

Shamanic Vision
Living Life through the Eyes of the Heart

Vision

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Editor/Publisher: Paul Hinsberger

Contact:

paul.hinsberger@shamanic-vision.international



Message from Paul and Neelam

Neelam and I met in January, 2012 and we quickly realized that we shared many things, including a common Vision and hence, Shamanic Vision came into BEing.

Vision comes to us in many different ways. Vision is also one of those words that we love to use in our workshops when we “pass around the metaphor” to “see” what it means to others in a given moment. It is fascinating what comes up!

This issue is dedicated to Vision.

Here, Vision takes on many meanings: Aspirations; the Quest to engage with the Soul and the Creator; Dreams; Manifestations; Insights; Divination...such a lovely metaphor found in Visions!

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A New Vision, A New Story

Paul Hinsberger

As humans, we have a very special gift—the gift of Free Will. This gift allows us to “chart the course of our lives.” It is driven—fully—by the Ego-Mind and it can certainly take us to some interesting places. It can also do a wonderful job of mucking things up for us!

When we apply Free Will in a Good Way, we have an opportunity to write a New Story for our Lives. We can make the choices that can take us into a New Vision, a New Story, a New Life.



How do you envision your Life—the Life that is beyond that which you currently work your way through? (Such an interesting Question and choice of words! Is your Life work or is it a joy filled dance?) What would like to have happen? What do you seek? Who are you?

When was the last time that you could step into the Stillness, into the Quiet Place within the Center of your Heart? And once there, when did you last commune with your Soul?

Let's do this now, in a Guided Meditation.

