings, there's a way that teachings are brought forward so that they are able to be received by the people that they're intended for. So Alberto brought in a lot of psychology, he brought in some traditions that would be sort of recognized throughout North America, that made it easier and more palatable for people in the United States to begin really embracing that medicine and receiving. And in addition

to that, over time, he had been bringing groups of individuals down to Peru to study firsthand and experience the Peruvian lifestyle and culture.

So my first journey or pilgrimage to Peru wasn't actually with Alberto, it wasn't with The Four Winds, it was with an entirely separate group. And the thing that surprised me when I was down there, one of the very first things that really surprised me was the generosity in sharing wisdom and passing it on, the teaching and the immense reverence to the work. Immense reverence. And incredible joy about the opportunity to share it. There's a quote you may have seen me share by Hunbatz Men, he's a Mayan elder, and he talks about how we need to make thousands of shaman right now.

And really what he's recognizing is that, the world is at a really pivotal time, and you know I believe the Peruvian shaman medicine men and women really recognize this as well. That they recognize the importance of really inviting people to rise up into their unique soul wisdom, to rise up and awaken to entirely new levels of vision for the world, and to hold a vision in a massive way of love, a vision of peace, a vision of connectedness, a vision of everyone coming together. And really seeing the world as whole and healed. And having that bigger picture to step out of our own stories and dramas and separations and challenges that we've had. To really step out of them and rise into a place of connectedness and wholeness.

And that was not just words that I experienced in Peru. It was real. It was truth. And it wasn't just seen, it was felt. And you know, I think about the last time I worked with my teacher Adolfo, who is one of the altomesayoks that I worked with in that very first trip to Peru. Adolfo, the last time I saw him, it was 2016, he was in Wisconsin. And the entire time I saw him, he walked around with one hand on his heart and one hand on his belly. That was just the way, like every time he greeted someone, he greeted them from the place of, let me share love with you and let me share right action. The belly being the place of right action, the heart being the place of right love, and our third eye being a place of right vision. Let me see clearly, let me love clearly, let me take action that is clear and in right relationship. He would walk around like this and it was just this pure sense of peace in his connection.

this very first trip to Peru changed my life, it opened up so many pathways for me. And so many new ways of working with the crystals and stones, working with the land, working in ceremony and working with shamanic journeying. As we go through this program, you're gonna hear a lot of stories about how that journey has rippled through my work and how that's been modified and adapted and how spirit has opened up into new ways of sharing and passing that on. And invited me to go further and to explore that even further, explore the work even further. You're gonna hear stories about how we can open up the land and create relationship.

And as I share things, I'm going to be very clear in where they're rooted from, did this come from The Four Winds, did this come from my experiences in Peru, did this come from, directly from the crystals or the land or my own ceremonial experiences evolving. I'm going

to share that with you and invite you to just be softly present with it and let it open up what it wants to open up within you. The thing that I really sought in this experience with the Peruvian men and women and I have been there three times, and each trip has brought forward an entirely new layer of depth and awareness and experience.

But the generosity and the awareness that the way it looks in Peru, the way they practice, that isn't exactly practical here, right? And the way that I practice in my life may not be practical in your world. So let yourself go in and experience things, like experience it. Really experience as I teach it and then also step back and go okay, how can this live in my life? Shamanism isn't just about learning some amazing practices or going to study in Peru. It's about how do we take that experience and bring it into our lives in a way that enriches it, that nourishes it, that supports us in really getting to know ourselves, getting to know spirit and then supporting others. And the crystals, the stones, the earth is all gonna be a big part of it. Let yourself just soften into this experience. Let this journey, this next 12 months be one amazing experience that opens you up even further in your life.

As we take our next step, we are going to explore the medicine wheel and how we create sacred space. Head on over to the next video.

Video 5 - Let's talk about the Medicine Wheel + the Medicine Bundle.

Hey, hey, hey. Hello, my sacred friend. Oh, welcome back. That was a lot of information. Is your head kind of spinning? Mine is. That's a lot of information. You know, the whole energy of who is a shaman, what is a shaman? How does a shaman heal? What is shamanic practice? What does it mean to live shamanically? What is the origin and the roots of a shamanic practice? So many different ways that that can be answered. And I've answered it so many different ways. So I want to invite you throughout this year to begin to just sink into what does it mean for you? What does living shamanically mean for you? And before we move forward in this video, before we step into that energy of talking about the medicine wheel, and we're going to start there. We're going to talk about the medicine wheel, and then we're going to move into talking about our medicine bundles and our medicine stones. And then we're going to talk about creating a sacred space and working in a safe and sacred space.

