

Shamanic Vision  
Living Life through the Eyes of the Heart

*Footprints*

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*Living Life through the Eyes of the Heart*

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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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## **Footprints**

I like to come up with a single word theme for each issue of Shamanic Vision.

At the moment “Footprints” came to me, I was walking in a park. I looked down at my feet and noticed the footprints of many, a dance floor of imprints and impressions that spoke of solitary journeys and moments in time that were shared on a footpath.

I observed the equal pressured foot pad, the foot print of the man with the inverted ankle, the step marks of the clod footed man, the twisting steps of a young woman who launched each foot with the ballerinas' delicacy. I saw the straight line prints of a mongrel dog and the circles left behind by children that had played marbles; I noticed the trails of run off from a long forgotten rain shower. There were the markings of an old man with his four footed cane. I also smelled the overbearing cologne of young men, whose olfactory footprints lingered well behind them.

In all that we do, in all that we say, in all that we think, we leave behind a footprint of where we have been, and of what we experience. This is a sharing gift to the World. A sharing gift to mankind, and to all of our relations.

So, this month we look at footprints.

Many of the articles in this issue are sharings from students and friends. So come, and walk with them and follow their footprints as they open doors and offer us glimpses into their own sacred journeys.

So, open your Hearts, Minds and walk lightly, Dear Ones.

Paul

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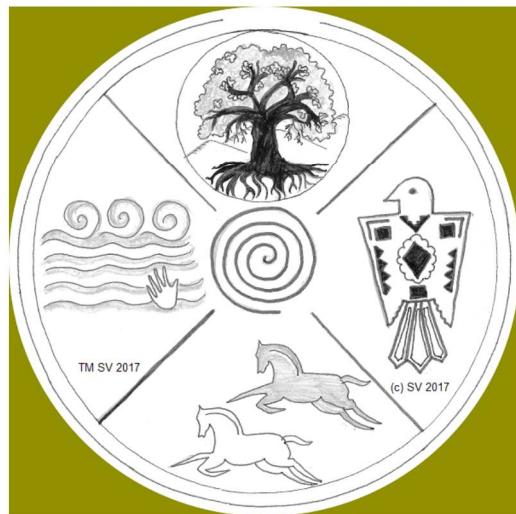
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## The Pathway that lead to our new Logo

By Paul Hinsberger

The time has come where we needed a logo, a sign, a symbol that speaks of who Neelam and I are and also of our vision of these teachings.

In June, while going for a walk, the vision of this came to me. I rushed home, drew it on a napkin and within half an hour, a student of ours suddenly called us. An hour later we were having lunch, I shared the drawing on a napkin and within a month and three conversations later, we had our logo.



The overall symbol is of a Medicine Wheel, which is the cornerstone of our Shamanic understandings, Way of BEing and teachings. The green background provides us with the Earth and the gift of Life.

In The East there Thunder Bird, symbolic of the Phoenix Rising. This is the direction that honors All the is New. And for those who have studied with us, it also symbolizes our Becoming the Phoenix—Living a Life without Regret workshop. Here, we are renewed and a new Life is born.

In The South—the direction of Action—are the Power Animals for Shamanic Vision: Twin Flame Horses. They represent the principle of Yin and Yang and are moving powerfully towards the West. Their position reflects active and engaged grounding and also a connection with that which is above.

In The West—the direction of Healing Waters—is the River of Life and Healing Hands. The River of Life is a very powerful and dynamic healing tool that Paul has used for a number of years and is the subject of a book currently in development.

In The North—the direction of Stillness and Wisdom and Ancestors—is the Tree of Life and the mountains that are so deeply honored in these teachings.

The spiral in the center is a universal image for Shamanism. Ours is generated from the Center, from the place of Balance and Power. It radiates outwards, opening into the South where it may expand, ignited by our passion for these Teachings. Conversely, it also draws outer power inward, much like the gift of our breath, for this Circle is very much about Life.

If you notice, the internal lines do not touch the center. This symbolizes the free flowing energy of the Medicine of each of the directions...we wish to flow freely, open, free, expansive, operating in realms of unlimited Dreams and Unlimited Potential.

