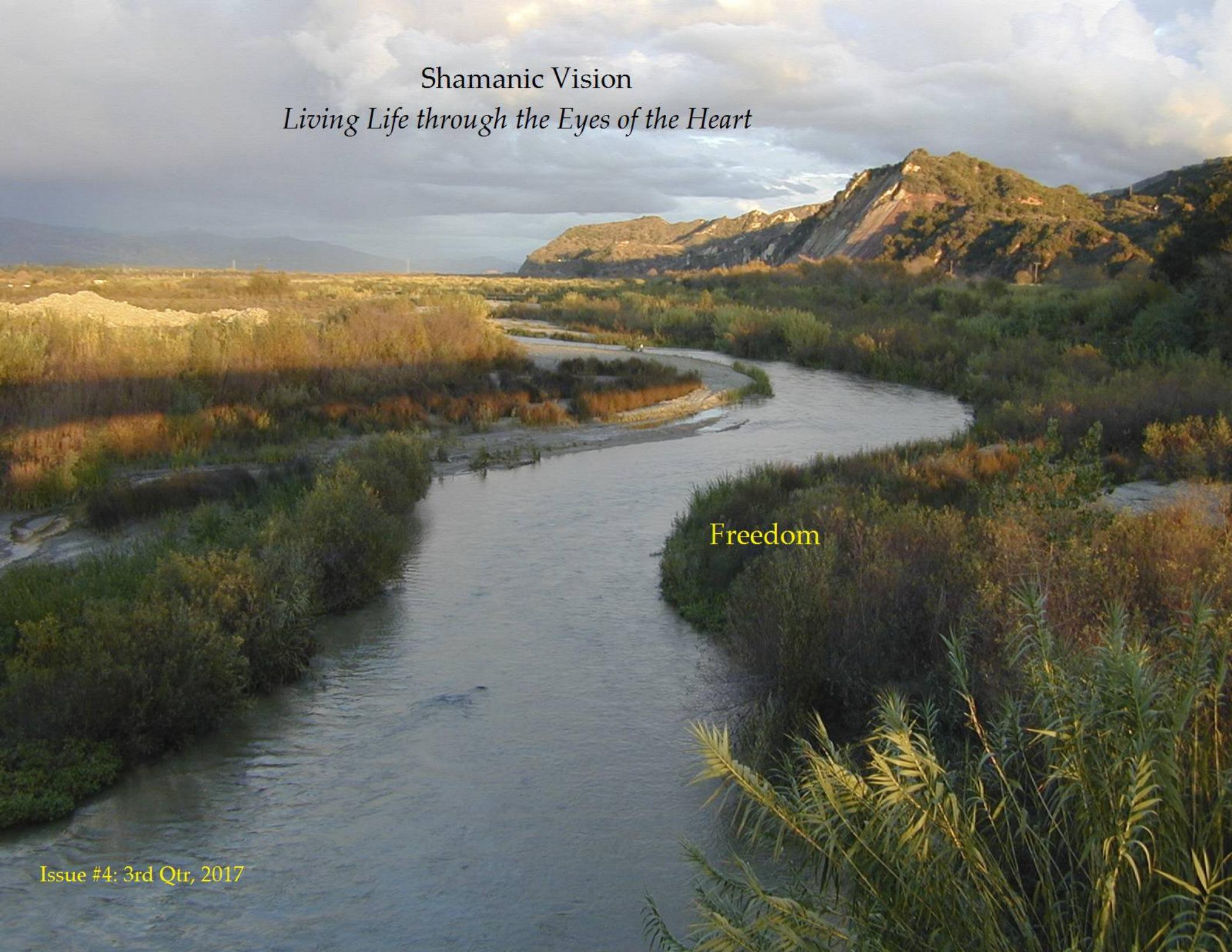


Shamanic Vision  
*Living Life through the Eyes of the Heart*



Freedom

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Shamanic Vision is a quarterly e-magazine dedicated to the teachings and spiritual practices of Ancient, Indigenous Ways, based on the principles of Shamanism and the Call of Spirit.

Publishers Paul and Neelam are International teachers and Shamanic Counselors and bring many years of teaching and sharing with the World, their dedication, love and passion for these teachings.

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### ***Message from Paul and Neelam***

We have been traveling—both physically and spiritually—over the past few months and have experienced much.

During these travels, many themes have come to us...many lessons and many teachings. And since we are currently in the U.S.A., a particular topic came to me: Freedom.

