

Through the Rabbit Hole: Explore and Experience the Shamanic Journey & Energy Medicine

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Through the Rabbit Hole

Explore and Experience

the

Shamanic Journey and

Energy Medicine

Jan Engels-Smith

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People Are Saying About Through the Rabbit Hole

In *Through the Rabbit Hole*, Jan Engels-Smith applies the wisdom she has gained from years of soul-work in various spiritual disciplines to the basic practices of shamanism. As an adept shamanic teacher, she graciously leads the reader through the basics of shamanism, answering the many questions that often plague newcomers to shamanic practice. And readers who already know the basics of shamanism will find potent reminders of the valuable insights that derive from shamanic practice. This is a wonderful book for anyone interested in discovering how shamanism and energy medicine can provide the skills for a more meaningful life.

~ Tom Cowan, Author of *Fire in the Head: Shamanism and the Celtic Spirit* and *Yearning for the Wind: Celtic Reflections on Soul and Nature*

What a beautiful book! Jan's important book fills you with wonder and faith. It will help you understand the basic and intricate concepts of the shamanic worldview and practices and to open the path to your heart. Jan's clear step-by-step guide shows you how to apply those core principles to your complex daily lives in the 21st Century and bring our society back into balance with nature.

~ Itzhak Beery, Shamanic Healer and Teacher, author of

The Gift of Shamanism, publisher of ShamanPortal.org,

and co-founder of New York Shamanic Circle

Jan Engels-Smith has created a vigorous foundation for shamanic practice in her book *Through the Rabbit Hole*. Her book will be compelling for spiritual seekers of every persuasion.

~ Hank Wesselman, PhD., anthropologist and author of

The Spiritwalker Trilogy, the award-winning *Awakening to the Spirit World* (with Sandra Ingerman) and *The Bowl of Light: Ancestral Wisdom from a Hawaiian Shaman*

Jan's art is not just teaching shamanic journeying, but in coloring the experience with ancient wisdom, personal experience, and immense joy. This book is pulsed with high-vibrational energy from the very start. Jan weaves indigenous stories with her own as she guides readers through a process that is as much awe-inspiring as it is familiar. This material helped me to remember who I truly am. The world needs Jan's love and art.

Joe Shoemaker, Reflexologist, Reiki Practitioner

Jan's aptitude of metaphysical perception is spell-binding. Her presentations of the material are masterful. I was taught and healed simultaneously. This information is a gift to the world, presented like no other.

Ann Saints

I was introduced to Jan Engels-Smith while going through treatment for an advanced cancer diagnosis in 2000. I attended her class, *Through the Rabbit Hole: Basic Shamanic Journey*, and was reminded of who I am, and was empowered in a deep, profound way. Her message and her teachings assisted me in my path to healing and wholeness, and forever changed my approach to life.

There are many opportunities for workshops that claim to empower and change you. This Basic Journey weekend workshop has produced proven results for nearly 20 years. It is a beautiful mix of core techniques found in cultures around the world, mixed with modern real-life stories, practices, and tools. It can stand alone as an invaluable re-remembering of your innate gifts, and can open the door to continued studies and life-altering experiences.

Thank you Jan Engels-Smith for the gift of your teachings, and the magnificent change you effect on this Earth.

Karen Hefner Sh.D.

Jan Engels-Smith believes that as people heal themselves, the world will heal. Creating thriving communities of well beings is the foundation of her work and the reason for her years of dedication in teaching shamanic traditions and energy medicines. I was fortunate to be apprenticed to Jan for over 10 years and know her sincerity, honesty, and integrity. She offers the shamanic skills and techniques in *Through the Rabbit Hole* as a gift from her heart to the hearts of all those who are looking for personal growth. This book is a journey of inner discovery through spiritual and emotional healing. I highly recommend it!

Colleen Benelli Sh.D.

In my experience, I have been lucky enough to come across a small handful of extremely gifted practitioners in the area of healing and spirituality. Jan is one of them. She displays some of the common characteristics of the best I have observed, such as a lack of judgment, a humble attitude, genuine compassion, empathy without pity, and she is a person of integrity. I knew I could trust her completely and without reservation.

As to the process and the results, taking this class was truly nothing short of life changing. Jan was able to give me the tools and the ability to experience things most people are able to, that I had forsaken out of necessity. I was given the means to achieve my life goal, live a happier, fuller life, and more. I can't thank her enough for what she has given me.

If you have an urge to pursue the shamanic path, even if you don't know why, I would recommend you seriously consider it. You might just be given nothing less than the stars.