But before we do that, I want to just do a nice quick little smudge and just open up space. And if you have some smudge at home or some incense that you want to burn, I invite you to do that with me too. To just begin to create to this experience of connecting and with being present right here, and allowing yourself to just show up a little bit more wholly and fully present. So, in the direction of the South, in this first module of the crystal shaman initiation program, we're going to be working with the energy of fire, the element of fire. And when we work with the element of fire, we also get to work with smoke. And we get to discover how do the different aspects of fire become transformational for us in our lives. Now in class too, we're going to learn how to create a fire ceremony and how to work with

that as an ally. But just for right now, let's just sink into some really yummy smudge. Isn't that fantastic? Feels so good. Yeah. All right.

So let's talk about the medicine wheel. The medicine wheel is an organizing cosmology of for our journey. It is basically the template of the journey we're going to be taking. Now you're familiar with the four directions. We all are, right? We have the North, the South, the East and the West, those four directions and they're on an access. But within that access there's actually a wheel that goes around that, a circle that we can look at around that, that unites all of them. So when I start to talk about the wheel, I'm referring to the medicine wheel, I'm referring to the four cardinal directions, and the medicine offered within each direction.

Now, if we really want to really break this down and go super, super deep, and if this is something that calls to you, I invite you to have fun and play with it and explore it in your own way. But we can work with each direction through the lens of the seasons, through the lens of a cycle of a year, through a life cycle, through a week cycle, through a day cycle. We can look at our experiences of growth through this lens in this perspective. What we're doing by working with the medicine wheel and exploring the energy of it is that we're creating this understanding of a cycle of life. And the cycle of life, we know that we live this expanse of time, right? And we know that time expands beyond in both directions, before and after. I know we can talk about parallel realities and all these other fun things, but there's all these other interdimensional ideas of time and a continues to move though through this cycle of the wheel. And through that cycle of creation, we could call it a creation cycle, a creation wheel, it's a cycle of life.

So what we're going to be doing as we work with this medicine wheel is that we're going to be cultivating our own inner medicine. We're going to be getting to know what is the unique medicine and gifts that comes forward as one facet of what we're doing. The other facet is that we're going to be coming to know and understand this collective cycle. Now, the benefits of understanding this a collective cycle is to begin to step out of our own story to recognize where we're getting stuck in challenge in our lives, and being able to move out of that and into a different type of relationship with spirit and self. Being able to live in a more mythical, magical type of energy from a place of magical thinking of disassociated from life, but in that place of pure possibility and potentiality.

We also step out of some of the linear thinking of reality, the physical reality that we have here that can be kind of dense and we move into a different place of possibility. We also begin to recognize creative cycle like our creation cycle, our ability to create our lives, to be able to create our reality. When we can begin to understand that cycle, we can begin to make transitions from the weightiness of the physicality into the place of holding a vision and coming into alignment with it. And then taking the right inspired steps rather than some of those busy distraction tasks that pull us off course, that aren't in alignment with our soul's vision and highest destiny, highest possibility.

All right, so let's talk about this wheel. So there's four directions, right? And in this program there are four modules, and within each direction, and each module, we're going to work with a different element. We're going to work with that element in ceremony. You're going to be connecting with a different animal like spirit animal as a guide and guardian within that direction that is going to teach you your unique medicine, like teach you facets of your unique medicine within each direction and how you work with that energy of that direction to come into a place of mastery. And we're going to be working with an archetypal energy.

So let's start out with the energy of the South. The South, the direction of the South is all about letting go. It's about shedding the past. It's about allowing things to be complete. It's a place where we really look at our stories. Yeah. So when you think about all the stories that you have in your life, the stories, the dramas, the traumas, the things that you ... the beliefs, the expectations, we look at all of those in the South, and we allow ourselves to shed them just like a cloak. Like imagine them as a mask or a cloak or some adornment that we're wearing that is a false representation of who we truly are. And when we've shed it, we're free, we have spaciousness within ourselves.