The U.S.A. was founded on principles of Freedom and many little things wiggled their way into my awareness recently that they needed an outlet and hence, this is the Theme for this issue.

This is subtle issue...an issue for reflection and inner work.

May your Path be a Free Path!

See you along the Way,

Paul & Neelam

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# **Freedom**

By Paul Hinsberger

How do you define Freedom? What type of Freedom is Freedom?

Have you ever considered how many levels and layers of Freedom there are?

It goes far beyond what is embedded in the founding of any government such as that which is defined in the U.S. Constitution....

It goes far beyond that found in religions and traditional, cultural thinking....

So, how would *you* define Freedom?



## **Food for Thought—The Unfettered Soul**

By Paul Hinsberger

I was walking up to visit a special, personal vortex site in Sedona last week and this question came to me: “How Free is your Soul?”

Such a wonderful question!

I looked up into the corn flower blue sky and immediately saw and knew my answer. How about for your answer?

This leads me to some Food for Thought....



### ***Food for Thought***

- How free is your Soul?
- Who drives your bus? Is it You—or your Soul?
- When the wind blows hard in your face, do you open your arms and fly or do you hunker down and complain?
- What thought(s) cross your mind when you see an owl or a seagull or a hawk, an eagle or kite in the sky?
- When was the last time you spoke with your Soul? What did it have to say? Did you listen? Abide?
- How close are you to your Soul? Is your Soul a near and dear friend or is it a stranger?
- What is your Soul's purpose? Why this particular Earth Walk? Why is your Soul here?
- How grateful are you for your Soul?
- Who *is* your Soul?
- Where is your Soul trying to take you? Are you with it or are you against it?

How freeing it is when you are in alignment with your Soul and it's purpose! How would your Life change if you lived this Way?



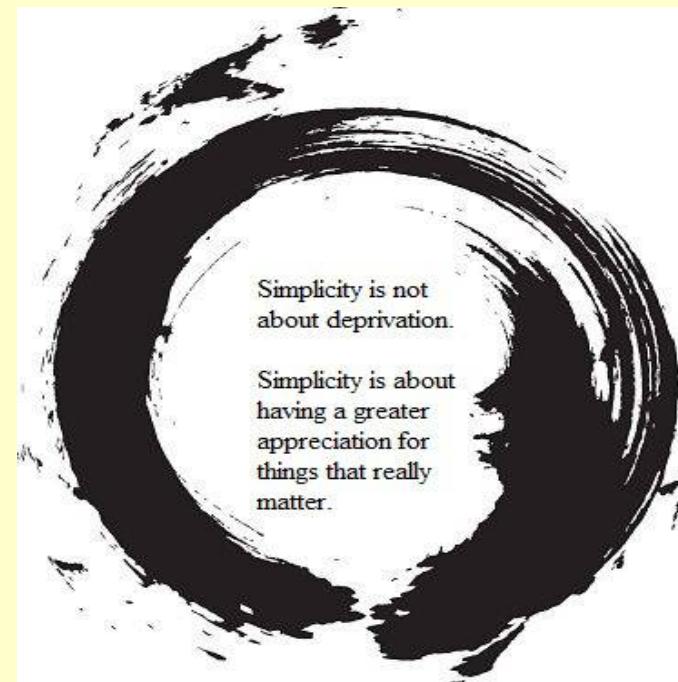
## The Secret of Life

By Paul Hinsberger

About 40 years ago, this simple realization came to me: “The Secret to Life is...Simplicity!”

When we look at Life with the innocence of a Child, when we Live with Wonderment and Curiosity and with Love and Joy in our Hearts, our life becomes something very different. Very different, indeed!

Our everyday world challenges our desire to live this Way. We live in a world that favors fiscal and career advancement, consumerism, keeping up appearances and places us in competition with our parents, siblings, neighbors and friends, creating rivalry and pettiness. There is great pressure from the Outside World to conform with social expectations, so much so that the Inner World is ignored and its voice silenced. The Simplicity of Life is pushed way down on the to-do list or it is blatantly denied, leading us further away from Freedom of Spirit.



