

JULY 2012 NEWS

Ah, thank goodness this time I am on time with my newsletter. I have just completed part one of the Shaman Course this past weekend.

For the past three years, I have been studying Crystal Surgery (amongst other things) and once that was completed last year, the entire group of students sat and said, "What now?" Besides the fact that Crystal Surgery reveals many additional techniques, as time goes by, we were still open to something new. Our Crystal Surgery teacher is married to a man by the name of Neil Schapera who just happens to be a Shaman ... and that is how this journey began.

I have come to realise that all my studies post nursing have just come my way in the most natural way ever and even when finances have been really tight, things just sorted themselves out.

So, onto Shamanism ... what did I learn, how am I planning to use it and where to from now?

I learnt that there is no syllabus to follow in order to become a Shaman, there is also no time or structure that needs to be followed or adhered to. The journey is of a spiritual nature and totally depends on time devoted to connecting to and opening up to Spirit.

Now, 20 years ago, if I were reading these words, I would say, "What is the girl smoking?" But today it somehow feels as if I am stepping into a pair of old and familiar shoes.

The course that I am doing is called Core Shamanism and therefore is not cultural in any way. There are many other Lineages of Shamanism that are, but Core came my way so that is what I am studying.

I learnt that Shaman work in 3 realms but focus on 2, being the Upper and Lower Worlds. Neither being better nor worse than the other. The Middle World is the space of every day consciousness so in this instance is not used for journeying despite the fact that Spirits are active in all 3 worlds. The Middle World focuses on the reality of today. I learnt that when I do remote communication or distance healing, I am actively participating in the Middle World. And since I do so much of this work, I spend many hours in this realm.

This brought me back to my Metaphysical Studies regarding Spirits that are stuck on this earth-plane either due to traumatic or sudden death, suicide or those Souls who hold onto material wealth or beings that are left behind. And before anyone says that this cannot apply to all, I absolutely agree but some Spirits do remain earthbound and we preferably want to be sure that when journeying we avoid stuck Spirits. The best way of doing this is not to pay them any attention and affirm that we only work with loving and benevolent Spirits who are compassionate and kind and without agenda.

That led us to looking into the Lower World where we learnt to meet a Spirit in animal form. These are called Spirit Helpers. These Spirits can assist us to understand about challenges that we experience in life be it health, family, finances, relationships and much more. They are also willing to assist to help us heal physical challenges.

When we move into the Upper World, we meet human beings, generally called Spirit Teachers. These Spirits also provide healing and guidance and it is totally up to the Shaman as to which world he or she chooses to journey into.

The basic tools of a Shaman are a rattle and a drum. I am now the proud guardian of both. These tools are used to induce a state of trance which enables one to move into the chosen realm.

We spent time learning how to drum, how to bless our tools and how to convey messages to people via our journey.

I feel both in awe and excited to be using this magnificent modality to assist both myself and my clients to open ourselves up to these different realms and experience the wisdom that Spirit has to offer us.

At the same time, I would like to thank Neil from the Four Winds Academy in the USA for coming to Cape Town to teach us this wonderful work.

Love and light
Debbie

Note ... should you wish this newsletter to be sent to you directly as an email, please let me know by emailing me at info@zeropointhealing.co.za .