And the South teaches us to do this swiftly. To swiftly shed the past. And when we swiftly shed the past, we do this by working with the element of fire. Now the practices that we're going to be doing in the South are that of shamanic journey. We're going to be navigating the energy body. We're going to be working deeply with our roots. We're going to be working to disengage the fight or flight response. We're going to be stepping out of the triangle of disempowerment. There is a lot of stuff we're doing here in the South to step out of the ways that we have been engaging with life that are no longer serving us.

Now, we also look at the South at the level of the physical. This is kind of like the literal physical reality, like the things that are here, things you can touch, feel, know. And it's kind of that place where people get real stuck in that physical reality, if there's a density here as well. So it's not a place where we want to ... From the shamanic perspective, it's the place where we want to have awareness and we want to be able to move out of being bound by the limitation of the physicality, of this physical place.

Okay, so then we move to the direction of the West. As we make a quarter turn around that wheel, we moved to the direction of the West. And in the West we're going to work with the element of water. We're going to be working with the energy of emotions, power. Our relationship with power. We're going to be exploring fears, our beliefs around fears, what's possible in our lives. We're going to be opening up all of that space. We're going to also be working with the energy of the radiant warrior. How do we step into our radiants and be fierce in our boundaries? How do we come into a place where we are completely negotiable and completely uncompromising, like we always are attuned to what is right within ourselves. We cultivate incredible discernment. The West is the direction of developing discernment and getting to know what is in complete alignment for us. Yeah.

So coming into that place of being able to know our emotions. For a lot of us, this is a place where if we are empathic, we get the opportunity to begin to recognize where have we been taking on other people's emotions? Where have we been offering this incredible service of processing their emotions for them? How can we give them back? We're going to look at practices like cutting cords and creating space within our relationships so that we can be within ourselves wholly and fully present. We're going to discover how to work with energy and spirit energy and loved ones who've passed and support them in their transition. Those who've become bound to the earth. We get to do some really cool practices in the West.

Yeah. Now in the South and in the West, this is where we go into ... We work with the physical in the South, we work with the emotional in the West, and a lot of that can feel a little dense. It can feel heavy, it can feel overwhelming. And they can be pretty challenging directions. The best allies within those directions are really sinking deeper and deeper and deeper into our personal work. Getting support, leaning into the community, stepping into ceremony.

One of the things that we've been so conditioned in life to believe and experience is that what's here is real, what we're feeling is real. And yeah, there's truth to that but when we take the next step on this journey and we step into the North, we step into a place of the mythical. Yeah. And we step into the place of myth and magic and we discover how to live in life from that place, through that lens. How can we be in a place of joy while being incredibly present with a physical reality that maybe doesn't fully match what we're visioning for ourselves? How can we continue to shed the stories that have created that reality and begin to really rise into the vision that we're holding for our lives? How can we come into such a place of pure alignment with that vision?

Now in the North, we work with practices of soul retrieval, calling back soul parts that we've separated from at different points along our journey in life experiences, places where we've denied ourselves, where we didn't believe in ourself, where we had traumatic experiences. And we call those back so that we can be whole and fully empowered in our life and in our work. The energy of the North, we work with the element of earth. We're going to be working with the sacred places. We're going to be connecting and creating sacred relationship. We're going to be getting to know our local landscapes, power spots, how to work with them, how to harness that energy and draw that into our medicine bundle. Yeah, there's lots and lots of really amazing stuff that begins to happen here. In the North we also work with the archetype of the earth mystic. How can you be fully present? It's kind of that place of almost like a duality, but not really a duality. How can you be fully present here and be in that place of the mythic mystical, magical beingness? It's beautiful. All right.

Then we move into the direction of the East. In the direction of the East we work with the element of air and we work with the energy of dreams, vision, visioning for our lives, destiny, possibility. We do divination and we begin to track and attune to other possibilities for our

lives, other dreams. We work with dream time. Dreaming, divination and destiny, those are the three pieces that we really work with in the East.

And throughout this journey, we look at how do these directions work together? All the way through you're going to be working with your medicine animals for each direction and they're going to be supporting you in cultivating and getting to know your relationship with the direction, getting to know how you can move through that, getting to know your unique medicine. Now, when we work with a medicine wheel and we begin to step more into practice and relate differently with people in our lives and our relationships evolve, we begin to recognize where people are challenged in their life, where their stories and their experiences are creating limitation. And when we bring that into sacred work, we have the opportunity to support them in letting go of those stories and moving through the wheel themselves and rising into their vision for themselves, into their place of alignment.