*When was the last time you asked your Soul; “What would you like to do?” And then, having done so, when was the last time you listened and acted as your Soul desired?*

*If you step back and look at the request of your Soul, what it may desire could, perhaps, be far away from where you are now in your Life. If so, don't worry about the “How to get there?” Instead, look at where it will take you. Most likely, it will take you somewhere that brings more simplicity and hence freedom.*

*It may be a challenging road to get there and it may take years to do so, however it is so very much worth it!*

When we get out of the glass bottles of our own ego,  
and when we escape like squirrels from turning in the cages of our personality and get into the forest again,  
we shall shiver with cold and fright  
    but things will happen to us  
        so that we don't know ourselves.

Cool, unlying life will rush in,  
and passion will make our bodies taut with power,  
    we shall stamp our feet with new power  
        and old things will fall down,  
            we shall laugh, and institutions will curl up like burnt paper.

"Escape" by D. H. Lawrence, from *The Complete Poems of D. H. Lawrence*. © Wordsworth Poetry Library, 1994.



## **Soaring with Eagles when surrounded by Turkeys**

By Paul Hinsberger

The expression, “How can you Soar with Eagles when surrounded by Turkeys” was a popular phrase when I was in High School, and expression driven more by the use of the word 'Turkey' than anything else. Back in 1975, a Turkey referred to someone who lacked sense and intelligence.

Today, the statement refers to something else. It speaks of withholding your personal power, of denying who you are, of not allowing yourself to grow and open your wings and soar as high and to fly to wherever you wish because those around you lack your vision of expansion, they lack your faith and courage and conviction and warrior spirit. They lack your wings!

This is a by-product of cultural thinking and conditioning—one is afraid of stepping outside the herd and hence, they gobble rather than soar.

Do you dare to soar? Or do you prefer to be sore, chaffed by the binds of family and cultural thinking?

One of the things we see with some students is that they wish to grow and expand in a myriad of ways, yet many hold back due to their families (they require permission), cultural conditioning (Oh, you have to be like us! You can't do that...) and their own embedded fears (I am afraid of what may happen if I change—I won't fit in anymore! I won't be accepted!).

I tell students that fear has no place in Shamanism. Why is that?



In The Tao by Lau Tzu, verse 50, it is written:

*He who knows how to live can walk abroad  
Without fear of rhinoceros or tiger.  
He will not be wounded in battle.*

*For in him rhinoceroses can find no place to thrust their horn,  
Tigers no place to use their claws,  
And weapons no place to pierce.*

*Why is this so?  
Because he has no place for death to enter.*

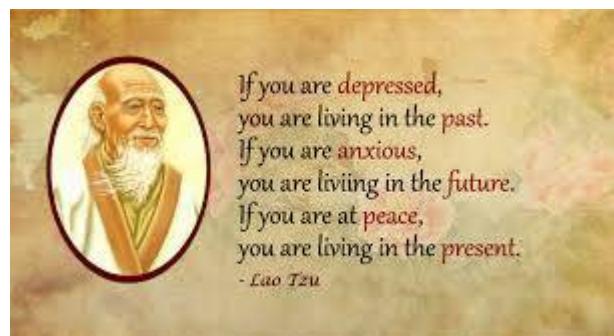
Perhaps this is the ultimate freedom....

Know how to live. Look fear in the eye, thank it for the lesson(s) and let go of it!

Be grateful for what you have, and of who you are.

Walk your Talk and be open to what comes next.

How freeing is that?





Dare to walk the road less traveled!

One of the most challenging journeys you can undertake is to be who you truly are...

Doing so is, without a doubt, the most rewarding journey you can undertake. The Journey of Truth.

Your Soul is speaking...are you listening?



## Dance of the Soul

By Anjni Shah

*In our One Year Medicine Wheel Program, when we dive into to Medicine of the South, we often ask our students to Dance with abandon and freedom, empowered by the energy of the Sun.*

*One of my private students—Anjni, a lovely woman living in Uganda—wrote the following and has lovingly given her permission to share with you.*

*May her words inspire you to rise up and to dance with your Soul.*

*Paul*



Amazing! I had forgotten how truly good it feels! How alive it makes me. I just didn't want to stop dancing!

I have not done this in the last 4 years. Every cell tingles with oxygen. Every step grounds me more and more, yet every lift of my feet brings me higher into the Spirit World.

Muscles I have not acknowledged in years have woken up and my spirit has shifted. The warmth created in my body is so energizing and refreshing....

My mind is quiet, yet very very alert. I am alert to the subtlest of energy....

The tingle of cells, knots un-knot; my mind settles down, smiles come from every cell; my body feels relaxed, yet grounded.

Definitely creating a ritual now to dance with my soul every now and then...