The Circle has two defined outer borders. The first defines the Medicine Wheel.

The second encompasses all and reflects that we look way beyond the defined borders of time and space and therefore, are open and curious beyond the limiting thoughts of man.

There is much more to all of this.

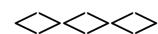
However, I invite you to find your metaphors here! What do you *see, feel, hear or observe* in the logo?

Feel free to share!

## **And now, a word from The Earth Mother....**

In one of our workshops, we ask our students to enter into a Shamanic Journey and to meet with the Earth Mother, honoring her and asking, “What can I do to help?”

In a recent workshop, one of our students shared her journey experience and has lovingly granted her permission for this sharing.



### **My First Meeting with the Earth Mother**

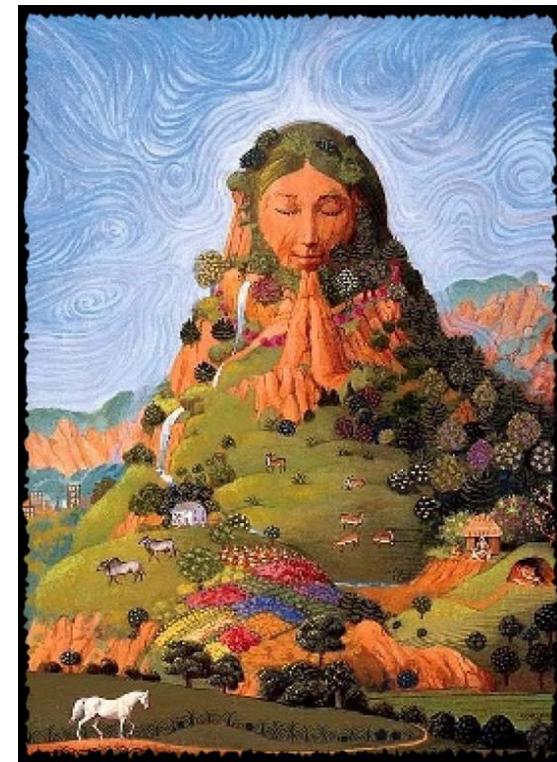
By Preeti Minocha

Hello Paul and Neelam,

I am sharing my beautiful journey to the heart of Mother Earth.

Intention: Journey to the heart of Mother Earth to offer my gratitude, love and appreciation. What does she want to tell us? What can I do for her?

Journey: My guides and I traveled to the Lower World to pay our respects to Mother Earth.



(Not only my Upper World Guides and my Power animals came along, it was a huge procession of so many creatures who just kept joining in. And we walked along in joy. All Her children, big or small, wings or paws, walking, swimming, crawling, flying, hopping, off we went together.)

We went deep down into a cave, full of golden light. The light became a gigantic heart.

Mother Earth said, “You are a piece of my heart.” She placed a small golden heart within my heart and asked me to use it to send out light into the world.

The message She gave me was: “Ground yourself, walk lightly and walk in joy”.

Mother Earth was very happy to see us. She said though, that she gets saddened by world events and that it is our Love that strengthens Her.

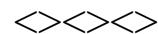
Message for us: Shine your golden light.

A-ho

Date: Oct 08, 2017, Advanced Shamanic Practitioner workshop in Bangalore

I humbly say: “Thank you, thank you, thank you to you, my Earth Angels.”  
Lots of love,

Preeti



## Footsteps By Palash

As a baby, I watched my mom and grand mom take their footsteps and I would always try to follow them with my baby steps. I copied their style and followed everything that they did. That became me.

And now, my sons do the same as they follow my footsteps.

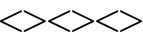
Now, I see my sons growing up into beautiful human beings and I realize that soon, someone else will follow their footsteps. I guess this is the Circle of Life.

This Life...so beautifully knitted into the Web of Life which we all get caught into.

One day while I was at the beach, I walked on the sand and my kids followed me. I realized that our footsteps are washed off by the water and then someone else's foot step will later come in there.