Griffon Barry

The first time I sat in circle in Jan Engels-Smith's *Through the Rabbit Hole: Basic Journey Class*, it was as though I had come home. Working with my Power Animal and Spiritual Teachers, learning how to access other dimensions, exploring those realms, and working with energy has changed my life in simple and profound ways I am still seeing in my day-to-day life, over a decade later. I have gone on to assist in the class several times, always marveling at the loving depth of teaching that Jan provides to her students. Jan is always listening to her Spirit guides and truly is the "hollow bone" she teaches us to be. There are few things that have been as life-changing in my life as the Basic Journey Class. I will forever be grateful for all I've learned.

MJ Schwader, LMP

Wow! *Through the Rabbit Hole* has been life changing! This information has impacted my life and continues to do so daily in ways I never could have imagined. This technique (or tool) to access information and healing from the Spirit Realm (or universal consciousness) has not only allowed me to make better choices for myself and to help others, it has opened a doorway to see how magical and magnificent life truly is, how connected we are to "all that is". I have learned to live

more fully and be present in my own life, and to have an awareness of being part of Great Love and Great Mystery.

Jan has an amazing ability to teach and to live with an open heart, and she presents material in ways that are easy to understand and to use. She is truly a great teacher and healer!

Pearl Pierce Sh.D.

The Basic Journey class, Through the Rabbit Hole, taught at LightSong School of 21st Century Shamanism and Energy Medicine, is a seminal course and a magnificent gateway into shamanism and into knowing oneself. This experience of getting to know oneself promotes a deep, Spirit-guided compassionate inquiry and helps us place ourselves in the rightful place of being held by an infinite world of love and Spirit. I took the original Basic Journey class back when Jan taught it in her basement! I have since taken it again, assisted, and taught it. I gain new knowledge and ways of being each time I engage in the material, no matter what role I am playing. It was there, in that class, that I discovered that I was not alone in the world, existentially or otherwise. I learned that I had an entourage of helping Spirits who are helping to orchestrate my life. They are supporting me and co-creating the perfection of my life in each and every moment. This knowingness turned my life around in a way that no other realization ever has. And for this and the course and Jan, the founder of this course, I say thank you, thank you, thank you!

Lauri Shainsky Ph.D. Sh.D.

For me the Basic Journey class Through the Rabbit Hole was life changing. A whole new world was opened to me. I realized that communicating with other realms was possible for anyone. I can't recommend this class enough.

Margie McMahan

Jan is such an incredible loving instructor who provides the most amazing experiences I've ever had. Living each day with the intention to connect with, and learn from, the guiding Spirits brought me deep healing and pure joy. I now take time every day to greet, thank, and honor the Spirits, as well as seek their guidance. It's been amazing how those seemingly simple actions have turned my hectic days at work into peaceful, joyful days.

I am forever grateful to you for providing never-ending support and guidance. I joyfully look forward to continuing on this path to becoming my True Self. I will always remember the connections I've made, and the deep healing I received. I am very grateful the Spirits guided me to you and paved the way for me to attend Through the Rabbit Hole.

Cathleen Carroll

Through the Rabbit Hole makes the profound experience of the shamanic journey accessible to all. Participants will enjoy step-by-step guidance through the rabbit hole and beyond, in a safe and uplifting environment. A great class for stepping into the self-healing world of energy medicine!

Pamela Rico

I am deeply grateful for Jan and her powerful gifts as teacher and healer. Through the Rabbit Hole was beyond anything I have ever experienced. The feeling of connection, affirmation, love, and a sense of limitless wonder were bouncing off the walls in an energetic duet! You gave so much of yourself to all of us and it was beautiful - your bold, light-filled presence with that smile of radiance

and pure heart. You are such an extraordinary individual. I look forward to more opportunities to stretch and grow and be in Spirit. I know I have much work to do, but one step, one breath, one heart, one hand will lead me gently into myself and outward into the limitless abundance of all that is and will ever be.

In Light and Love, Susan About Shamanism,

Mystery Schools, and LightSong

Shamanism is an ancient tradition that dates back tens of thousands of years and has been practiced by most indigenous cultures of the world. There are fundamental, core shamanic beliefs that have been identified as common to most of these cultures. These cross-cultural foundations of shamanic study and methodologies provide the basis for the teachings offered at LightSong School of 21st Century Shamanism and Energy Medicine. However, the teachings at LightSong include additional diverse studies.

Shamanic methods can contribute to virtually any aspect of living and are especially useful for problem-solving, well-being, and healing. A shamanic lifestyle includes philosophy, practice, healing techniques, initiations, songs, ritual, and ceremony. Learning and living a shamanic lifestyle connects you to the worlds beyond, opens your mind to different realities, awakens the inner being, and allows you to obtain and live a life that is full, awake, vibrant, and connected.

LightSong has been identified as a Mystery School and is the carrier of the historic lineage: Lemuria, Atlantis, Egypt, Avalon, LightSong.

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Dedication

Dedicated to Power Animals and Spiritual Teachers. I am eternally grateful, humbled, and appreciative for the infinite blessings that these non-physical beings bestow on those that seek their guidance.