*Anjni added, in another post...*

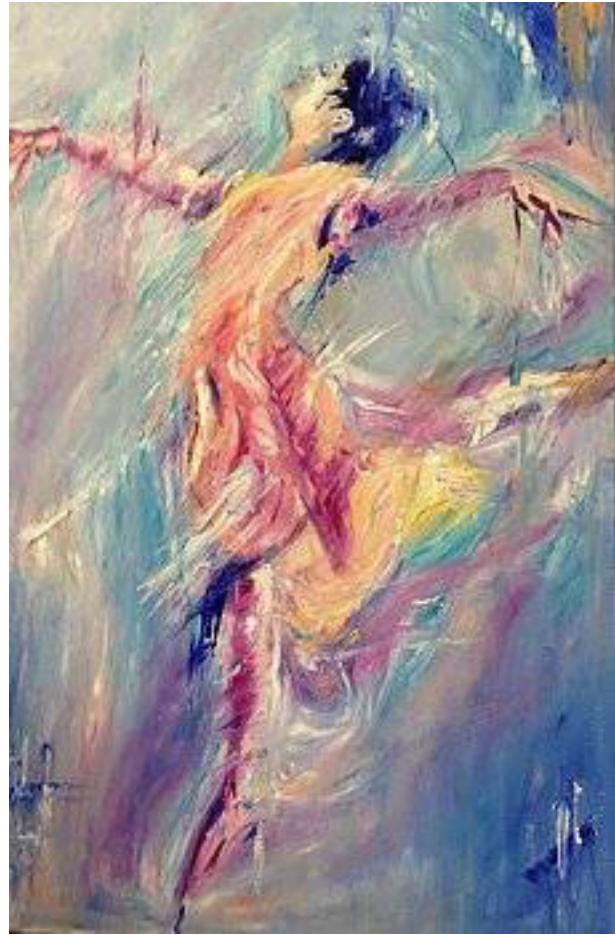
Omg! I didn't realize how much energy has been suppressed and dormant. I feel like a new breathe of life; I feel alive after the stirring of the dancing.

The passion of life is emerging...I am back in love with love itself.

Every cell feels warm and alive...I feel like the sexy charming self has come out of the shell that it had gone into so quietly over time.

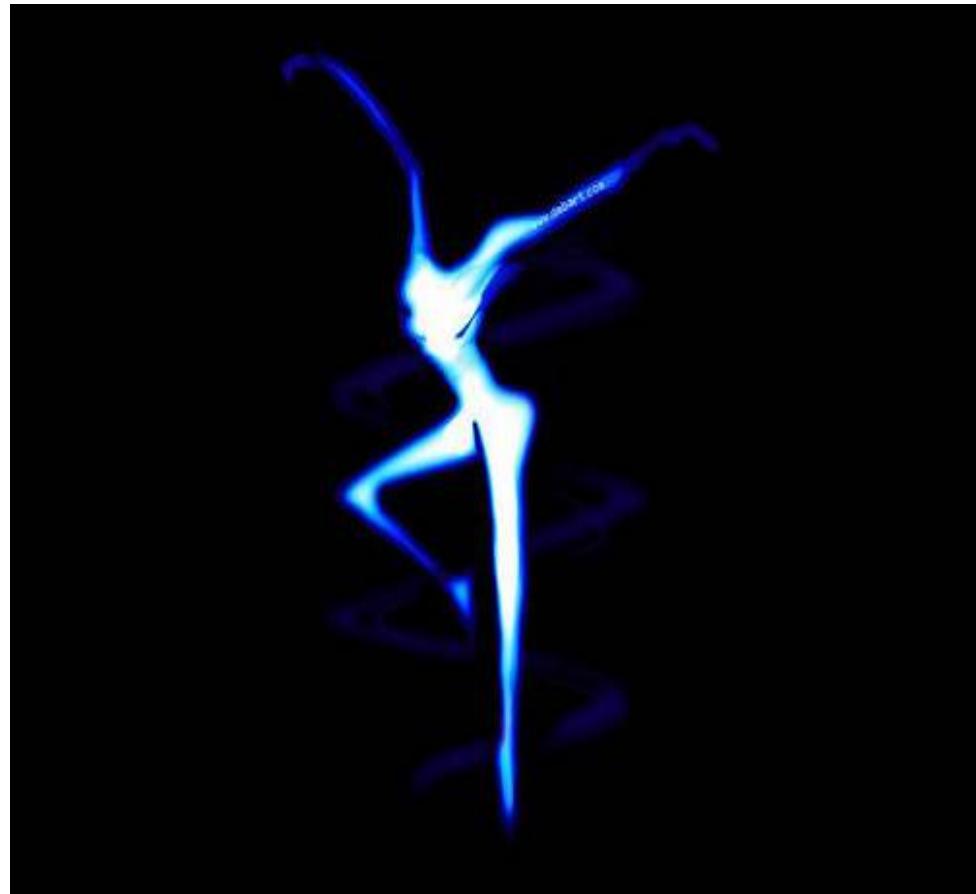
Frustration and anger has been transformed; I can now use this new self to move forward....

