

Shamanic Vision: Seeing through the Eyes of the Heart

Balance



Shamanic Vision
Living Life through the Eyes of the Heart

Balance

Issue # 7: 2nd Quarter, 2018
Publication Date: March 1, 2018
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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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Editorial

Shamanism is a far reaching Way of BEing and Way of Living. It brings many gifts to the Practitioner. However, it important to realize that it is not so much about “Me” rather the Practice is actually intended for the “Good of All.”

One of the most fundamental aspects of these teachings is about Balance. As Shamanic Practitioners, we need to bring balance into our own selves. From there, it expands outward: to our near and Dear Ones, to our Tribe, our Village, our outside world, to the World as a whole and beyond. In this Way, we generate the ripples in a very far reaching pond.

So, what exactly is balance?

Come join us this issue as we look at this through the Eyes of the Heart.

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Finding Balance...in a Playground

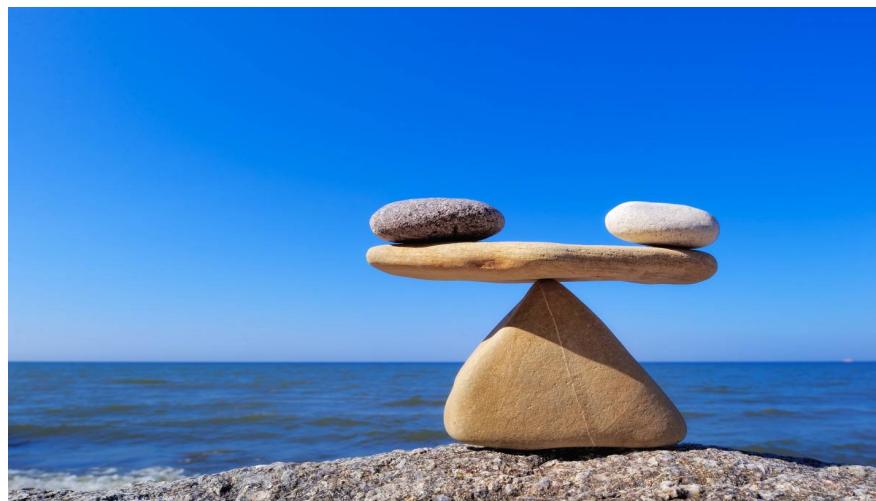
By Paul Hinsberger

One of the Fundamental Principles of Shamanism is that of establishing and maintaining Balance. I illustrate this by sharing the concepts of Yin and Yang. Here is the way that I convey this:

Most likely, you are familiar with the Principles of Yin and Yang: Yin is characterized as slow, soft, yielding, diffuse, cold, wet, and passive; and is associated with water, earth, the moon, femininity, and nighttime.

Yang, by contrast, is fast, hard, solid, focused, hot, dry, and aggressive; and is associated with fire, sky, the sun, masculinity and daytime.

A very powerful way to look at things is with a simple visualization of a seesaw or teeter-totter.



Look at the image...to your left is Yin, to the right, Yang.

For example, take a look the definition the word Commitment

- Dedication
- Loyalty
- Allegiance

Now, going back to a balanced teeter-totter...the difference between the Yin and Yang are polarities.

So if you look at your commitment, say to running, where is it on the teeter-totter?

Are you so dedicated that you *absolutely must* run for 2.5 hours every day, rain or shine, snow or smog, in wellness or on the verge of collapse and all you can eat, drink, breathe and talk about is running? This would be very Yang.

However, if all you can do is watch runners from the comfort of your front porch, that is very Yin. Where is the balance point?

Here are some of the polarities to the defining words for Commitment:

Word	Extreme Yin Aspect	Extreme Yang Aspect
Dedication	La-de-da attitude	Zealot
Loyalty	Subservient	Domineering
Allegiance	Does as ordered	Driven by strong sense of purpose/identity; seeks power

As you can imagine, there are many “degrees” of energy and attitude between these polarities!