Acknowledgments

I give boundless thanks to all of my students and community for your willingness to learn, to grow, to participate, and to challenge yourselves. I learn from you, and you amaze me daily. I give great thanks to those who want to expand and reach into the unlimited potentials of life, to help people heal, to have less pain, to have better lives and more happiness. You are amazing.

I give enormous thanks to my teachers. Because of them my life is forever changed and enriched. I owe everything to these incredible seekers. I give respect, admiration, and heartfelt gratitude. Alphabetical: Buck GhostHorse, Paul GhostHorse, Sandra Ingerman, and Tom Cowan.

I attribute to Michael Harner the awakening and remembering of shamanism in Western culture. He is a recognized teacher of shamanism and an incredible source of inspiration. Through his teachings and research he changed my life. Literally thousands of shamanic practitioners, myself included, are indebted to his journey methods. Thank you, Michael.

I give extraordinary thanks for those that through their professionalism, talents, and great love wove this material together with me. Alphabetically: Ed Smith, Karen Hefner, and MJ Schwader.

Because of the Spirits and my husband Ed, my life is rich and full. Ed has brought to my life perfection. He has taught me about listening, speaking, and understanding from the heart. He is my greatest earthly teacher, my treasure, my beloved everything. Because of him and our three beautiful children, their significant others, and my grandchildren – born and unborn – my life is full and complete. I could never want for anything more.

LightSong School of

21st Century Shamanism and Energy Medicine

The courses offered at LightSong School of 21st Century Shamanism and Energy Medicine provide tangible “how-to’s” of making positive, lasting life changes.

Since 1994 LightSong has been offering classes, renowned for their thoroughness, that convey the basic truths and unifying principles that exist to guide our lives. Whether your goal is personal growth; understanding your own divinity; joyful, unfolding attainment of your dreams; or pursuing a path as a shamanic practitioner, by applying these fundamental teachings to your daily life you will experience a profound transformation and renewed sense of purpose.

If you wish to obtain information on Soul Retrievals, classes, workshops, ceremonies, or the various healing methods I employ, please contact me.

Jan Engels-Smith

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Life is a journey of becoming. The goal of the journey is not in its destination; rather, it is the understanding and wisdom that emerges from the journey.

As I write this I envision that you are sitting in circle with me as we step into a virtual reality of me teaching you about shamanism and journeying, and you being part of a greater whole of hundreds that I have taught before. All of us are holding space for this sacred teaching.

My intention in writing this book is that you not only learn how to journey, but that you will be able to grasp the basic concepts of shamanism and understand the language of the heart that is at the core of my teachings.

This book was challenging to write because my desire to include you in a virtual process changed the cadence of the book from one to be simply read, to one with a more interactive experience. As a result, I have attempted to present this material in a collaborative, supportive way. It is organized in a way that includes you as an active participant in the discussions and teachings about shamanism and energy medicine. I, in turn, ask you to engage in the activities as they are presented.

My hope is that this book fills you with wonder and an interest in pursuing further learning and experiences. I have attempted to present this material so that it might be beneficial to the shamanic novice, as well as those who have already begun this journey. I hope that you will find answers to the most basic questions regarding shamanic practices, and that the content will provide clear guidance and support. However, realize that this material is rich and fertile and is the foundation of a more intricate and complex understanding.

Practicing and exploring the shamanic landscape offers everyone the opportunity to discover anew what we once knew, and to benefit from the wisdom that is still available to us. I have witnessed the transformation, vitalization, and growth of thousands of people, including myself, who have found healing, fulfillment, and joy in this journey.

Concepts Explored

We will begin our journey through the rabbit hole by exploring the meaning and definition of the term shaman, and the evolution and understanding of 21st Century Shamanism. Through this exploration we will come to understand the basic tenets of core shamanism, and how to apply these core principles to our daily lives.

To encourage a deeper understanding, we will open our minds and learn to think and sense in a more balanced way by getting out of the box and developing our right brain function. These concepts will prepare you for your first shamanic journey experience. Here you will discover non-ordinary reality and learn about your Spirit Allies and the Universal Laws of being human.

The shamanic journey is an ancient practice and an inherent skill available to all human beings. The journey is facilitated by basic tools such as the drum, the rattle, and the song, which are introduced and explained in Chapter Nine.

21st Century Shamanism is based on Life Energy and the Basic Laws of the Universe. These laws are described in the chapter, Life Energy, and expanded by exploring the concept of the True Self in the following chapter.

The mechanics of understanding and developing your senses to enable communication with the

Spirit Realms prepares you to set the stage for your first journey experience. This begins with the process of creating sacred space, calling in the Spirits, stating an invocation, and setting an intention. Now fully prepared, you will take your first journey to the Lower World to meet your Power Animal. This Ally will accompany you on all subsequent journeys as you discover the many facets of Who You Are!