Thank you for reminding me how beautiful life is!



*Carefree Dancer by Karen Williamson*

*Anjni then wrote....*



In a dark room, lit with the pure glow of a candle, the scent of beautiful incense floats in the room. The beats of drums play...the body emerges from a sitting position, slowly rising to the sound of the music.

It's starts to sway every so gently.

Shy and conscious that the shadow is watching, I'm watching as the Limitations of the mind come to the forefront.

Slowly, the body falls into the rhythm of the music. Swaying, feet lifting off the earth and gently touching the earth again; hands play with the wind.

The body becomes one with the music. The mind realizes the music is taking over. Thoughts are silenced; the beats start to pulsate in every cell of the being. The breath becoming simultaneous. The body radiating heat. Sweat pouring through the pores.

Start to dance faster, eyes close; the flame of the candle seen within, allowing me to go inwards.

Music, body, mind and soul merge into one. Everything has become the DANCE. All is one. There is no other. All limitations disappear and only pure FREEDOM remains. The bound becomes the unbound. The limited becomes unlimited.

This experience was of nothing but just BEING.



*There is movement in Stillness and there is Stillness in Movement...*

## **Honoring your true Essence and worth is FREEDOM**

**By Neelam Nanwani**

All bridges can't be healed. Some bridges need to be burnt or broken. All that is broken can't be mended. Some breakages have to be let go.

Not all are at the level of your own frequency and some battles are just not worth fighting for.

People whom you stand up for will sometimes also find ways to let you down. Don't take them personally. They are also your teachers trying to teach you to value your own worth. Choosing between speaking your truth and fighting for your rights and knowing which battles not to fight can be a tricky road many times.

Choosing between drawing boundaries and yet not closing your heart does carry the potential of bringing in deep seated sorrow and being cut out from the rest.

Yes indeed, life is a test and pain galore.

Build a tribe that vibes and choose the family that counts.

Nothing is more valuable than your own worth.

Never allow anyone's words crush that. Hold yourself in high regard and no matter how cruel and painful some words are, find the courage to forgive and let go....

Not for them.... for your own self.

Always remember that you are far more worthy and deserving than what you can see /feel /envision in the current moment.

## **Journeys on a Volcano**

**By Shamanic Vision Global Students**

We maintain a whatsapp group with many of our most dedicated students, focusing only on Shamanism.

Following our adventures at the Craters of the Moon National Park in Idaho, Neelam invited our students to do Shamanic Journeys so they could connect to the Spirit of a Volcano. Here are a few samples of what they were told.

We give thanks to our students for their dedication and willingness to share their journeys with us.



*Craters of the Moon, Idaho*

### **Alka from Calcutta**

Message the spirit of the volcano brought was to trust your emotions. Let it go, let it flow.

Spirit went on to say that it represents a human's sacral chakra and the beautiful lava is the emotion which one needs to acknowledge and express. It needs validation. Suppression causes destruction in terms of humanity. We humans needs to trust them. To express emotions one needn't politicize them or give them a color of religion.

Simply let it go and let it flow respecting personal boundaries of individuals around you or affected by you. Personally I was asked to meditate in the warm womb of the volcano where the bed was covered with sparkling big crystals.

My guide was dancing during the journey; every cell seemed to exude the energy.

It was truly an amazing journey.

Gratitude Neelam

Gratitude Paul✿

<><><>



### **Saumya from Bangalore**

I started my journey with my power animal; she took me to a huge volcano which was currently dormant...it was red in color...I asked the Spirit of Volcano what gifts it brings to the universe and it said I am the warrior spirit...I bring wisdom, patience and the passion required to be a warrior.. I have the power to cause massive destruction yet I sit silent and quiet, erupting only when my core is heated, when I am required to bring about renewal and regeneration to the planet.