If one side of your scale is resting on the ground, you have far too much of that kind of energy on that side. The side that is up in the air...imagine a little version of you kicking your feet trying to get the “Big Kid” on the other end to lighten the load!

Always ask, “What will it take to bring (X) into balance?”

Do you need to remove a bit of Yang or a bit of Yin? Do you need to add more to the polarity? Or perhaps, the fulcrum point needs to shift? What action (or *non-action*) will bring Balance?

Look, for example, at how you honor yourself.

When Balanced: you will be open to your heart and your intuitive gifts (Yin) while BEing fully present in everyday Life. You are grounded and understanding and yet fully in charge of your Life. You make it a point to listen to and to follow, the Voice of your Soul.

Excessively Yin: You are too deeply ensconced in your shell...you may rely fully on your intuition which keeps you out of touch with the external world. You wish to retreat inward and go deep within where you can not be touched.

Excessively Yang: You may focus only on concepts, rules, thoughts and keeping busy. You can not begin to fathom the principles we are talking of. You are cut off from your emotions. Instead, you are driven by logic and facts. The Scientific Principle is engraved behind your eyes.

So where is your scale? How is your Balance?

Now, look at yourself as a parent; a parent to either children, pets or your own Inner Child(ren). Typically, the Yin side would be nurturing (maternal) and the Yang side would be...this one is up to you!

After all, your parents provided you with your benchmarks....

Do you wish to emulate your father and the way he was involved in your life as a child? Or do you aspire for something else? Perhaps your mother was too Yang and you need to pull back towards the Yin. There are countless variations here!

How nurturing is your nurturing? Are you a Smother Mother (way over on the Left of Yin) or are you a “Get them out of the Nest ASAP” Mother (Quite Yang). What is the balance point for you?

Also, do consider what is the balance point for your Inner Child? Are they balanced or excessively Yin or Yang in their attitude? Do they have what you need? Or are they reflecting what you need to adjust?

Look often at your scales...you can apply this for anything and everything!

For example:

- Work/Life Balance. Which is more Yang? Which is more Yin? How balanced are they?
- Love/Hate?
- Your Body (This is the bar of the teeter-totter. What are your Yin/Yang Aspects?)
- Your Spiritual relationship(s)
- Your Lifestyle
- Your Shadow Self
- Sensuality/Sex
- Your political orientation

And remember this: Everything can have a Yin and a Yang side to it.

For example, Love. Love is now the bar, the platform for the teeter-totter.

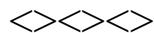
Balanced Love: Gives and Receives Love and does so purely and unconditionally.

Excessive Yin: Perhaps overtly Romantic, to the point that Love is overwhelmed with “Being in Love”. Love can sometimes suffocate, right? Here, you “drown” in Love.

Excessive Yang: Love here is fiery and passionate it is all about the sex. It is Love destined to burn out as there is far too much fire...eventually, the fuel will burn up and when there is nothing left to burn, all that is left is ash.

Seek the Balance Point in all aspects of your Life. However, remember to enjoy the ups and downs of the teeter-totter along the way. Just don't become the big kid who laughs at the little one who can't touch the ground.

It's the movement of the teeter-totter that brings us thrills...and the lessons!



Food for Thought

Balance.

Such an interesting word...

We balance our check books....

Mother's caution: "Watch your step so you don't lose your balance...."

Advisers tell us: "Your Life is out of Balance...."

So, just how balanced are you?

Here's some Food for Thought...

Are you mostly...