I sat and watched the ocean wipe away all traces of footsteps or any impressions left on the sand. The water always kept the sand clear of marks and impressions so that new ones can be formed. It dawned on me that life is the same as when we leave our physical body and journey on to the other side.

All our footsteps are wiped out and all that is left is memories of our footsteps. What would follow becomes new footsteps.



# **I am NONE of these**

By Neelam

Teacher, shaman, healer, guru, therapist, counselor....

I am NONE of these.

I don't need any labels.

I am happy just being me, sharing what I have myself experienced from heart space.

Books don't attract me. Certificates don't lure me. Titles don't belong to me.

My teacher is my life. LIFE - A LIVING ORACLE Beckons me!

Everything else is just an illusion.

So don't thank me. Don't honor me.

Honor yourself. When you learn to do that, you will heal.

It's that simple.

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*Walking the sacred path is more than a responsibility. It is a journey. A journey where you lose yourself, only to find yourself once again--Kanchan*



## **The Sacred Path**

By Kanchan Sharma

I believe, I have been on this path ever since.  
I remember, honoring the spirit of everything.  
I recollect, being laughed at, for talking to my toys  
I know, it's wasn't normal to the mundane eyes..  
I let go, of these judgments as I walk the sacred path  
I understand, not everyone possesses that special heart.

As I walk the road, carefully, spreading love all along  
My footsteps leave a trail for others to follow, I leave my sacred song  
Find the path, follow the road for you will never get lost here.  
Every twist, every turn, to the source, will bring you near.

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# Are you walking on the footsteps of evolution?

By Gandharv

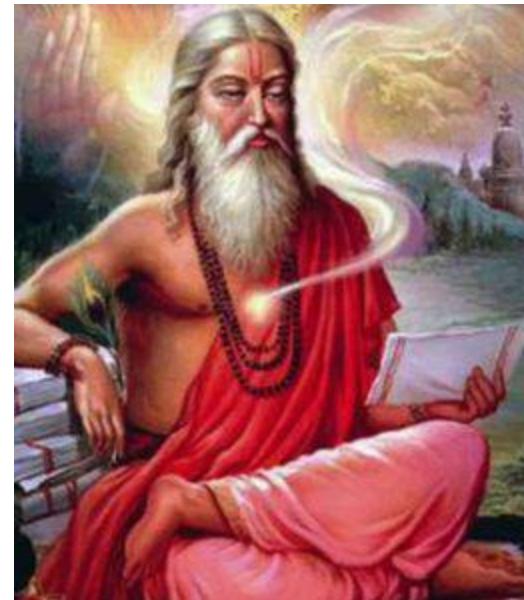
Are you leaving footsteps of loving kindness and compassion?

Are you walking the footsteps of peace?

Somewhere down the line in the long journey of life, the spiritual essence that was discovered early in time by great sages and rishis in India has been forgotten.

Time has come a full circle and now is the right time for humanity to know what they have forgotten.

I call this time interval as Sci-Spi age when time takes the world into a new step in its evolution.



Why Sci -Spi?

Sci stands for science and Spi stands for spirit. We are in an age where we have reached the height of technological development but we have forgotten our spiritual essence. Because of this, there is a great imbalance, which in turn has created a major imbalance in Good and Evil as a whole.

And Evil has the upper hand now.

This is the time to awaken to the Truth of yourself. This is the time to know who you are! And what you have forgotten. This is the path that can save humanity. The path of spirituality will bring a change in each person from within and move him towards goodness.

Have you ever wondered how civilizations have been wiped out in the history of the world? Just imagine what disaster a single nuclear bomb can cause....

There is peace in silence.

There are two types of silence.

The silence caused after mass destruction and the other is silence that can take a human being to the depth of his Self to allow him to realize the beauty of his existence.

Choose wisely, for we are the footsteps to the future generation.

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# **The Spirit Path of...Food!**

By Madhuri Sathis

*"The more serious the illness, the more important it is for you to fight back, mobilizing all resources—spiritually, emotionally, intellectually and physically." Norman Cousins*

Shamans speak of a web-of-life that connects all living things and the spirit that lives in everything on earth and beyond.