Be like me...be grounded like I am; remember your roots and honour them; be patient and wise with your decisions, sit and mull on them like I do with my fire and when you do burst, go all out with your passionate, fire energy manifesting and fulfilling all that you intend to...It asked me to come back again.

Thank you for this intention...it was a beautiful experience. The message was just the guidance I need right now.



### **Anupama of Goa**

Good morning! The underlying message of the journey is change .

The volcano was inactive, very awe inspiring in the size. The towns, villages and tribes that surround the big extension of the Mother Earth offer a lot of respect—some even fearful to a point of adoration—and they have shaped their culture according to her moods.

I flew into the depth of the volcano and was shown several treasures and healing mud. After all the plunder and looting of the Mother, these are the parts that bring the change in the hear. When she erupts, many lives are lost; homes are washed and melted away... a seeming disaster or that which we call bad...at the onset of this, there is an awakening in the hearts of those around that Transforms the human to a Being of compassion and love, moved to reach out to those that Need .

Before the formation of all that we now know as continents, the land was expressed thru swells and eruptions.

Change is the primordial teacher, change is the essence.

Thank you Neelam for this topic.





### **Karuna Kapil from Mumbai**

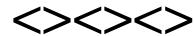
In this jumbled and crumbled up heap, is what you are looking for. Have patience and sort through it—you will get everything here.

It might look a daunting uphill job, yet just begin at one end and keep at it. There is nothing that you cannot achieve.

Keep at it while moving ahead; do not dwell more than necessary at the same point, for that urge within will subside.

You may find parts of you will become dirty and hurt, yet the whole of you is a simple and beautiful being. Love yourself.

You are the one who can solve this puzzle all by yourself too, pat yourself on the back. Celebrate You.



### **Sukhada Gele Kelkar of Mumbai**

As I connected to the spirit of the volcano ... the feelings and wishes deep down—although latent back then—are now wanting to erupt, blast off and let go. Let it go is the main message as I connected; letting go off so many unexpressed desires, dreams and most importantly my music which I have lessened as a priority. It is like the higher notes are about to sing a beautiful melody, but need to start from the bottom. Gushing energies of the fire buried deep down—latent but inexplicably powerful—the Suras always start to stir at the bottom and they open the doorways, up towards our Soul, just the way Kundalini rises from the bottom to the top. Lots of self work and journeying to be done to reconnect to music and melody of the earth and cosmos....



### **Richa from Bangalore**

So for me, the Spirit of volcano is a feminine figure clad in white and silver. My volcano is silent one, blowing gases when required. Learning from volcano:

1. When we choose to suppress ourselves, feelings /desires etc we choose to create a volcano inside us. And for sure this volcano is going to burst and engulf everything around in molten lava.
2. Sometimes it's o.k. to show your fangs—at least if choose not to bite.

Also the Spirit of volcano gave me some homework; "Connect to some specific volcanoes present on Earth." One piece of the information I received: "Mount Kailash is a volcano and I need to connect with it."



After the journey I searched the internet to verify, and yes, it is true. From the internet: 'Tibet is a geological wonderland and Mt Kailash adds to the magic and mystery of Tibet. It is said Mt. Kailash is a volcanic plug on a massive granite base which rises to 6,714 metres completely on its own away from the main Himalaya mountain range to the south.' It also has unusual, volcanic soil'.



### **Malisha Mahendra from Delhi**

Its the Mother, literally blowing her top.

It looks like venting, angry expulsion of emotions buried deep through the open sores .. But after spending some time sitting in a red and black landscape I realized its about claiming your power by releasing and exposing your deepest feelings.. Divine Feminine.

## **Rajkumari Saharia from Calcutta**

The volcano gave the message to release stored emotions which are not needed in the self . “Have faith in self . It's easy to bury things within, but you must release that which is not needed to seek peace and calm.”



I connected with the energy and exploded with tears of pain towards my parents! A deep, unattended pain held for years. Neelam, thank you ❤

## **Nauka from Mumbai**

The message I received is: We should let our emotions fly freely, never suppress them. If suppressed, one day they will erupt like the volcano, which can cause havoc to ourselves, as well as those who are around us. Just let everything flow freely in life....



## Standing Deer climbs the Impossible Tree

By Paul Hinsberger



Standing Deer walked through the nearby grove of aspens in the early spring, at the time when the young leaves were still curled up and the wind spoke of the approach of brighter days.