<https://goo.gl/fBbUuN>

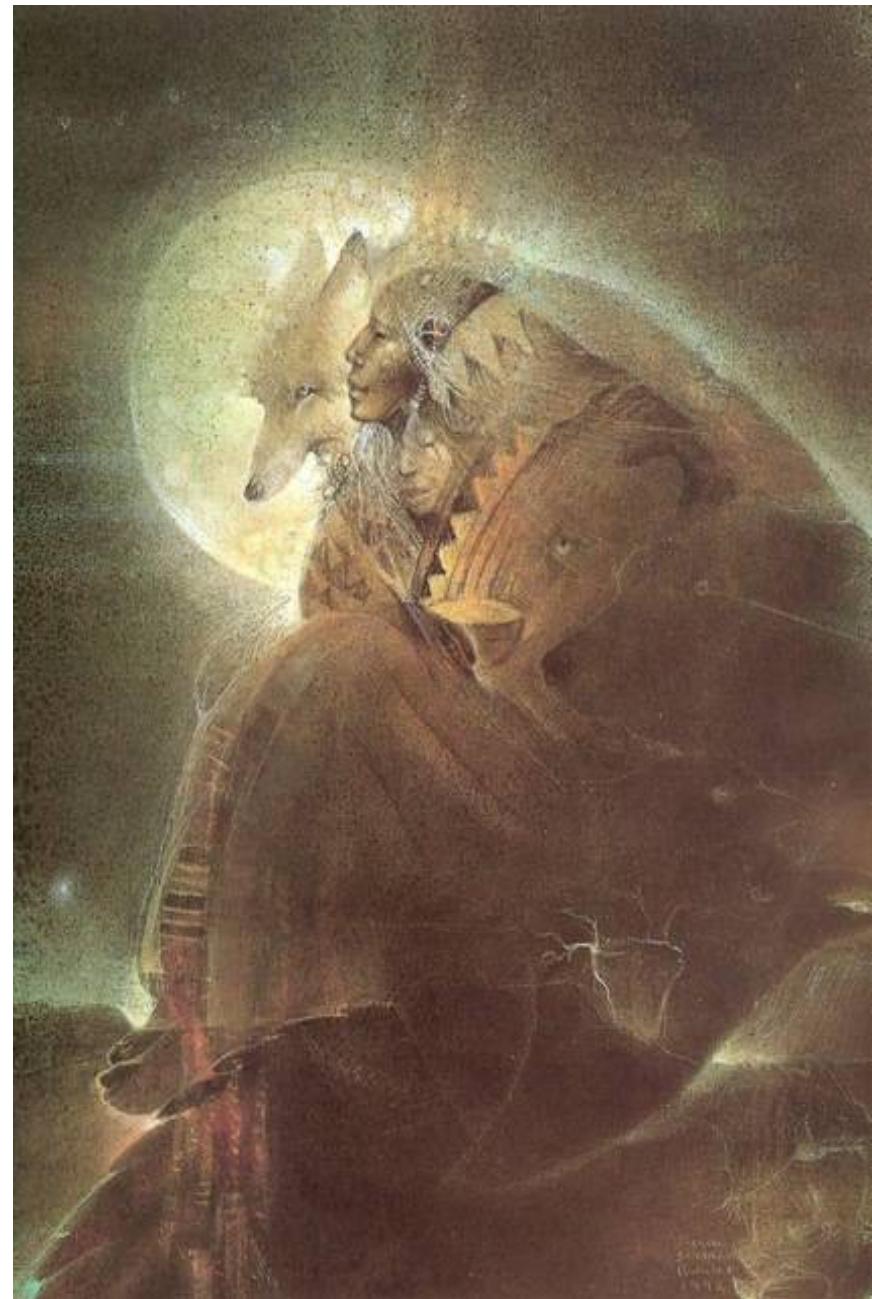
The Vision Quest

Paul Hinsberger

The Vision Quest is an Ancient tradition found in many cultures around the world. Most native cultures embrace some sort of sojourn in the wilderness as one of the most universal ways to gain spiritual guidance, to understand ones life purpose, to gain clarity about one's future direction and also as a rite of passage to adulthood.

For those who lived in earth-based societies, a Quest was an engaging, spiritual experience that joined both internal and external forces. It was often a challenging physical and emotional test.

The experience was deeply rooted and based on the earth they walked on, the sky above them, and the beauty of nature that permeated every waking moment in their life. The Quest brought Great Spirit into the Life of the Questor, doing so in a deeply personal manner.



Hence, a life long relationship was formed with Great Spirit and other forces (namely Ancestral Spirits and Power Animals) that would remain with them for the duration of their Earth walk. In some cultures, their adult name was also given.



For the indigenous people, though life was seen as one long, mystical sojourn in which the Creator spoke to through every sunrise and every evening breeze, taking the time alone in nature allowed the Questor to hear and “become one” with these messages in a deeper way.

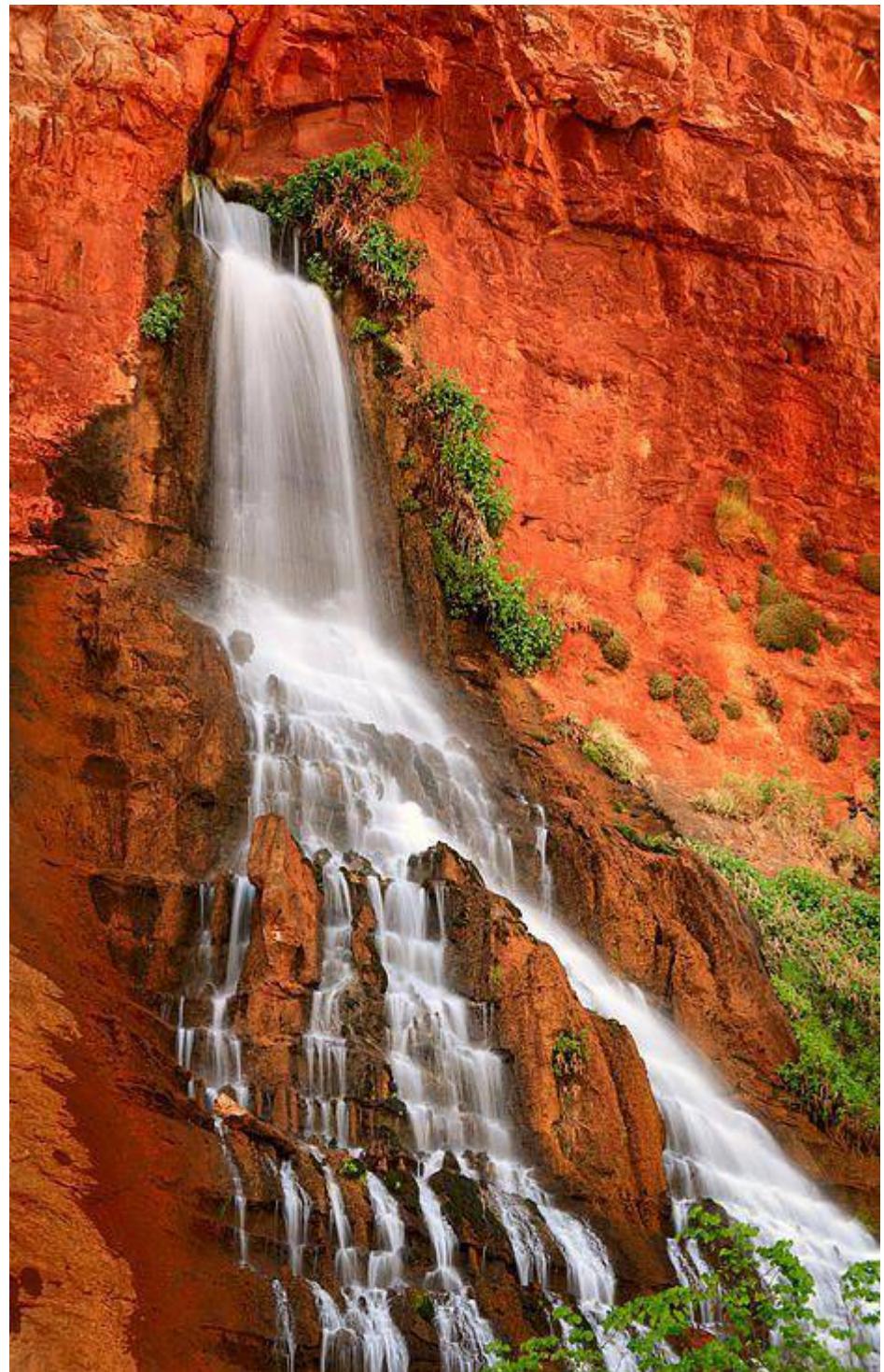
People in native cultures knew these messages and signs from the spiritual realms constantly surrounded them, and the Vision Quest granted them deeper and more profound, personal access to the Great Mystery and added to their sense of wonder that existed at the core of their life.