The Great Mother has called upon me to embark on an incredible journey of self-awareness.

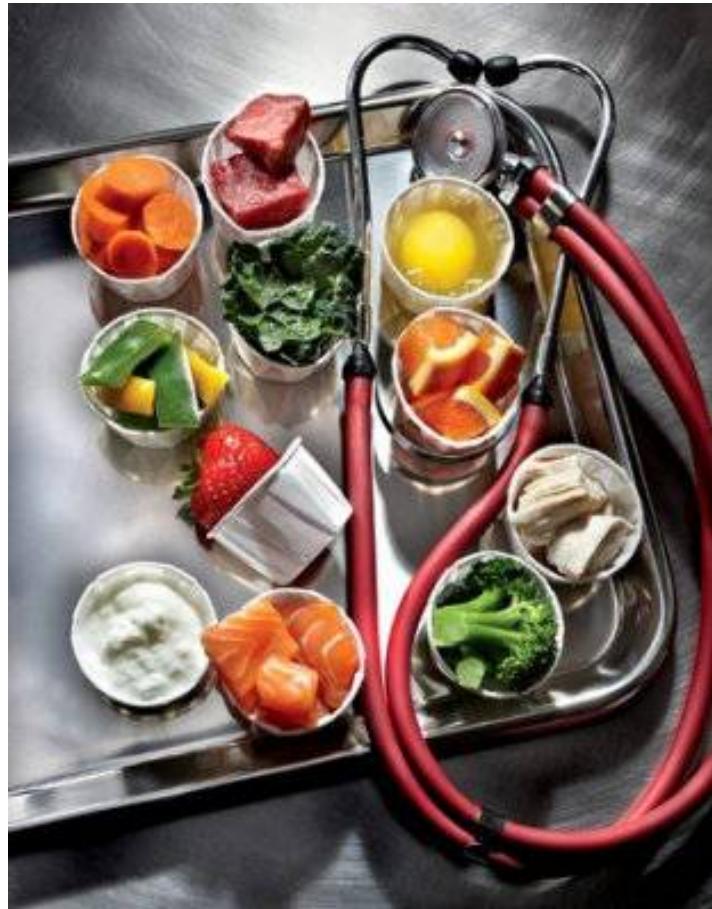
All my life, I have always had strong love, appreciation, and deep feelings towards animals, plants and everything nature. I talk to my plants which I grow in my petite terrace garden; I sing to my fragrant herbs, flowering vines and thank them for the bounty of their harvest.

As a person trained in nutrition & food science, my personal path and interests are in holistic health and healing foods. We all seek good health, it offers the fullest expression of life-force energy available to us.

The state of our health and immune system often depends on many factors and includes our food, and everything that we put inside our body.

Food is the energy of sunlight, the moon and all the elements of the universe in condensed form. The spirit or the essence of food we eat contains the message of Universal Love.

Vibrant Health is a state of well being, wherein we are able to express our physical, emotional, intellectual, creative and spiritual capacities in a manner that is harmonious with Mother Earth and all her creations.



We are a product of our choices. The awareness and the choice of the food we eat are essential for conscious living.

*"Food is not just calories. It is information. It talks to our DNA and tell it what to do. The most powerful tool to change your health, environment and the entire world is your fork." -Dr. Mark*

The energy or the spirit of food is the language which our body's intelligence can recognize for nourishing and healing purposes.

Everything we do to our food changes its energy and how it interferes with our body. The energy imprint to our food happens—from the seed, to the person who planted it, throughout the process of its growth, the fertilizers sprayed on it, the harvest, storage, processing, drying, freezing, preservatives, cooking methods, and the energy of the person who prepared the meal, has profound changes in the food's energy field.