So how do we do this? All right, so throughout this journey, throughout the journey through the medicine wheel, you are going to be cultivating or creating your own medicine bundle. And I'm going to just show you one of mine. This is my stone medicine bundle. Now, this contains stones from all over, from Alaska to Peru, to Bolivia, to Lake Superior and Lake Michigan, and the West Coast, Tofino and Olympic ... Like areas around Olympic National Park and some other really amazing sacred places that I've visited throughout time. Now, it looks kind of pretty, right? It's pretty. It's got a little proving cloth and on and on and on. Yours is going to look incredibly unique and it's going to match you.

Now, in the next class we'll talk about cloths and stuff like that so don't feel like you need to rush out and think about that. But right now, what I want to talk about is the stones that we're going to be bringing together. As you move through the medicine wheel, within each direction, you're going to be welcoming in three new stones. Yeah, three stones within each direction and then a 13th stone, which is your center anchor. So as you're kind of moving about and living life and experiencing different places and going to visit different places, I want to invite you to begin inviting the stones to come forward. Yeah, stones, not crystals. I'm going to be really specific. We want stones, we want rocks from the earth. We want pieces that connect us with the local terrain and places that hold significance to us.

So you may find that while you're traveling somewhere, you find yourself picking up a stone and bringing it home and putting it someplace special. You may already have a big collection of stones. Let yourself begin to bring those together, creating this collection of stones and know that we're going to draw on those within the each of the directions. I'm not going to give you all the details about each one. You'll be guided through that as we get further through the program. But just know that you're going to start gathering them.

In the South, and in this direction, we're going to be gathering three stones and we're going to begin with one in this class. We're going to begin with that as we call in and set our intention and we're going to be working with it as we call in our medicine animals for each of the four directions and creating our own prayer for sacred space. But for this class, you're

going to need one stone. You're going to need that with your shamanic journey. Let yourself just select a stone, a stone, just the nice one that you can hold in your hand. Let yourself ... Like one that just feels really great and begin to work with that. All right.

As you create your medicine bundle, you're going to be weaving together energy from different places. Yeah, it's going to create this amazing grid of energy and that supports you in your medicine and anchors you into this present space and time. No rush. Again, like let yourself just kind of sink in. I know this class is quite robust, there's a lot here. But let yourself just kind of soften in and let yourself be in the joy of discovery and know that the medicine is going to come forward in the most beautiful ways.

All right, so I'll see you in the next video where we talk about creating sacred space and working in sacred space. Bye for now.

Video 6 - Let's talk about Creating Safe + Sacred Space.

Hey, hey. Hello, my sacred friends. Welcome back. In this video, we're going to talk about creating safe and sacred space. This is one of the most potent practices you will learn in this program. It is going to be your core ally for every other practice that you cultivate, and learn, and create. For every time you step into sacred work, for every time you step into ceremony, this practice is going to be that core gel of foundation, okay? And that is creating safe and sacred space.

The thing with safe and sacred space is that this is created through prayer. If you remember back to our opening ceremony, I opened sacred space. I called to each of the four directions, to the earth, and then up to spirit. What I did is I created this energetic bubble. It's like a protective energy.

So often, people ask questions about protection and how they can be safe when they're doing sacred work, and lots and lots of things. How can they not take on the energy of the people that they're working with? Two answers to that. One is that you need to do your personal work. Your best protection is always your personal work. The next one is to actually work always exclusively in safe and sacred space and to have a really intimate relationship, really crystal clear relationship with every guide, every stone, every energy that is a part of your space and what you're working with. Yeah. That is how we hold space. And it is within that space that incredible things happen.

The more you come into alignment within yourself, the less activity you'll find yourself doing, the less doing you will be doing when you're working with a client or when you're working in any sort of sacred experience or ceremony. You're going to be recognizing that it's more about coming into alignment than anything else. And when we're in safe and sacred space, that alignment happens with greater ease. Yeah.