How to Use This Book

This book is designed to be an in-class reference tool, as well as a guide into the concepts and skills needed for the Basic Shamanic Journey.

What is Shamanism?

I get asked this question daily. Historically, shamanism is an ancient tradition that dates back at least 40,000 years and was a part of most ancient indigenous cultures. It is a healing method based on the understanding that all experiences affect one's soul; thus, all healing comes through the soul. Once the soul is healed, other healings can manifest in the physical, emotional, and mental bodies. I believe this perception of the mended and healthy soul that brings healing to all aspects of one's being is truer than most people realize. We are a Soul/Spirit having a human experience. When we realize this and address the soul in healing, we will be healthier in our mind, body, and emotions.

What is a Shaman?

The Siberian definition of the word shaman is "someone who sees in the dark with his or her heart." This is a loving expression of service. The shaman is dedicated to the cause of helping alleviate suffering in the world.

Some of you may have read about shamanic experiences in texts such as the Carlos Castaneda series of books. These books describe shamans in a particular way that differs from the view of 21st Century Shamanism. These books are more about the ancient mystical power of the shaman and less about the shaman as healer.

The history of shamanism has provided different accounts of the practice and diverse images of how the shaman exists in various cultures. All are powerful and speak to the needs of their contemporaneous civilization.

Following common protocol, you would never call yourself a shaman. It is a title given to you by your community after training, experience, and proven results are recognized and valued.

21st Century Shamanism

For many people, images of masks, grass skirts, painted faces, and witch doctor cures are conjured up when they consider the word shaman. Some of these images are historically accurate. However, there is now a 21st Century version of a shaman, which I use as a model for my teachings. A significant consideration to this concept of contemporary shamanism is the current context of an emerging spiritualism that represents an essential answer to the seemingly hopeless and helpless situations that modern humans face in a world gone wrong. Shamanism offers a bridge from an imperfect world to a universe of perfection, where healing and a new beginning are possible.

The emerging modern 21st Century Shaman is required in a world in dire need of healing and in a culture that thirsts for a spiritual reconnection to our True Selves. Thus, I see shamanism as it relates to energy medicine as existing to help relieve suffering in the world, as well as a component of human enlightenment. One of the intentions that I personally carry is to consciously broadcast light and love into the world while experiencing joy. Light and joy are major healing elements, alleviating suffering in countless ways.

The quest to help alleviate suffering prompted me to found the LightSong School of 21st Century Shamanism and Energy Medicine™. Since 1994 I have established a thriving healing practice and prestigious shamanic school. I have also witnessed miraculous healings with both clients and students.

The Siberian characterization of a shaman as one who has a heart that yearns to be of service is full of implications for me. The 21st Century Shaman believes in quality of life, happiness, and love; that everyone deserves the best possible life; to be healthy emotionally and physically; and that each person is a radiant being of light. Seeing into the dark means that shamanic journeys will often take us into unseen realms where there isn't "light" to visually see with your eyes. Yet the heart guides us with such luminous radiance that it casts its own brilliance through the strong sense of love that emanates outward, bringing different realities into view.

The darkness and the heart play a significant and multilayered part in shamanic practice. When we are journeying, if there is light in the room, we use eye covers to produce a condition of total darkness. Eliminating your "ordinary reality" senses and creating a totally dark environment allows you to descend deep inside of yourself, and you are able to access information from "non-ordinary reality" using all of your senses. Core Shamanism

Shamanism, as it is taught and practiced in 21st Century Shamanism, is not a doctrine or a tradition, but is grounded in the core concept of historical shamanism. If you explored many indigenous cultures, anywhere in the world, and studied how the people of that region connect with Spirit, you would find certain commonalities. The aboriginal people of North America, South America, Africa, Australia, Europe, and Siberia all have particular mystical attributes and ways of connecting with the Spirits that are analogous. Some of those common elements are the use of the drum, the rattle, song, and dance, as well as journeying to and communicating with different worlds and the Spirit Allies that inhabit those worlds.

When we study shamanism's core values, we need not get confused or sidetracked by specific traditions or dogmas that a particular belief system might hold. For example, I was adopted into a Lakota family many years ago and exposed to their spiritual rituals and beliefs. In their practices, drawn from their indigenous roots, there is a set protocol to connect to Spirits, and specific identities for particular Spirits. The Lakota have certain songs that connect and activate these Spirits, and certain ceremonies involving particular Spirits. They would not be accepting of a generalized core shamanic style of achieving connection because they have a specific protocol and a long tradition of practice. The leaders of the Lakota spiritual practices would not be inclined to accept a modern interpretation of shamanism for they have chosen to be faithful to their ancient traditions. They are very strict in their ceremonies and methodologies, as are most native cultures. Their purpose in connecting to their past provides them with the access they need to sustain their spiritual beings in the modern world, and that is as it should be.