- Late—On Time—Early?
- Slow—You Move—Speedy
- Love from the Heart—I listen to my Heart and keep my mind in it too—Love from my Loins
- Caring—I can't take care of everything—Hey, what about me?
- Silence—I know when to talk and listen—I love talking about me!!! Are you listening?
- I feel, therefore I am—I am—I believe in the mind and reason.
- I get lost in my dreams—I dream and I do something about them—Wow, wish I knew her/him!
- I get lost in books—I read all kinds of books—Have you read "How to have 20 girls..."
- Ambiguity—Metaphorical—Highest Accuracy

I'm sure you can come up with many of your own...should you have be balanced enough to do so :)

How to Juggle the Outer World with your Inner World

By Paul Hinsberger

Folks will often ask us; “How do I walk a Spiritual Path in my Corporate Life? How can I experience my Sacred World with that of the Outer World?” Neelam and I nod and smile, for we have been there. We've done that.

Here are a few tips:

Change your Mindset

I worked in corporate America and also for County Government as a contractor for 8 years. I was laid off 10 times during this time frame. I failed to recognize that the Universe was telling me; “You no longer need to be doing this!”

And even though I was not all that happy with some of the work I was doing, it was my mind set that sustained me. For my attitude was this: “I am my own boss. I am paid for the work I do. I own this. And therefore, I will do my best to provide exceptional customer service while being as easy tempered and effective as I can. I am here to be of service to those who come to me.”

What happened was that I was acknowledged by the companies and the County for my work. I knew that I as helping in saving the lives of children (when with the County) and that I was saving companies hundreds of thousands of dollars in tax penalties (corporate life).

I took 100% Full Responsibility for my Life and carried this forward to my “clients”.

And my desk was an oasis of Calm. Reason: It was sanctified and treated as “Sacred Space.”

Bring your Heart to work with you

Assuming you are not making weapons of mass destruction, bring your heart to work with you.

Love what you do. Ever see someone doing a task you can never imagine doing and they have a smile on their face? They know of a secret. It's their in their smile.

Say you work on a cooking line. Smile as you sauté your onions. I bet you will have far fewer returns!

Have you ever Blessed the end product of your work? Say you make widgets or you balance the books for a horrid little fellow in Mumbai who drools when ever you walk into his office...regardless, offer a Blessing to the end product.

“I Bless these widgets...may they be of benefit to all those who use them. May these widgets make someone's day brighter.”

“I Bless Mr. Drool and his books for the truth they both display. A-ho!”

Keep a sense of Humor

Who ever said that Spiritual Practice needs a dour face and a sense of seriousness must have been kicked out of a monastery for being frightfully dull and a stick in the mud.

When you carry the Gift—the Medicine of Laughter—you are the Trickster. You are the one who can make others laugh at *you* while absorbing teachings about themselves.

Become someone that people want to be around rather than the odd, silent one who mutters to himself in the corner of the office. Engage with others and share your Life with theirs. The richest friendships are often found from co-workers.

Consider that the organization you work for also has a Soul

For those with too much Yang, yep—this is true!

Even by legal definitions, a Corporation is considered a living entity and that it will someday, die.

Therefore, thank and bless your place of work. The moment you cross the threshold, touch the door frame, smile and acknowledge the place.

Treat your desk as Sacred Space. Approach it with an attitude of “Hello my Friend!” rather than, “Oh shit...another day closer to death....” Attitude and Intention! Keep them Pure and you're on the path!

BE Yourself

A very interesting thing that happens at the work place is that we are often lead to believe that “I must be a certain way so everyone will like me.”

Sounds like grade school...and high school...and family get togethers, doesn't it?

Well, when you are a Spiritual Warrior, when you are true to your Spiritually, none of that matters. What matters most is that you are 100% Truly and Fully Honest with EVERYONE of who your are. No Masks. No Bullshit. No Deception. BE Respectful to yourself as you are to others

Instead, you are True to You, True to the World and therefore, True to Spirit.

BE who you are and make each day count. BE the BEST You that you can.

Do this, and you will emerge as someone very special (In a Good Way) anywhere that you are.

Ego says, "Once everything falls into place, I'll feel peace."

Spirit says, "Find your peace, and then everything will fall into place."

-Marianne Williamson

Some words from Lao Tzu

Lao Tzu; Tao Te Ching: Chapter 28

Know the strength of man,
But keep a woman's care!
Be the stream of the universe!
Being the stream of the universe,
Ever true and unswerving,
Become as a little child once more.