On this particular day, he came to the Grandfather Tree, the most ancient one in the center of the woods. He reached out with his right hand, whispered a simple greeting, a simple prayer as he was taught by his Teacher.

“Speak your own words, not mine,” Grey Fox taught. Now, in the solitude of the Aspen Grove, Standing Deer called upon his heart and allowed his words to flow like water over smooth stones...

“I honor you Grandmother Aspen for your beauty and the gift of your children here. I have need of you Medicine...may I take that which I need?”

In response, the soft wind rose from the North, touching Standing Deer's cheek. He nodded in appreciation and understanding.

Standing Deer walked over to a smaller aspen, a prodigy of The Grandmother Tree. He needed some of the bark—a request by his teacher—to make medicine. Unshielding his work knife, Standing Deer sought permission from the tree and thanked it; he began to remove a portion of the bark.



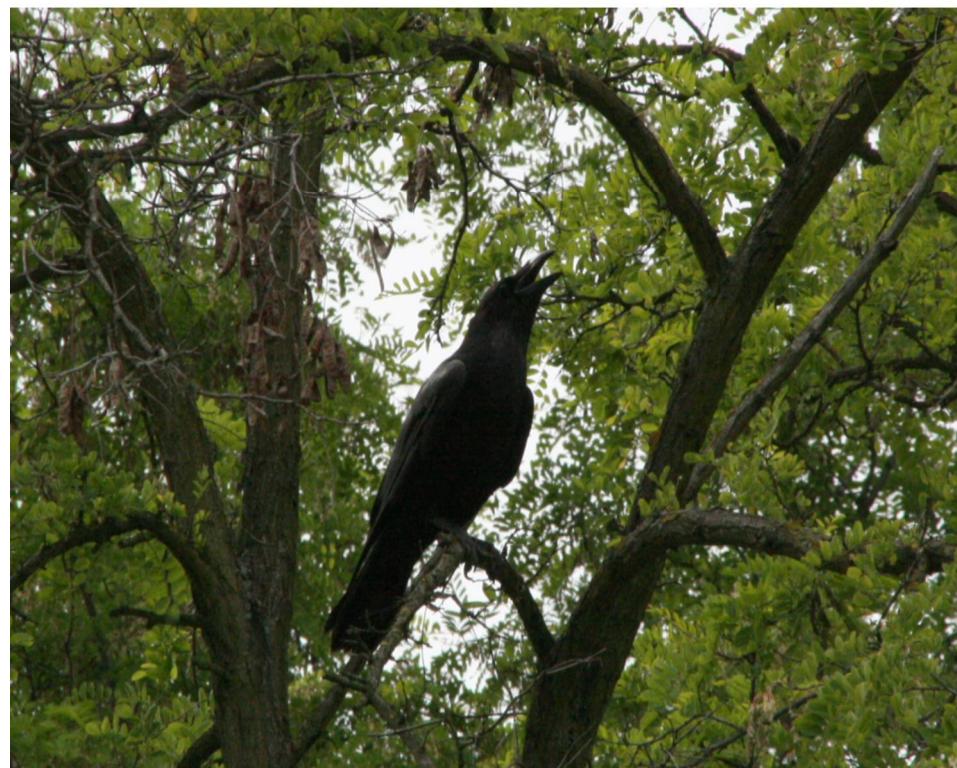
It was then that Raven appeared...

Standing Deer knew of Raven, though he had not yet had deep conversations with him. Aware that Raven had something to say, Standing Deer did not yet know the language of Raven, but he was more than willing to try.

“I see you my Brother. What can I do for you today?”

Raven looked Standing Deer in the eye, then flew to a tall, bare tree a short distance away. The raven's call drew Standing Deer from his task, and so, Standing Deer followed Raven.

Raven, once again, looked Standing Deer in the eye. With a leap, Raven launched again, flying to another nearby tree, croaking and making all kinds of sounds.



Standing Deer tilted his head from side to side, listening carefully while he worked his way over grass and dirt.

Raven began to mimic Standing Deer's head movement, causing Standing Deer to laugh. This too was copied by Raven.

Standing Deer reached the tree where Raven perched. Looking up into the branches, Standing Deer put his hands on the trunk of the tree; “Brother Raven, what do you want of me?”

Well, that Old Raven laughed and croaked and Standing Deer was now fully under the spell of Raven!