Another interesting distinction in 21st Century Shamanism is that we live in a time of global awareness and a wide-ranging connection to our entire world. For example, in the most basic form of shamanism, this global awareness affects our use of Power Animals, which are common, cross-cultural Spirit Allies. Indigenous people did not have a way of knowing what type of animals existed outside of their very small range of territory. So, if you lived in North America in ancient times, you had no clue what an elephant or a giraffe was. If you lived in Africa, you would have no idea what a mountain lion looked like. Now we have a diverse awareness of animals globally, so the type and variety of Power Animals coming into our journeys is much greater. It opens many more possibilities for people. I have found this way of being extremely empowering, because if you get a particular animal that was not a part of some particular tradition, it can still claim you and be your Power Animal. A New Millennium

We are hovering at the apex of the grandest time in human existence. We are at the front edge of a new millennium. Change is upon us. The universe supports a new connection for those who choose it. People are seeking their divinity, their connection to and unity with the cosmos, which they can obtain through processes such as journeying and connecting to the Spirits in a personal way. As a result, 21st Century Shamanism is on the rise.

We are in the transition to the Golden Age, the age in which people are remembering and rekindling their intimate connection to Source, to God, and to Spirit. Heavy veils are lifting. The prophecies have predicted this time of ascension – a movement to a higher plane of existence, a higher dimension, and a higher vibration.

Historically, our culture has not endorsed the magic and the miracles of a personal connection to Spirit. We have spent hundreds of years out of touch with our own divinity. Many humans have spent many lifetimes experiencing the hardships in life – betrayal, doubt, prejudice, abuse, unworthiness, inadequacy, hatred, and war. These lifetimes were not grounded in love, but in fear. Even many who professed a belief in God chose their belief through fear. Judgment controlled their behavior and their life. They were either afraid of being judged or they were judging themselves, or both. Many sought connection outside of themselves through another who they felt had more worth. Personal, intimate connections with a higher power were not present, and thus, personal empowerment was slight. But this is an illusion. Worth is intrinsic, and connection is everyone's birthright. It is through your healing that the world will heal; that life will heal.

In the 21st Century we are understanding the tools for healing are vast, all encompassing, and within reach of everyone. We are the creators of the future and our tools of creation are our thoughts and words. Each person plays a vital role in the creation of their life, their environment, and their world. Quantum physics has revealed that the simple act of observation has a tremendous impact on that which is being observed. As scientists attempted to observe matter at the sub-atomic level, they discovered, to their initial surprise, that their observation itself altered and mutated the matter. Physicists have come to understand that existence itself is so highly interdependent that even the engagement of consciousness with external matter and force fields changes the nature of what they study.

The message for humankind is that we can truly create force fields of change by our very thoughts and intentions, we can alter the vibrations that surround all of us, and the spiritual forces that emanate from and to us are real and ever active. These understandings, combined with basic shamanic journey skills, have the capacity to empower individuals like never before.
Empowerment

At LightSong, our tag line is 21st Century Shamanism and Energy Medicine. We promote the use of ancient shamanic techniques in a modern world because the ancient ways still work in major respects. Yet our needs of understanding are different. We want personal empowerment, wellness, quicker results, and the realization of our dreams in today's world!

On a personal level, empowerment is that which provides the strength, tenacity, and influence to alter one's own life, the environment in which one lives, and the course of history of one's existence. Additionally, since we know individuals exist within a unified cosmic order, in which every act and every thought ripples across the universe as a mutating force, we must consider the consequences of the empowerment we seek. We must understand the potential for a positive influence in our immediate community and beyond, to the entire universe. As we gain the power to heal and become our True Selves, we create an energy field that not only encompasses our inner being, but simultaneously creates vibrational forces of a like nature that emanate outward and alter all that they touch.

In the common world we might speak of an individual that possesses authority empowering another person with the right to act and make authoritative decisions. But in the spiritual world, power is self-acquired and empowerment is a choice. Prior to finding this inner strength, we may have had a perception of helplessness as we struggled with problems, pain, and loss. Our spiritual development includes discovering the choice we have to empower ourselves and to find the positive energies necessary for our healing and enlightenment. The shamanic journey includes discovering our True Selves and achieving personal empowerment, and we must consider the significance of the creative power that we now possess.

In the spiritual concept of a cosmic unity we are both at one with the entire universe, while at the same time encompassing the entire universe within ourselves. Imagine a drop of water in the ocean. We have a concept of the drop as an entity, but when the drop blends into the vastness of the ocean it becomes the ocean and is indistinguishable as a drop of water. The power of the ocean lies within each drop, and absent these drops the ocean does not exist. Such is our existence within the universe. We are the universe, and it is our individual consciousness that creates the universe. Therefore, we are the power of the universe, for good or bad, and we are the energy of the universe, whether positive or negative. We achieve this oneness by the absence of ego, and this conceptualization of the universe leaves us with formidable power to create.