What is the safe and sacred space? Okay, so within each direction, I already told you that there's an element, and that you're going to be calling forward and working with a different animal spirit guide from each direction. It's like a container that's being created. I see it in my mind's eye or feel it in my energy as like a big bubble. You could look at it as a cube, but I see it as like this big ball that's like massive outside of time and space. When we step into sacred space, it's like we step into a place of timelessness. We step outside of ordinary time and into ... outside of linear time and into the timelessness. We step into place of possibility and potential. Space is held, and honored, and guarded by our different directional allies, as well as the earth and spirit above. So earth below, spirit above, and each of the four directions.

The reason I'm having you write your own prayer and take a shamanic journey to connect with your animals for each direction is because you have a unique, unique way of working with spirit, and there's unique energy that wants to come forward to work with you and nuances that need to come forward. Now, if I just said, "Hey, let's all work with these four animals," we could all learn. We'd have a beautiful common language. And at the same time, I'm giving you something that didn't come from within. A lot of this practice, a lot of this journey is going to be about discovering from within. There are things that I'm definitely going to give, and share, and teach. That's part of this journey. But ultimately, as you begin to filter that within and you begin to really cultivate from within, learning your unique medicine, the more strength, and courage, and autonomy, and clarity you're going to have on your path.

What I've created is a guided shamanic journey that invites you into the actual medicine circle, the center of the medicine circle. You will be inviting an animal from each of the four directions, and they're going to share with you their energy, their message, their wisdom, their way of working with you. You may feel like you get a lot of information or very little bit of information. Receive what shows up. What shows up is exactly perfect. And know that you've got an entire year to refine that, to learn more, to discover.

Think of shamanic journey like creating a relationship, and this is with all sacred work. We're creating relationship. Sometimes we come into a relationship and it's really fast, and we connect right away, and things are really immediate, and sometimes it takes more nurturing and it's a slower process. And other times it's a little bit different. This whole process is going to be different for each of you. You're going to experience it differently. Let yourself like ... Think of it as that early ah, tender, sweet discovery experiences. Let yourself get into that place of the sweetness with the cultivation of the relationship, to be present, to listen, to see, to be seen, to hear. We're going to get into getting to know all of our shamanic senses and stuff like that in the west. But for now, let yourself just ... What shows up is exactly perfect. That is exactly perfect. And know that you are also welcome to repeat any shamanic journey you want.

But basically, once you've taken this journey ... Let me just pull this out. I've got a reflection ritual for you. I have a stack of papers. I told you I like stacks of papers. Once you've taken

this shamanic journey, I've created a reflection ritual. I think I left it upstairs. Created a reflection ritual for you that is going to take you through and help you organize that information that came through. Then from there, I have a template for you for creating your prayer for opening sacred space. It's very simple. Keep it simple. Sometimes we might get in our heads, and get super wordy, and get just real elaborate, but keep it simple. Let yourself memorize the simplicity of it. And then as you create the relationship, more words come out. It becomes a unique prayer. It becomes a unique expression, something that flows through you rather than something that's memorized, and thought about, and perfectly wordsmithed to be this amazing thing that we try to memorize. Because this isn't about memorizing. It's about connecting with the essence, the energy, and allowing it to come through.

Yeah. Yeah, you're probably thinking, "Oh my goodness. This is so different than everything I've ever learned." I know. I know. It's kind of like we get to unlearn all of our traditional ways of learning and create space for a new type of learning. Let yourself have fun with it. Let go of any judgements. Let go of any expectations, or rights, or wrongs, or what you're supposed to do and let yourself just be in the space of discovery, okay? Have fun with it. Write your prayer. Say your prayer.

I have two videos for you in the class content of myself opening sacred space to different things, to different situations. You're going to see that the prayer is somewhat the same and somewhat different. Now, when you open safe and sacred space, you're going to see in the video, in one of them I rattle. In the other one I play my flute. I make a sound. There's a sound, right? Sometimes I will whistle. If I don't have anything with me, I'll just whistle. Sometimes I will use my bottle of spirit water as like a sound. It's like I'm making a call, like a call. So the prayer is calling in the energy of that direction. It's the wind type of energy is where I start, right?

And I'm like, "Come, come, come, come. Be present." In my prayer, I use the word [foreign language 00:09:50]. [foreign language 00:09:50] is a Peruvian word for come. Come. It's like this invitation. So we're like inviting and the energy of spirit. So you're going to call in the energy of the south, which is the energy of fire. You're going to call in your animal from the south, and you're going to create this relationship with it. What does this animal teach you about shedding, letting go, laying things down, moving forward, unencumbered by your past? What does that mean for you? What is this animal teaching you? All right?