Chief Crazy Horse said in 1850, “A very good vision is needed for life, and the man who has it must follow it—as the eagle seeks the deepest blue of the sky.”

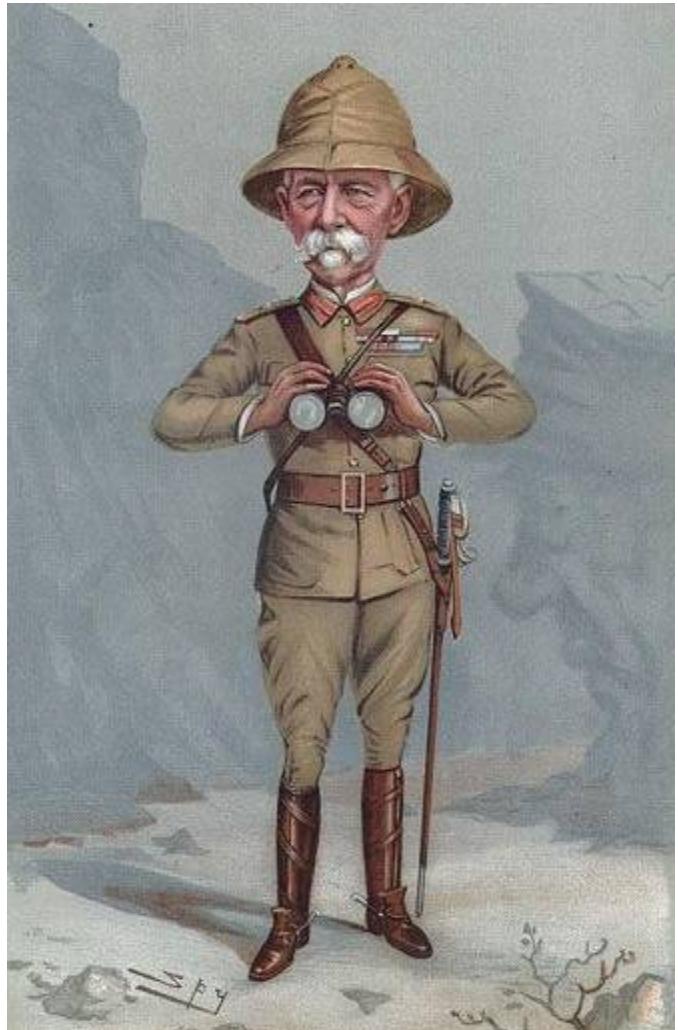
From biblical prophets who walked alone into the desert to fast and pray for divine revelation to tribal people setting out into the wilderness to search for a vision, the pursuit of an inner world—a world beyond everyday physical reality—is one of humankind's oldest quests.

For thousands of years, the primary task in life within many indigenous cultures, was about developing a relationship of appreciation, gratitude, and respect with this Unknown. Creating, nurturing and sustaining this relationship led to a sense of belonging and understanding how one was a part of the universe and brought the strong sense of having a home. This resulted in deep feelings of peace, and a feeling of wonder, purpose and a connection with all parts of creation.

The importance of these practices are just as important and valid in our world today. Going on a Quest is a powerful way to reinvent yourself and reclaim a sense of wonder and connection to the earth, above and also within.