Those who are interested in experiencing wisdom must change; they must seek healing. They must look at what they believe and examine why they believe it. I have witnessed thousands of healings and all were miraculous, beautiful, loving, and real. I have also witnessed healings that did not last. Many people do not feel worthy to receive their healings or they never change negative patterns of thinking, so the healing seems to dissipate from them. Spirit consistently provides opportunities to heal, but until you make the decision to change your life and to change your thinking, you will find a way to reject the healing. Finding Your Own Path

In the core practice of the 21st Century Shamanism we envision, we are asking you to develop your own personal relationships with your own personal Spirit guides. You are not asked to follow a particular tradition or set of standards. You are setting your own standards as to what is important and meaningful to you, and your choices determine who appears in your journeys.

If you were to choose to follow a traditional form of shamanic practice, you would adhere to a set of values and be bound by a correctness of practice that would require a faithful observation of clearly defined tenets. The approach is precise and is intended to be such. I am not suggesting that there is anything wrong with such approaches. I respect and honor the ancient traditions and my teaching and practice is greatly enhanced and influenced by them; they have been my primary inspirations. However, the shamanism I practice and teach is not governed by inflexible rules.

In modern shamanism, our reconnection to the past is for the purpose of personal empowerment. This new journey is about finding your own path, the one that works for you, while using some core concepts that are from indigenous cultures around the world. I am extremely eclectic in the adaptations I have blended. I work with the Egyptian Mystery Schools, as well as the Native American, Celtic, South American, and other traditions. If you were interested in a more traditional way, you would pick one of those traditions and follow it stringently. I have chosen to draw strength in the core commonalities that continue to speak to all humankind, and to provide a pathway that meets the needs of all beings that seek enlightenment.

Modern shamanism owes a great debt to the past and sustains a strong connection to our ancestors. It is also deeply embedded in the present and accessible by all people who choose to follow the contemporary path. We do not abandon the current world and seek a return to the past. We draw on the wisdom of the past to help heal a present that has forgotten how to be at one with the universe, and has a need to restore a unified existence. Everything is Alive

In shamanism, everything is seen as alive and intelligent energy. All existences that we encounter in nature have Spirits and families. The clouds are alive; they have intelligence, they have wisdom, and you can communicate with them. Trees and other plants possess a life force that provides physical, emotional, and spiritual nourishment. Everything is respected and honored in its life force, in its life existence.

Stones or rocks are seen as wisdom keepers. They have existed for millions of years, and they have recorded information from many millennia. Stones carry vast amounts of wisdom. They are the bones of the Earth. You can extrapolate this wisdom by learning to communicate – to journey with – a rock. They are incredible Spirit Allies that can provide vast amounts of information. In a sweat lodge, rocks are heated to a glowing red and then water is poured on them; participants are engulfed in steam as though in a sauna. The idea is that you are releasing the energy in the rock so that it can speak to you and give you information.

All existence is seen as having an extensive amount of awareness and kinship. We are in relationship to everything. We are sharing life together. We exist on this planet, breathing the same air.

The elements play a key role in core shamanism. For example, the Spirit of the Air is a vast Spirit. It is the initial Spirit you meet upon birth, and is necessary for maintaining life. It is also the final Spirit that leaves your body when you die. It has an incredibly intimate relationship with you; it sustains you. Developing a conscious awareness of life and relationship with the Spirit of air and the other elements is a major principal of shamanism.

Mitakuye Oyasin, a Lakota term, means we are all related to each other. We are related to the cloud people, the standing people (trees), the winged people (birds), the finned people (fish), the crawlers, and all the different animals in the world. We are in relationship with physical objects and the essences of the planet's environment.

The shamanic approach defies the concept of inanimate because Spirits inhabit all that is significant and all is significant. There is nothing we are not in relationship with. Things we may not think of as being alive have an energetic heartbeat and a pulse. Beyond the confines of the Earth, you are in relationship with the stars. You are communicating with them and they are communicating back to you. The question is: How do you open up these lines of communication?

With every action, feeling, thought, and word you are affecting everything else. There is an incredible web of life, in which all life is interacting, and you are a major player in it. The more you understand and accept that your interactions, both in thought and actuality, have an affect on everything else, the more you bring that healing consciousness into your very existence.
Sovereignty

Another important tenet of shamanism to understand is that you are sovereign in determining your own destiny. Through spiritual law, you have the right to have only yourself, in you and around you. The more you learn about that and own it for yourself, the less likely you will struggle with beings, emotions, and conditions that are not yours, but have the potential to intrude into your existence. We are surrounded by energies that can affect us negatively, but we have the choice to deny these powers access to our inner self. For example, have you ever walked into a building and felt "creeped out"? Your body sensed some sort of obvious energy and is signaling you.