Then you're going to move to the direction of the west. You're going to do the same thing. You're going to make the sound, rattle, drum, flute, whatever it is, and then you're going to call. To the winds the west, come, come, come. And invited in. Invite in the energy of that direction, the element of it being water. This is all laid out, again, on that template for you. So let yourself just know that this is going to feel a little awkward. It's okay. Awkward's okay. Awkward is okay. You're going to call in your west animal. Ah, this is fearlessness, fear, facing fears, heavy energy, emotions being present with your senses, what you're feeling emotionally and physically.

Yeah. Then you're going to go to the north. Do the same thing. To the winds of the north, come, come, [foreign language 00:11:24]. Come. And call in the element of the earth. Call in your animal for the North. Come, come, come. Ah, show me what it is to live in the place of the mythical, the magical, the mystical. Ah, show me what it is to find that place of sweetness in my life. Come, come, come. Yeah. We invite that in.

We do the same thing in the east. Ah, come to the East, the element of air, to the place of vision, and dreams, and destiny. Yeah, come, come, come. Yes

Then down to the earth. Ah, our sweet Mother Earth. All of her creatures, thin, furred, two-legged, four-legged, plant people, stone people, creepy crawlies, elementals. Call them in. Invite them to be present.

Then up to the heavens and to great spirits. Yeah, great spirit who's been known by a thousand different names and really is the nameless one. Call, call. Invite in the energy of the moon, the energy of the sun, the stars, our star brothers and sisters. Invite in that awareness, and that presence, that connection, and invite them to hold this safe and sacred container for you to be present in your sacred work, all right?

When we open safe and sacred space, then we step into our sacred work. At the end, we close it. We do the same prayer almost. But instead of inviting in, we do thank you, thank you, thank you, and we send off. We let go. We release, right?

So spirit shows up for us and holds and creates this incredible container of space, and then we thank spirit. We thank our animals. We thank the energy of each of the elements. We thank the earth. We thank great spirit. And we say thank you, thank you, thank you, and we allow them to just ... ah, no longer hold that tight container, okay?

What I want to invite you to do is to go through and do this journey and experience that journey. Create your prayer. Practice opening safe and sacred space. Then, move into doing your reflection ritual to set your intention. We'll talk about that in a little bit.

One of the things I want to share with you is just kind of a cute little story. The prayer for creating safe space, safe and sacred space. You're going to see me in these videos, and you're going to go, "Oh my gosh. It's beautiful," or maybe it won't really be a big deal to you, but there's this ... I've come into a place where it's like there's a naturalness to it. There's a relationship. You're going to recognize the relationship. The beauty of the prayer is in the relationship. It's not the words. It's not some perfectly scripted thing. It's the relationship that I have with each of the directions. That's the potency of the space. That happens. That's cultivated over time. It's cultivated over practice. It's cultivated through our awkwardness, being uncomfortable in the process, letting ourselves move through that.

After I did my first shamanic training class, I came home and one of the shamanic teachers lived in my community. I invited him over, and we were going to step into ceremony

together. So he comes over, and we were going to do this fire ceremony. I'm all excited. I've got my fire pit out. I've got my rattle and my prayer. I've got it on a piece of paper. I'm like all ready. And he shows up, and I'm thinking ... But at the same time, in the back of my mind, I'm thinking, "I'm just going to let him open safe and sacred space because he's really good at that and he's done this. I'm just learning, and I don't really know what I'm doing." And, and, and, right? All those funny stories that we tell ourselves.

Ah. Well, he did the perfect teacher thing. He looked at me and he said, "How about you open safe and sacred space?" And I went ... I could feel my throat just tighten up. I thought to myself, "You got to be kidding me." All right? So I pull out my prayer on the sheet of paper, one page, start rattling. I say my prayer, turn to the next direction, rattle, say my prayer. We got through the whole process. I complete it. I look at him, and we're going to light the fire. And before I light the fire, he says to me, "It'd be really nice if you could put a little more meaning into that next time." And he was right, and I was so embarrassed at the same time. But, this really is a part of what happens. We go through these little awkward bits, and let yourself be awkward. Be in the discomfort, and know that that is a part of learning and discovering this process for yourself.