Know the white,
But keep the black!
Be an example to the world!
Being an example to the world,
Ever true and unwavering,
Return to the infinite.

Know honor,
Yet keep humility!
Be the valley of the universe!
Being the valley of the universe,
Ever true and resourceful,
Return to the state of the uncarved block.

When the block is carved, it becomes useful.
When the sage uses it, he becomes the ruler.
Thus, "A great tailor cuts little.

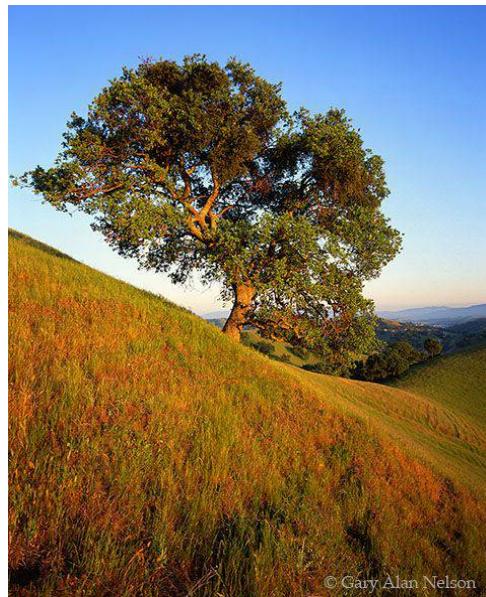
Be Like Uncarved Wood

Lao Tzu is fond of the image of the uncarved wood as a symbol of simplicity and humility. A piece of wood is simple and yet it contains limitless possibilities. When carved, it can become almost anything desired. Yet, nothing surpasses the natural state of wood before it is transformed by the carvers knife.

It is folly to believe that we improve the wood by our carving. We only change it. Though it may become more useful to us, in no way is it finer than how it was in its original state.

This is even more obvious if compared to that piece of wood when it was still part of a living tree. Then, the wood participated in the rich and complex process of life and growth. When it was cut from its home, perhaps it becomes a log. It became, in the eyes of man, little more than a chunk of material, diminished and dis-empowered, abandoned and decomposed, something to do anything we want to it. We now dominate it.

However, whatever we do to wood, it can never be more splendid as it was when it was part of a living tree.



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How your resistance can push you into Balance....

By Neelam

If there was one area of my life where I was negligent, not honoring my being, not determined or disciplined - that was my body. And although I knew cognitively that this is one aspect of my life that pulls me back (even health wise), I could not do much about it. There would always be tomorrow....

Walk: Ah... I'll start tomorrow!

Yoga: Next week, after the travel!

Dance: Maybe I'll join dance class this coming Navratri... this coming Navratri I am going to let go of my inhibition to dance....

All this guidance and all this inner chatter but no action... No implementation... The excessive traveling fatigued me.. The excessive multi tasking left no mental or physical energy in me—neither for self love and nor for honoring the body. Even getting a facial or a massage would feel like a chore... when will it get over?

I could not enjoy it.

I forgot my body... I ignored my body.

I had forgotten about the wisdom of the body... of the feminine principle of embodiment. Or to put it succinctly—I could not embody it, in spite of knowing about this aspect.

I could—and still—can dance in the workshops, sacred space... but asked to dance in public and I shrivel or recoil.

When I learned that belly dancing is actually womb dancing and that it was initially practiced in ancient temples by womb priestesses, this understanding re-ignited my desire to explore my body through dance.

And as it is rightly so, the opportunity came.

A belly dancer from Columbia comes to Ahmedabad and announced various classes including belly dancing and meditative dancing, with a focus of tuning into our body and our personal rhythm.

I nudged myself to enroll. Paul nudged even harder!

Ahh...how beautiful the Ways of the Universe! There was a womb aspect to her dance facilitation. The yoni, the vulva, the feminine power, the body temple and the dance....