Simple everyday food choices that I recommend:

1. Eat local foods. Know the source of your food and farmer.
2. Choose seasonal foods; eat herbs and medicinal plants.
3. Choose naturally grown foods and avoid pesticides.
4. Eat fresh fruits, vegetables, sprouts and fermented foods.
5. Avoid GMO foods as they cause cancer and other autoimmune diseases.
6. Avoid factory farmed animal foods; their spirit is broken and their bodies are injected with harmful chemicals.
7. Consider food as sacred—eat what is good, and eat the right amount at the right time.



Food is medicine, therefore make the right choices.

According to Energy Medicine Pioneer Barbara Brennan, "The body is a self-healing organism, so it's really about clearing things out of the way so that the body can heal itself."

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## **Footprints (Some Food for Thought)**

By Paul

Describe your footprints...

What do your foot prints say about you? How permanent are they? How destructive are they?

Do you walk with a heavy step? Are you a thunderous walker, the type that neighbors below, abhor?

Are your footfalls heard when you walk on carpet? Do passengers in an airplane feel it when you walk by?

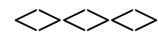
Who walks in your footsteps? Who follows you? Or, are you too preoccupied in following the footprints of another, or do you dare to carve out your own?

Do you walk on your heals or toes? Are you flat footed? Do your feet splay outwards like Charlie Chaplan's The Tramp, or are you "pigeon toed?"

How long is your stride?

Do you scuff your feet when you walk?

How many steps do you take on an average day? How far do you walk everyday? How many steps is it to the fridge?



## **The Yellow Wall—a space I stumbled upon as I slowed down!**

By Shilpi Chawla

This week I decided to slow down in my pace. Since nothing else made sense, I felt like this was the only choice and way to be moving forward on my path.

For those of us who like to be busy and in the world running around (which is almost all of us) will know how challenging it can be to s-l-o-w down.

The mind resists anything that is feeding the soul at first. It is used to the chatter and finds home in the chaos. While the helter-skelter nature of a day full of activities and lists of things to complete presents its own issues, so does the reverse which is to s-l-o-w down the schedule and trim the hurriedness. I realised that I was on my own as I explored this phase of learning on how to take it easy.

Breathe in...Breathe out...and Aho! You are feeling more alive and present to what is in the moment.

As I started to give more attention to small tasks that I was accomplishing like writing out a piece of work or getting some work done at home, my mind would barge in to let me know that I was loosing out on something which seemed more important than the thing that had all my attention and focus.

Each day as I sat down to write out my Time Diary which is a new way of organising your resources and looking at every week afresh, my mind was determined to show me it was a futile effort in management.

Moving forward, my intuition stayed strong and I knew I could count on it. So, I kept breathing consciously, and each day—in the first few hours of waking up—I would set an INTENTION to stay aligned to my purpose.

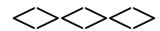
This single thing worked brilliantly and I could always track back the course of my day to that intention having manifested. There is something very amazing about being conscious—it just burns all negativity and dismisses the doubts. And this was happening to me all the time in the s-l-o-w-i-n-g down process.

If you are inspired to slow down too, I encourage you to do one or all of the following:

- Feed a child with your own hands. This will build up your ability to be patient and give up on the gruesome demands of time.
- Massage your own self. This will put you in touch with your body and activate the gentle genes.
- Serve through your work. If you were to think, “How I can serve someone through my action?” your demeanour will become humble and in sync with what you are offering.

Ten days of s-l-o-w-i-n-g down have done more benefit than many months put together. My purpose is clearer, I feel more driven to work towards it and I am adapting to new ways to erase old stories that are not serving me. In the process I feel more enthusiastic to meet or interact with both new people and the well known; I feel flexible to make changes in my plans as they unravel real time and there is this innate capacity to let people be.

I've come to discern that s-l-o-w-i-n-g down is the new fast.





Mac Lopez is a friend of ours from Southern California. Mac's heritage is with the Shoshone People and he has graciously shared teachings, wisdom and his beautiful heart with us. He is a wonderful Soul. Mac is also a very talented Native American Flute performer and maker. He is often found performing at Pow Wows across Southern California.

Mac recently posted the following on Facebook and I felt, in light of all that has been happening in the World, that it is important to share it here.

A-Ho my Brother!