Standing Deer took hold of the tree trunk and began to climb...up and up and up, snaking through branches,

past a screeching blue jay who picked hair from Standing Deer's head when he came too close to a nest.

Standing Deer continued looking up into the teasing eyes of Raven, while Raven enticed with croaks and clacks and the flapping of wings.

Standing Deer continued his climb and reached for the thick branch where Raven sat...almost there!

Suddenly, Raven opened his wings, let out a laughing sound and flew away!

With the spell broken, Standing Deer looked down and realized he was way, way up in one of the most majestic trees in the woods. It was a Sacred Tree, well known by his people. The People named it the Impossible Tree.

The Tree was given this name for two reasons. It was said that time spent with the Tree gave insight to impossible situations and also because it was impossible to climb. Needless to say, Standing Deer had proven that one wrong!

“Oh! What did I do? What should I do...stay for a while or...how am I going to get down!?!?”

So, Standing Deer, remembering his time with the Rock People, decided to just sit there in the Tree. However, once he made that decision, the wind picked up.

At first it was a breeze that soon changed into a strong wind that soon became a cold wind that blew down from the canyons. The Tree responded with moans and groans and creaks and a sway that made Standing Deer a little bit dizzy!

He called out to the Wind; “This is not the way that I want to get down from here!”

The wind, did not heed Standing Deer's words. Instead, it blew stronger and colder!

Standing Deer wrapped his arms around the trunk and closed his eyes. Doing so, he had one of his Visions—of the Ancestors of the Tribe!

“A-ho! What can I do for you Dear Ones!”

The wind gusted through the Tree, carrying with it the Voices of the Ancestors. The words came through, and settled into his heart where they could not be forgotten.

Once the message came in Standing Deer's heart, the wind stopped.

Standing Deer opened his eyes and looked at the distant ground and he saw the Way down. It was not at all the way he had taken to come up the Tree.

Within a minute, he was back on Earth.

Standing Deer returned to his teacher, Grey Fox with both the medicinal bark and his story.

“This is a good story and an important experience and lesson for you Standing Deer. You have been seen by the Ancestors. Honor them Standing Deer, as part of your Walk on the Path.”

Standing Deer thanked his teacher, asked if there was anything else he could do for the Old Man. Grey Fox gave the sign that nothing was needed, and Standing Deer nodded and left.

Immediately, Raven returned and flew overhead. His shadow passed over Standing Deer, the shadow drifting over and molding itself to the contours of the Earth.

Standing Deer looked up and smiled. He called out, in the language of Raven, words of gratitude.

From that day onward, Raven followed Standing Deer in his dreams, visions and walks, for Raven had found a nest, deep in the heart of Standing Deer, where Raven would never be forgotten.



## **Mesh | Slow | Pause**

By Chetna Mehrotra

It's ok to shed roles  
Of a mentor , teacher, mother,  
partner, daughter,  
And find that moment

It's ok to be alone  
Silent  
Just stare

I am not a mentor, teacher, mother,  
partner, daughter  
This moment!

On the other side of it all  
Is a moment !  
For me  
To breathe  
Pause!

## Full Moon Schedule for Global Earth Healing

A few years ago it came to me that a monthly global Empowered Circle for Earth Healing, needs to happen, on each Full Moon.

The intention is to send the Earth Mother healing, assisted by the Light of the the Moon. As you know, the Full Moon brings is an ideal time to release all that which is no longer needed.

I humbly ask that for at least 15 minutes during the Full Moon at 7:00 p.m. local time and that you do any of the following:

- Drum
- Rattle
- Chant
- Sing
- Dance
- Meditate
- Do a Ho'oponopono
- or create a personal ceremony...
- Or do any combination of these!

Gather with family and friends or do this alone, while directing healing and loving intention to the Earth Mother, assisted by the Light and Power of the Moon.

This is an on going event. Please join us from anywhere around the World.

Our relationship with the Earth and the Earth Mother is one of reciprocity—a relationship that requires mutual dependence and action and responsibility.

Therefore, this is not a money making venture. If any proceeds are donated or voluntarily given by anyone attending, please plant a tree that you can visit and gather around for future Empowered Earth Healing Circles or donate the contribution to a responsible organization or local group that works with the betterment of Earth.



## **Full Moon Dates for June-September, 2017**

Friday, June 9

Sunday, July 9

Monday, August 7

Wednesday, September 6

With Blessings,

Paul