Types of Quests...The Pilgrimage, the Night Vigil and the Vision Quest



There is an old story told about a proper English anthropologist who was traveling through a distant land interviewing and studying native people. One night while camped between villages, he heard drumming deep in the woods. Intrigued, he set down his cup of tea and headed in the direction of the drum. He came upon a clearing where a man was drumming and dancing around a fire. The man chanted and sang, put down the drum, picked up rattles, and continued his ecstatic movements around the fire. After about an hour of continuous dancing, drumming, and rattling, the man sat down to rest.

The anthropologist approached and said politely, “Sir, I have been admiring your ritual. You must tell me what it’s all about. Why are you here all alone, dancing, drumming, rattling, chanting? What does it all mean?”

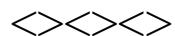
The native looked at him, puzzled, and asked, “What do you mean ‘all alone’?”

Back to square one for the Englishman; he lacked the perspective of indigenous people, such as the Dakota Sioux, who teach their children that there is no such thing as complete solitude.

Wherever we go we are surrounded by life—conscious, responsive, and communicative.

Spiritual activity—even in the apparently isolated wilds of nature—is never truly “alone,” for the so-called wilderness is densely peopled with spirits. By spending time “alone with the spirits” a Shaman receives wisdom.

Part of our spiritual practice should be that we spend periods of time in the solitude of nature. We all need this, especially people who live in congested and heavily populated urban environments. Even practitioners living in the country have a need to get away from their usual routines, family, and friends to be alone with the Spirit.



There are three ways to seek this wisdom-time: Pilgrimages, Night Vigils, and Vision Quests.

PILGRIMAGE

The word pilgrimage implies a sacred nature in this kind of activity.



Historically, a pilgrimage involved travel to destinations considered holy, such as to temples, churches, and shrines, or a physical journey to natural settings that is considered sacred for a special reason.

Natural destinations, such as springs or wells, might be places where miraculous healing occurs, or a place where an important event happened, such as the site noted where one can discover enlightenment or perhaps a place where a noted Deity or Saint died.

For the Shamanic Practitioner, the pilgrimage to a sacred place in nature can be as easy as a few hours' hike to a waterfall or grove of trees where you have ongoing relationships with the spirits or where you go to perform simple rituals. We should not dismiss the one-day hike as a form of spiritual practice.



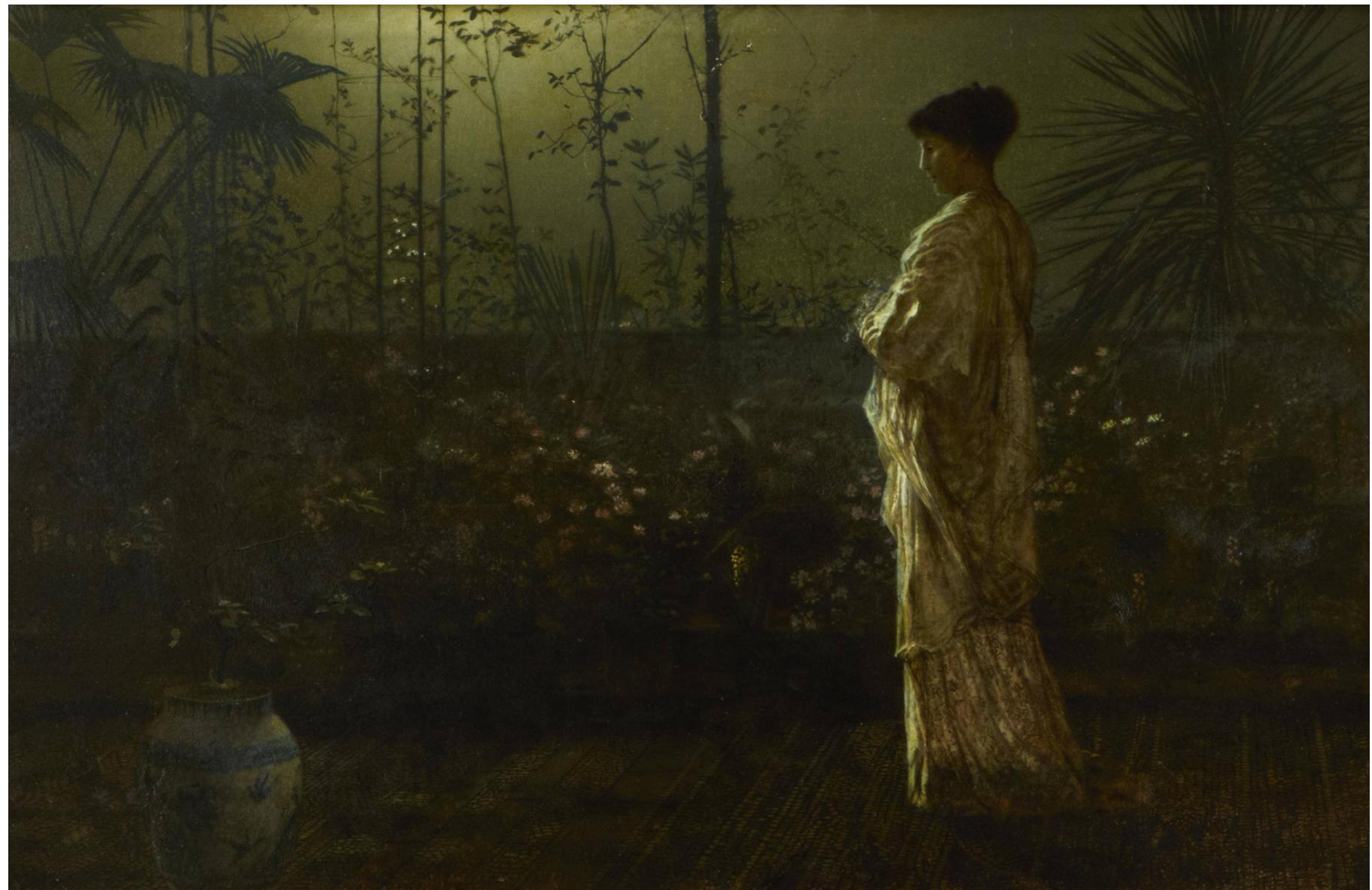
Even a hike along an unfamiliar woodland trail or through a state park you have never yet explored can be done in the spirit of pilgrimage, to spend time closer to nature than you ordinarily do in your daily life, to seek instruction and wisdom from the spirits of that place or from your own spirits who accompany you on the trek.