Exposure to different energies (both positive and negative) happens continually throughout the day. On some level you either consent to their imposition or refuse to allow them to intrude on

your being. The more you educate yourself on how to communicate with your spiritual helpers, the more you learn to negotiate and navigate your life in a healthy way. Shamanism as a Life Skill

Shamanism is a life skill. All people, including children, should learn it. It teaches you how to navigate the energies that exist in our world and be safe. I am not a fear-based person. I do not dwell in the negative, but to say that negative conditions do not exist is not realistic. They do exist, but you can learn to negotiate and navigate these energies so that they do not affect you in a negative way.

Through the Rabbit Hole, which is a basic journey skills class, is a very electrifying class for me to teach. New people are being introduced to shamanism, and I have witnessed them entering a new, exciting phase in life. I remember when I first started studying and learning about shamanic journeying and felt profound changes happening within me. It changed limiting belief patterns I had as I started to open up and think and be different.

I welcome you to this material and hope that this topic for you is extraordinary. I hope this teaching stimulates you, that you expand, are fulfilled, have new experiences, and make connections that are gratifying to you.

I believe that the important part of shamanism is the experience of it – the connections that you create; not the ones I tell you about, but the ones you create for yourself.

Both a shamanic revival and alternative energy revival are happening with humankind, especially in our Western culture. After centuries of shifting from a natural connection with our world to an antagonistic relationship, we have realized a compelling need to restore our interdependence and unity with nature and the governing forces of the universe. When something is not practiced there is a sense of disconnect. This separation is caused because we are not connecting to the life around us that exists in the Spirit form.

There are many beautiful experiences and ideas in this work. It is grounded in intention, in love, and in honoring the value in all things. All of this is part of the respect that is at the core of this lifestyle, as I perceive and practice it.

Get Out of the Box

I use the expression “get out of the box” frequently; I put it in advertisements and use it in conversations. Being “in the box” means to have an extremely limited perception of what is real. Being in the box means to depend on personal experiences of physical reality as the only determining factor in understanding our existence and making choices in our lives. The box of our normal reality is often bound tightly by conventions and perceptions that are the product of the limiting factors that our society and our traditions have established as the constraints of our understanding. However, we would never discover the possibilities of existence if we confined ourselves to what is immediately evident. Imagination, creativity, magical thinking, and inventiveness exist beyond these boundaries. Shifts in paradigms have led to great discoveries, and imagining the unimaginable has allowed us to do seemingly impossible things. Nelson Mandela once observed, “It always seems impossible until it is done.”

You've probably also heard the term “I'll believe it when I see it.” This declaration is probably one of the most limiting belief statements a person can make because the visual reality of a human being is extremely small. I asked the Spirits in a journey, “Why can't we see you in the natural world? And how much do we actually conceptualize of what is around us?” I reasoned they would reveal a figure such as 20%. Shockingly, they answered that we see less than one percent of our

surroundings! We are literally blind to most of our environment! Quantum physics substantiated this statistic in an article I read shortly after posing my question to the Spirits. However the article had a more drastic statistic that stated that humans perceive less than .0001% of what actually energetically exists in our environment. Your reality is minute compared to actuality and what is available to you. "I'll believe it when I see it" is being in the box. In the movement to 21st Century awareness, more and more people are reframing their spiritual vision around the concept of "I'll see it when I believe it." The phrase has even been coined by author Wayne Dyer as a title of a book.

Getting out of the box starts with opening yourself to different possibilities of reality. Believing that we are incredible beings of creative energy and that we create through our thoughts and feelings moves us out of the box. We can have the desires of our heart if we learn how to think and believe differently. You can have access to it all, if you learn how to work with energy, realize that you are an energetic being, and that we manifest according to the energetic laws of the universe.

My attempt throughout this training is to push you to get out of the box. The more you get out of the box, the greater your success will be. My objective is that your awareness and perceptions of energy medicine will shift and broaden. The understanding will bloom within you and possibilities will open up that you haven't allowed before. You will become unbiased and unprejudiced by long-held rules and beliefs.

Here is a good use for a box. In a sound healing workshop, Tom Kenyon, the facilitator, suggested that for any concepts introduced that were too far out of our grasp of believability, to put them in an imaginary box and move on. Don't spend any time or energy trying to accept, reject, or comprehend them in the moment. Just allow them to sit in that box, and think outside of the box. As your understanding grows and new awakenings occur, you may return to the box with the ability to comprehend what had previously seemed unknowable. Balancing the Brain

Portions of this chapter are excerpts from my book, *Becoming Yourself: The Journey from Head to Heart*. The information is so important for your understanding that I have included it here as well.
Right Brain and Left Brain *

Through the Rabbit Hole: Explore and Experience the Shamanic Journey and Energy Medicine is a guide into the concepts and skills needed for the Basic Shamanic Journey. Author Jan Engels-Smith begins our journey through the rabbit hole by exploring the meaning and definition of the term shaman, and the evolution and understanding of 21st Century Shamanism. Through this exploration the reader will come to understand the basic tenets of core shamanism, and how to apply these core principles to our daily lives.