Mac's flutes, music and jewelry from his lovely wife, Cherry can be seen here:

<http://whirlwindstudios.net/>

# Women Are Sacred

By Mac Lopez

To the Men (If you are a real Man, you will read this in its entirety)

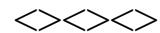
Women Are Sacred.

The cycle of life for the woman is the baby, girl, woman, and grandmother. These are the four directions of life. She has been given by natural laws, the ability to reproduce life. The most sacred of all things is life. Therefore, all men should treat her with dignity and respect. Never was it our way to harm her mentally or physically. Indian men were never abusers. We always treated our women with respect and understanding. So from now on:

1. I will treat women in a sacred manner. The Creator gave women the responsibility for bringing new life into the world. Life is sacred, so I will look upon the women in a sacred manner. In our traditional ways, the woman is the foundation of the family. I will work with her to create a home atmosphere of respect, security and harmony. I will refrain from any form of emotional or physical abuse. If I have these feelings, I will talk to the Creator for guidance. I will treat all women as if they were my own female relatives. This is my vow.
2. Treat every woman from the tiniest child to the oldest one with respect at all times. Always treat a woman with honor and consideration.
3. The Old Ones say the Native American women will lead the healing among the tribes. Inside them are the powers of love and strength given by the Moon and the Earth. When everyone else gives up, it is the women who sing the songs of strength. She is the backbone of the people. So, to our women we say, sing your songs of strength; pray for your special powers; keep our people strong; be respectful, gentle, and modest.

4. The honor of the people lies in the moccasin tracks of the woman.
5. "A people is not defeated until the hearts of its women are on the ground."
6. "Always do what your mother asks!"
7. The Elders say the men should look at women in a sacred way. The men should never put women down or shame them in any way. When we have problems, we should seek their counsel. We should share with them openly. A woman has intuitive thought. She has access to another system of knowledge that few men develop. She can help us understand. We must treat her in a good way.
8. A spear is a big responsibility. I am one with the Earth. All around me my land is beauty.
9. A man who looks first to a woman's outer beauty will never know her beauty divine, for there is dust upon his eyes and he is blind. But a man who sees in a woman the spirit of the Great One and sees her beauty first in spirit and truth, that man will know "Divinity" in that woman.
10. All women in the world are like the different colored flowers of one meadow. All are beautiful. As children of the Creator, giver of life and source of all human life they must all be respected.
11. The hurt of one woman is the hurt of all women, the honor of one woman is the honor of all women. Show honor and esteem for all women! Consider and treat them with deference or courtesy

## **Women Are SACRED!**



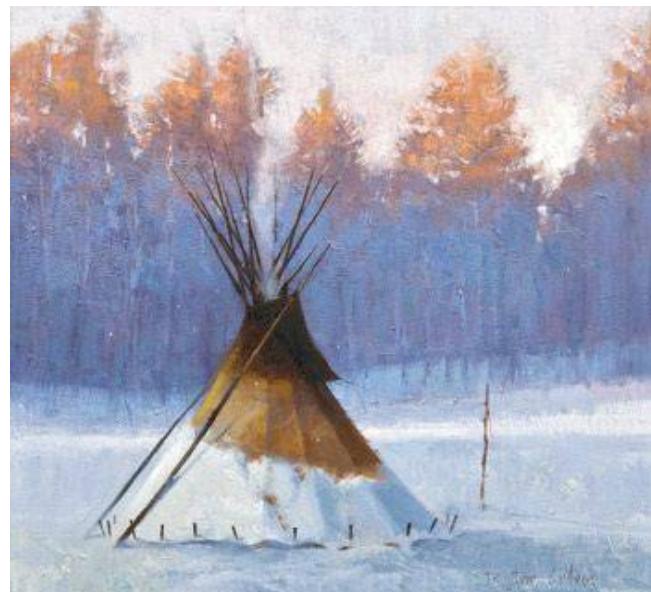
## A Standing Deer Story: You walk on the Heart of your Mother

By Paul and Great Great Grandfather

Standing Deer was in his 10<sup>th</sup> year, the first winter with his teacher, Grey Fox.