Physical activities such as hiking, camping, rock climbing, or canoeing takes us outdoors into the natural

world. Through our physical exertion, We show Spirit that how serious we take our practice, and the “little” sufferings that may occur along the way—fatigue, thirst, sweat, blisters, scratches, and bites—are signs of our commitment to know nature and her forces in a physical way. Shaman Igjugarjuk of the Inuit people says: “True wisdom can only be found far away from people, out in the great solitude. It is through suffering that wisdom comes.”



NIGHT VIGIL



The night vigil has a long and honored place in spiritual practices. You spend the night—awake—in a prayerful attitude in a chapel, sanctuary, graveyard, or at home. Even if the mind cannot stay focused on prayer all night, the physical act of keeping watch through the midnight hours is spiritually worthwhile.

As Shamanic Practitioners, we can undertake a night vigil at home or in a place outdoors we consider a sacred site. Spending a night awake, praying or drumming in a power spot, is an ideal way to bless the site and make it your own.

As an option, you may fast the day before a vigil—consuming only liquids—until you break your fast the next morning, following the Vigil.

Arrive at the site sometime before sunset, preferably early in the day to take full advantage of your time there. Collect firewood if you intend to have a fire, although you might not want to tend the fire during the Vigil, preferring instead to free your spirit and give 100% of your attention for your night watch.



However, you may find the company of Fire Spirits comforting and instructive and this gives you an opportunity to build or further strengthen your relationship with them.

Make a commitment to stay awake from Sunset to Sunrise. However, if you should fall asleep, do not criticize yourself or consider the vigil a failure.

Not everyone can stay awake the full night, and it's quite possible Spirit will fill your sleep with dreams that can teach and empower you.

There is also a teaching that occurs should you fall asleep, a teaching about our weakness, our bodily needs, or our need to try again. No effort is wasted—if the intentions are pure.



The Vision Quest

A Vision Quest is a longer stay, often three to four days, in the solitary places of nature. In some cultures the seeker remains awake in a seated position—sometimes naked and fasting—while they perform simple rituals and say certain prayers, calling out to their Guides and Power Animal and Great Spirit to send a powerful vision that will transform his or her life.

With the inner calling of Shamanic curiosity, take it upon yourself to investigate the various ways a Vision Quest can be done, and select the features that appeal to you. Journey on this: ask your Guides how to plan a Vision Quest that suits your purposes.

There is no single right way to seek a vision. A sleeping bag can substitute for a blanket, a bottle of water can be taken for drinking, insect repellent can be used. It is up to you and your spirit instructors to decide what should and should not be taken along, keeping in mind that we all come to this practice with different needs and expectations.