All right, so have fun and feel free to ask questions in the forum if you have questions as you're going through this process, as you're sinking into the reflection ritual and the journey. All right, my sacred friend. Bye for now.

Video 7 - Setting your Crystal Shaman Intention.

Hey hey, so you did it. You opened sacred space, you did your first shamanic journey for the Crystal Shaman School, and you spent some time in meditation in sacred space. How was that? I'm super curious. I want to know what's showing up for you. Go ahead and share things in our Facebook group. Let us know, tell us about your experiences.

Now we are at the point where we are going to move into setting a solid intention for this journey. Yup, we're in the south, and south is all about letting things go. It's about acknowledging what our deeper dreams and desires are, and recognizing the physical places where we are holding ourselves back. What are the stories, the beliefs, the limitations? And one of the fastest ways for those things to begin showing up is to start with a crystal-clear intention.

I've created a two-part reflection ritual for you with this. Actually, it's kind of three parts. There's a little bit of a burning ritual in the middle. Okay, so what you're going to do is you're going to sit down and spend some time in reflection. The first part is about letting go in surrender. So you're going to draw up some of the stories and beliefs that you've had around what happens every time you try to step forward and take action in your life, bringing an idea or a vision into form, where maybe you get stuck. What are the stories that pop up for you, and the beliefs, and the way that that's imprinted in your life? You're going to write those out, and then you're going to acknowledge them.

Once you've done that, you're going to do a small, just a very small little burning ritual. You're going to open sacred space, you're going to step in, you're going to let go ... This is all written out for you, but you're going to let go of what has come up, what are some of the stories that came up. You're going to acknowledge them and burn them. Remember, burning is that rapid transformation. It doesn't mean it's completely gone-gone, but it does mean that you're acknowledging that you're letting it go. It's like you're drawing a line in the sand and saying, "Okay, no more. I'm not letting myself believe this anymore. I am moving forward." And this, this ceremony, this burning ritual, is marking that point. It's marking it.

And so then, once you've completed your burning ritual, you're going to close sacred space, and you're going to come back to your reflection ritual and go yet another layer deeper, and actually set your intention. You may already be working with a specific intention. If you are, know that this is an opportunity to let it evolve to another level. Yeah, that intention may be carrying you towards another one, and so let yourself go into this journey, into this reflection ritual, and discover what is the next phase of that intention, and let yourself set that. Set it in a way that feels really meaningful and empowering for you.

Once you've completed that, you're going to take the stone that you selected as your medicine stone, as your very first medicine stone for the south. You're going to take that, and you're going to bring it up to your mouth, and you're going to blow that intention into it a minimum of three times. Mm-hmm (affirmative). And then, once you're done with that, I'd like to invite you to place it someplace sacred, maybe on an altar, or maybe next to your bed, and then keep it nearby, so when you're resting or you're doing things, it can be sitting on your altar. But then I'd like to invite you to kind of find times that you're actually sitting with it, where you actually open sacred space and you sit with the stone. You don't have to do anything in particular; just be present with each other, consciously present, and notice what your thoughts are. Notice how you're holding the stone, notice where it wants ... if it wants to be placed on your body. Let yourself just pay attention, not without ... Pay attention with no agenda, with just an open heart and a readiness to connect within sacred space, and then always, once you're complete, closing sacred space.

You may find that you also want to bring the stone with you when you're out and about in the day, or you may want to sleep with it at night. If that's what you want to do, go for it, do it, but also put it in like a little pouch, something that kind of honors it and really acknowledges it. As we build our bundle and get more and more stones, we're going to have a total of 13, and then we'll have some external crystals that we'll be working with, but that'll be ... Those will come further in the journey. Right now, we're working with the stones. So, really let yourself focus on that, and that's going to be the core of our medicine bundle. Next week, I will share with you how you can start to select a cloth for your medicine bundle, but right now, just let yourself connect with the one stone. Connect with it, experience it, have a little pouch for it, something that kind of holds it in a nice sacred space, a nice sacred way, and enjoy being together with it.

All right, so with that, once you've got your reflection ritual completed, you've set your intention, I'd like to invite you to share with us your intention in the Facebook group. And with that, I wish you an absolutely beautiful day, my sacred friend. Shine brightly. Bye for now.