Grey Fox had asked to gather in the early hours of dawn. It had snowed the night before and Standing Deer—all damp and chilled—arrived at the teepee of Grey Fox.

The Old Teacher grunted when he heard Standing Deer announce his arrival with his own young boy's coughing grunt. When his teacher emerged, Standing Deer handed his teacher some tobacco wrapped in cloth; Grey Fox took the small bundle, stepped into the warmth of his teepee and emerged again, this time with a waving hand that pointed nowhere in particular, only away from where they stood.



Standing Deer turned around and faced a canvas of white snow. He saw by his footprints from where he came, but nothing else.

Grey Fox spoke from behind; “Take me somewhere.”

Standing Deer looked around him and saw the Teaching Tree where he often received his lessons. He started there.

Ten steps later, they arrived.

Grey Fox grunted; “No. Go further. Much further. Close your eyes...see where we will go. Take me there.”

Standing Deer closed his eyes a moment doing what he was asked. Though he had never seen the place before, he set off for it. Grey Fox followed behind, keeping a number of steps between himself and his student.

They walked through virgin snow, along new trails, over frozen creeks, under frozen branches and scraped by dried twiggy brush.

Finally, Standing Deer stopped at the opening of a quite glen, far far from home. It was new to him. A fear passed through him that he may not know how to return home, but he had faith in Grey Fox—he knew everything; he would know how to get them back.

Grey Fox spoke from behind; “You walk with pounding footsteps, Standing Deer. You leave a mark in the snow as if your name should be “Stomping Bear!”

Standing Deer turned and looked at his teacher. Grey Fox simply moved aside and Standing Deer saw what his teacher meant.

His footfalls had plunged into the snow, building mounds, throwing splatters of snow here and there; at times he could see where his heals had come down hard and at others, how his feet had slipped on some muddy ice.

“It is not easy land to walk upon, Grey Fox.”

Grey Fox gave one of his grunts, the grunt that advised “Pay attention Young Man!”

Standing Deer was all ears....

“When you walk, your footprints speak of who you are.”

Standing Deer looked at his trail, feeling embarrassed.

“Your footprints tell me what kind of person you are. I can tell if there is a fight going on in you, if you are One with Everything. I can tell if you are thinking of something other than the present moment. I can tell if you are burdened in your heart, or if you carry the burden on your back or in your arms...I can tell how you feel inside...or if there is something bothering you on the outside.”

Grey Fox looked down at Standing Deer's soaked moccasins; “When you walk, know that you are walking on the Heart of your Mother.”

Standing Deer moved his feet at that one!

“If you were to walk on your Mother, how would you do it?”

Standing Deer answered quickly; “I'd jump over her!”

“You would have to land somewhere! And your Mother is Everywhere! Would you not hurt her when you come back to Earth?”

Standing Deer chewed on this.

“Walk with a gentle step. Walk with a step that honors your Mother. Walk with a step that is filled with a light heart. Walk with a step that honors all things...including you.”

Standing Deer tilted his head to the side; “How does one do this?”

“Carefully!”

Grey Fox then began to walk further on into the glen. “Step in my tracks...follow my footsteps. If you can!”

Grey Fox moved onward. Standing Deer remained in place...for there were no footprints!

“How are you doing that!?!?” called out the pupil.

“It is not something that is done...it simply is!”

Standing Deer tried. His footprints had more purpose to them, however they still left definite impressions in the snow.

“You can not expect to do this overnight Standing Deer. But carry lightness in your Heart. Tell your feet to honor the Earth Mother and that you wish to touch her heart with Love, not Anger. Breath as you walk, and allow your heart to soar with the Eagles on currents of rising air.”

It took many years for Standing Deer to master this. But, oh the lessons he learned along the Way!

A-ho!

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# Full Moon Sacred Healing Gatherings for the Earth Mother

By Grandmother Moon & Paul

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.



*First Quarter 2018 Full Moon Schedule*

January 2, 2018

January 31, 2018

March 2, 2018

March 31, 2018

April 30, 2018