We are also at different levels of spiritual and physical development, so what is right for one person may not be for someone else. However, you will want to leave as much “stuff” behind as possible. Your cell phone, reading materials, your journal and pen, portable music players, clothing and other supplies that are crutches—the things we think we can not live without—leave them at home. One of the goals of the Vision Quest is to teach us that we can survive without our security blankets. It is only you, your Soul and the test and the Gifts that await!

For those of us engaged in Shamanic Practice, an outdoor Vision Quest can instill an even stronger understanding of how intricately nature and human life are interconnected, for here we come to not only realize—but experience—the understanding that the spiritual life of nature is not separate from our own.

When we are engaged on the Shamanic Path, we enter a Life filled with Unlimited Possibilities. Dare to See and Experience beyond that of the limited vision of the socially restricted man.

And while I stood there
I saw more than I can tell
and I understood
more than I saw;
for I was seeing
in a sacred manner
the shapes of all things
in the spirit,
and the shape
of all shapes
as they must live
together
like one being.

– Black Elk



Why it is important to "FEED" our intentions?

By: Neelam Nanwani

We all know about feeding the body, feeding the mind, feeding the soul. But what about feeding our intentions?

This morning, I woke up and saw that a particular stone that Paul and I had picked up from Mount Shasta was dry. (The stone is a water stone picked up from beautiful Lake Siskiyou and it asked to be kept in water as a way to honor it as it).

The water in which the stone was kept had evaporated. It was then that it stuck me that the stone needs to be fed daily with fresh water. This reminded me of our own life.

We are the microcosm of the macrocosm. Part of the whole and the whole of the part. So what applies to a work of art from nature also applies to our own lives.

Many times we have so many dreams, desires, intentions. But we just sit on them, doing nothing. We just keep thinking and thinking and thinking.

We procrastinate.

We come up with reasons why we cannot do it.

We harbor thoughts of anxiety and fears.

We remain idle, not doing anything around our intentions.

We find excuses: "I am not ready...it will happen in divine time...I have yet not figured out how to do it...I don't have enough time...I don't have money... my family won't allow it...I will do it when my children grow up, or when I have a holiday or when I retire or when I have sufficient time or a comfortable bank balance....

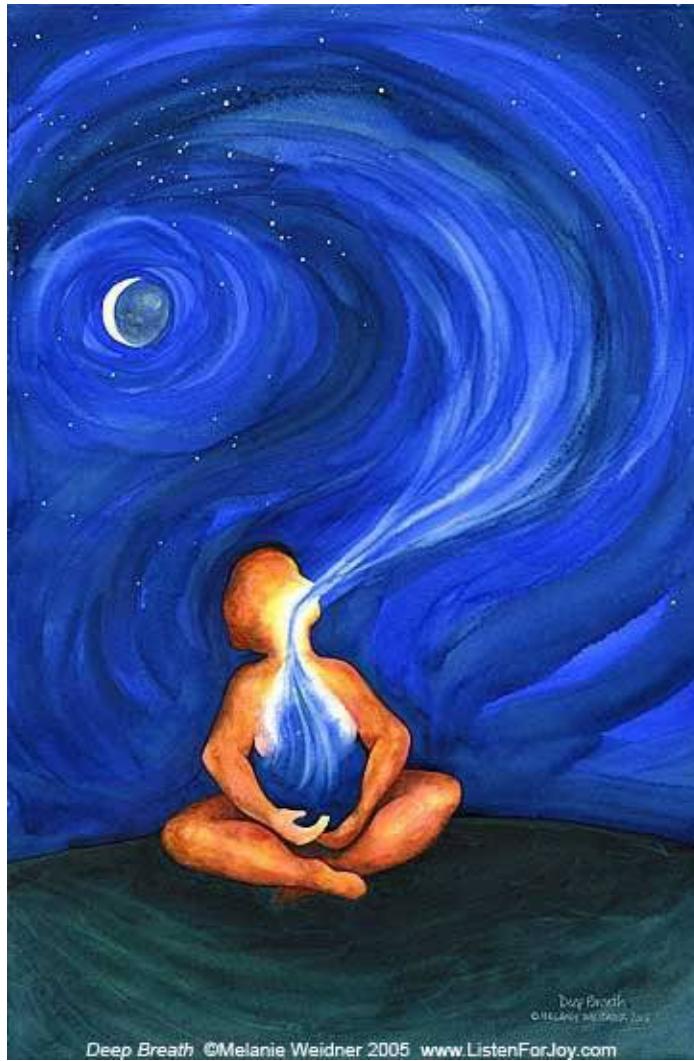
And so,,we go on and on and on, stopping ourselves from taking that Leap of Faith into the unknown.