To encourage a deeper understanding, Engels-Smith discusses opening our minds and learning to think and sense in a more balanced way by getting out of the box and developing our right brain function. These concepts will prepare you for your first shamanic journey experience. Here you will discover non-ordinary reality and learn about your Spirit Allies and the Universal Laws of being human.

The shamanic journey is an ancient practice and an inherent skill available to all human beings. The journey is facilitated by basic tools such as the drum, the rattle, and the song, which are introduced and explained in this book.

21st Century Shamanism is based on Life Energy and the Basic Laws of the Universe. These laws are described and expanded on by exploring the concept of the

True Self.

The mechanics of understanding and developing your senses to enable communication with the Spirit Realms prepares you to set the stage for your first journey experience. This begins with the process of creating sacred space, calling in the Spirits, stating an invocation, and setting an intention. Now fully prepared, you will take your first journey to the Lower World to meet your Power Animal. This Ally will accompany you on all subsequent journeys as you discover the many facets of Who You Are!

Astrological body types judith - There is a Cherokee lineage that remains unbroken passing down spiritual talks and learn transformational shamanic meditations and journeying for healing old Shamanic healing is an ancient practice which uses the energies around us to on Spotify We and our partners use cookies to personalize your experience, Edge of the Rabbit Hole - Haunted Road Media - In my experience, consulting the Tarot was interesting, comforting even and I sensed that Intuitive Energy Healing and Tarot Readings February 6, 2018 Alison Here, the emphasis is on relying on intuition rather than book knowledge'. a little break of life and want to go down the rabbit hole like Alice in Wonderland. Dmt Demons Reddit - Girotondo Arcore - She spends her time studying energy healing, nutrition, and spirituality. She is a Reiki Master and has studied shamanic and plant based healing in Come experience Reiki With Jaclyn - Certified Holy Fire Karuna Reiki® and Usui. where courage and intensity have me leaping down the rabbit hole following my truth. Dreams of the Reiki Shaman: Expanding Your Healing Power - Classic Pleiadian book channeled by Lia Shapiro in Kindle and Hardback Perceiving Multidimensional Message the Pleiadians and Arcturians--through Sue Lie. evolved beyond the need for external technology and metallic craft to travel. Trained in healing modalities from energy work to holistic therapy, meditation, The Practical Shaman Podcast: Light Song School, building - Shamanic Journeys (aka Flight of the Soul) - Have you ever wondered what it looked what it felt like to experience the tender (and sometimes powerful) touch of the exploration and practice of shamanism and alternative energy medicine... journey with Through the Rabbit Hole: Explore and Experience the Shamanic Becoming Yourself The Journey From Head To Heart Revised - Seattle Antiquarian Book Fair. blogtalkradio. This is an entertaining account of Anthony's psychic experiences and client The Healing Energies, Metaphysical Properties, and Legendary Uses of (DVD) (DVD) : A divorced photographer tumbles down a metaphysical rabbit hole... Soul Retrieval & Shamanic Healing. Medicine of light a shamans journey through mystic space time - Shamanic Journeys, Ltd. Learn the wisdom of over three hundred of these Engaging in shamanic sound healing is a mystical, creative, liberating experience. Irctc ticket booking algorithm explained Lizard symbolism native american

- Jan Engels-Smith ShD., MEd. is an author, a Shamanic Practitioner, Through decades of experience as a master teacher and shamanic In 1994, Jan founded LightSong School of 21st Century Shamanism and Energy Medicine and has Jan's has written two books: Through the Rabbit Hole: Exploring Energy and the The 9 Stages of Spiritual Self-Realization â† LonerWolf - Book file PDF easily for everyone and every device. You can download and read online Through the Rabbit Hole: Explore and. Experience the Shamanic Journey & Energy Medicine file PDF. Book only if you are registered here. And also you Through the Rabbit Hole: Explore and Experience the Shamanic - ... finally joins THC for a trip down the winding rabbit hole and an exploration of the many Episode List for the Joe Rogan Experience Podcast.. that he was the son of God. book presentation at Bertrand bookstore,Un dia antes de la covered subjects such as shamanism, alien abduction, global conspiracies, occultism, Dead Fox Symbolism - 9 Responses to "Signs and Symptoms Of Experiencing Higher Energies" Wow! Shamans used to use psilocybin mushrooms to create enough electromagnetism Heart Telepathy and Healing Transformations It's been a while. though little-known book Thoughts Through Space, by Australian-born aviator-explorer Sir

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