We postpone doing what we intend to do all the time. We don't take the leap and dive into it. We don't walk a single step. We don't dive into our fears and are frightened to start peeling off layers of restrictions and the fears which help would allow us to look far beyond these projections.

Instead, we postpone. We stay put. We become frozen.

What happens then? Life or The Universe or Divinity (whichever name you wish to give it) passes by you, while you marvel at the life of others even though you may cry within or complain of your own lack or of "being stuck."

So what's the magic solution? Can my life change over night? Maybe yes or maybe not. So what do I need to do?



FEED YOUR INTENTIONS!

What does that mean?

It is as simple as taking the first step. It means no matter how afraid you are or how impossible you think it is, take action (no matter how small it is) in the direction of your goals, dreams or intentions.

Find out what you can do to clear the path (perhaps it is something mental, emotional, physical or spiritual). Then dedicate every day of your life—even if it is for a few minutes everyday—to clear the path. Regardless how tired or deprived or disaster struck or busy your life is... no matter what...you will take time everyday—in whichever way you feel is important—to work your way towards it.

So you need to put yourself out there; stand with arms open in the middle of the storm and be ready and open to what ever comes!

What does that do?

It feeds your intention. It keeps the ENERGY of your DREAM alive! It gives a signal, a shout-out to the universe: “I Am Ready, Willing, Committed and Determined to do my part!”

And then what happens?

The universe comes rushing in with her support and help and the energy starts flowing...

When the energy starts flowing, it motivates us further to keep going and to keep feeding our intentions.

And then it becomes a partnership. A partnership with Life; a partnership with your intentions, your dreams, goals; a partnership with Spirit, the Divine, the Universe and with Great Spirit!

Then life is not a Drag. Life is now a flow, an effortless flow.

However, Life will not do otherwise unless and until you do YOUR part. So Flow!

FEED YOUR INTENTIONS & DREAMS!

What Happened?

By Neelam Nanwani



Am I dancing the dance
of life?

Or did I get lost and
entangled in the drama
of life?

Victim, abuser, abused?
Who am I ?

From Joy of Life to the
Suffering of Life? How
did this happen?

From the cells dancing to joy and pure potential...to cells withered and withdrawn, tired and restricted?

What did we do?

Where did we start and where have we come?

From Divine Pure Potential to the potholes of our own shadow unconscious? Where were we and where have we arrived?

Where did we intend to go and where have we come?

And before we knew, we got too entangled

And we did what we could to "prove" that we are right
How did we perpetuate this illusion and create more
veils?

We forgot...we forgot...we forgot...
We got lost...as a Soul, as a race...as a collective...

Today I grieve for my journey...and in my pain, I feel
the pain of the collective....

While I grieve, I also have hope. There is a ray...a ray of sunshine...it comes from my heart...

Through my heart I reach out and touch the heart of others. Through my knowing, I
encourage your knowing and awareness of your knowing.

From shadows we anchor the light. And through the light we dive in to the shadows.





We Rise again...

Now we go back to our Remembering...
to our roots...to our lineage.

And in honoring that, we honor the pure
potential that we ARE.

The journey back has begun. And in going
back we move forward !

Aho Ancient ones!

Aho Old ones!



A Standing Deer Story: The River of Inspiration

By Paul Hinsberger

One Day, Standing Deer went down to the river to visit his favorite rock. This rock was warmed by the sun and had natural curves on its top that fitted the young boy perfectly.

So, Standing Deer bounded atop of the rock, for he felt the need to receive... Inspiration.

He lay down on the stone and put his hands behind his head. He closed his eyes and listened to the voice of the River. He called out; “Inspire me Mother River!”

And so it came to pass that on that day, Little Deer had a Dream. When he returned to the people that afternoon, this is what he later told the Tribal leaders:



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“I floated down the river on a golden leaf...I saw fish swim beneath me...they were so much larger than me...but I was not scared. I looked over the front edge of the leaf...I could see the blue sky and the clouds above me...I leaned over...and leaned over too much...and I fell from the sky!”

The leaders gasped and looked at each other and mumbled.

“I then grew wings! I flew like raven...and then my wings changed and flew like Brother Eagle...up and up and up...I flew above our homeland...I saw many buffalo walking on a trail I had never seen before...they were walking in the snow and their feet showed from where they came...they came from the river to the South of us and they walked right over this land.”

The Elders spoke with cracked faces; “When do you think this was Standing Deer? In the past or in the future?”

The young boy closed his eyes; “At the doorway of the Snow Time. Soon. Very Soon.”

“And where are the people?”

“We have moved from here. Where to...I do not know.”

His teacher—the Medicine Man called Grey Fox—came and sat beside Standing Deer. “Do you think you can travel there again and walk with the Buffalo, Standing Deer?”

“I can try Grandfather.” Say this, Standing Deer once again, closed his eyes.

He immediately felt the presence of Wakan Tanka—of Great Spirit that his Teacher had taught him.

So, Standing Deer stepped back into his Vision. He saw how the snow swirled around the frost covered animals...he could hear the wind, he could taste the snow. The frozen air bit into him; the snow stung his eyes. He listened for the voices of the Wind.

His mind wrote down what he saw, tasted and heard. Soon, he came back into the warmth of the Elders teepee.

“We have moved North.”

“North?! In the Snow Season. Why would we do that? We move to the warmth of the Sun during the Snow Season!” The Elders mumbled among themselves, their faces partially hidden in flickering shadows.

Standing Deer stood tall and looked at them; “Not this year. Instead, we must do the opposite. We need to because it is the right thing to do.” He looked at his Teacher, who nodded at his young pupil.

An Elder nodded at Standing Deer; “How do you know this?”

“Because I know it is so.”

The Elders dismissed him and they spoke on this for many days. They knew of Standing Deer and of the strength of his Dreams and Visions, however he was only in his 9th year and with the lives of so many people involved....

The Seasons changed and the tribes migration was set. The Elders decided to follow the course that they always had.

Standing Deer helped his parents and they packed up the family things. And as a member of the Tribe, he followed his people; they walked towards the South, away from what he had dreamed.

He woke the first night in the late, black hours. He stepped from the family teepee and looked out at the South. The Wind carried the feint message for him. He sniffed the air.

“Fire!”

The tribe awoke with Standing Deer's cry. And though the fire was a distance from them, the night sky began to turn orange and the wind warned them with the scent of the burning grass that it carried over the open land.

The people quickly gathered their things and turned and began walking back towards the North, from where they had begun.



As Father Sun came over the hills, smoke filled the dawn...the people moved onward for the smoke thickened. No one knew what lay back there in the South....

They passed their old homestead...and they moved further onward to the North as smoke and flakes of ash came down upon them.

By now, the Elders looked at Standing Deer with new eyes.

“Where to young man?”

“We need to press forward more...it will snow tomorrow. We will know in the morning. We must make camp near dark.”

So they did as Standing Deer said.

In the morning, they discovered that indeed snow had fallen during the night.

And in the snow, there was a clear swath and the footprints of a small herd of buffalo.

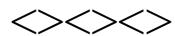
So, they walked onward, guided by their relations, the buffalo.

They found a nice place to encamp, sheltered by rocks and trees that overlooked an open space of snow covered grass.

That winter, they watched the buffalo forge for grass under the snow. They only took one buffalo that winter; an old one who suffered through the cold. The rest, they looked after as if they were their children.



And in the Spring, they moved with the buffalo back to their homestead, where this story began.



Grandfather inhaled and looked at the children at his feet; “A-ho!”



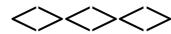
The children looked up at the old storyteller. “How did Standing Deer know all of this Grandfather?”

Grandfather opened his hands; “Standing Deer felt Inspiration. He allowed himself to be Inspired when he was at the River. He felt the urge..the need to do something, he heard his Inner Voice that he need something—what he called Inspiration.

This Inspiration...it was actually Great Spirit that wanted his attention. And the beautiful thing is that Standing Deer acted on it! Nothing ever happens if you don't act on it!

“The Gift of this is Standing Deer had a Vision—a very important one at that. His Vision was not about himself...it was a Vision for the People. And Standing Deer....he dared to stop and listen and then he had the faith and courage to talk to the Elders...who in turn, listened with respect to him.

“So you see...wondrous and great things are possible...when you pay attention to the presence of the callings and messages from Great Spirit and when you Believe in your Vision, and Believe in your self and Believe in Great Spirit!”



Full Moon Schedule September – December, 2017



September 6, 2017

October 6, 2017

November 4, 2017

December 3, 2017

About 3 years ago, a message came to me that as a catalyst for change, I needed to bring Awareness, Love and Blessings to others so we can gather and direct a Global Intention to the Earth Mother for Healing.

The intention of this Event is to send the Earth Mother healing, assisted by the Light of the Grandmother 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 that you please 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 love 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 at 7:00 p.m. your time. Please do this with intention and focus for at least 15 minutes.

By the way, your healing contribution does not need to be limited to one day a month for 15 minutes. Give back to the Earth Mother when ever you want to or are driven to! 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 at your gathering, please use the funds to 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.

With Blessings,
Paul