I sooo, sooo loved this aspect of the dance! And at times the Inner Critic would come in, and I would feel that my body, my belly or my hips would not move...or I would hear the nagging voice that I don't have grace...blah blah and more blah!

And yet the teacher encouraged us to tune into our bodies through the music without engaging the mind.

The steps I found difficult to embody in the class, I would practice them at home.

And voila... what did I see?

My body (through the unconscious) has absorbed... and learned!

The conscious mind struggled... (The Masculine Principle= “This can not be!”)

The unconscious absorbed and learned and translated it to the body... (The Feminine Principle= “You got this Babe!”).

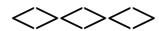
While I am nowhere near having learned the dance, except for a few movements, I know I learned and laughed and had fun and evolved through the experience. (And Paul compliments me on my more graceful ways!)

The little girl in me—the mischievous, rebellious little girl in me—has thoroughly enjoyed this experience!

We danced. We laughed. We bitched. We tuned into our wombs. We learned so much about the unconscious expressed through our bodies.

And the journey continues....

A-ho!



Life...A Wave of Bliss

By Saraswathy

I rise, I fall

I skip, I miss

I love, I hate

I hold, I let go....

Life.... A game of an unknown

A rhythm, A beat ...

I hide, I seek

I chase, I run

I inhale, I exhale

I die, I am reborn....

Life... A cycle of an Unknown

A rhythm, A beat ...

I contain, I purge

I speak, I am silent

I dance, I am still

I am a void, I am full....

Life ... A Wave of Bliss

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Red Road Diary

By Paul Hinsberger

The Red Road is derived from Native American belief system. It is, essentially, about living a Good Life. It is about honoring Great Spirit/Creator and honoring all of Life, Nature...and all of Our Relations. It is a Sacred and Divinely Personal Path. It requires living ones Life with Awareness and Respect.

I honor this.

I also consider the word “Red” to reflect the blood that has been shed over the centuries; I consider the Red of the Earth, blending the flow of Life that runs through the Earth Mother, and of the Iron Ore that adds the tint of Blood to the Land and in rocks and stones.

I consider the Red to reflect the Blood that flows through our bodies, traveling millions of miles a lifetime through the River of Our Lives, sustaining us. This Red is the Proof of Life.

The Red Road is therefore, deeply personal. It is about you and your connection to Great Spirit.

Great Spirit may be—for you—The Creator, Grandfather, Source, God/Goddess, The Earth Mother...or any deity.

It may also be your own self. As the Red Road belongs to...you.

It is yours and yours alone.

You may stray from the Red Road. Or you may walk it, flirting with the edges or you may keep in the Middle of the Road. It is your road, your Journey.

For some, it may be a thin foot path.

For others, it may be a wide road.

Ultimately, it is yours.

And hence, I shall begin a new section in our magazine: The Red Road Diary. This is a glimpse into the Red Road that passes beneath my feet. It is about the Red Road that I am on as I continue my Earth-walk.

It is the Tale of my Heart.

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By the time this issue goes into publication, I will be making my final preparations to embark on a pilgrimage in New Mexico.

This pilgrimage has been sitting in my heart for sometime. Initially, I had wanted to do the Camino de Santiago in Spain (the Northern Route) however, logistics and cost—especially since I need to return to the USA right after—became an issue. So, I searched and discovered a pilgrimage that takes place during Easter week, culminating at the Sanctorium in New Mexico.

Now, I was born and raised as a Catholic. Though I am a fan of Jesus (such a Shaman!) I am very much in the “No Practicing” category of Catholic.

And yet, this pilgrimage Calls out to me...

So, for the past 9 months, I have been pregnant with thoughts of this Pilgrimage.

I have had many Visions regarding this. Visions are an integral part of my Red Road Journey. I see things. I walk in the footsteps of Ancestors...and I walk in footsteps that have not yet been created (in the minds of men), but they very much exist in my Visions.

I have seen the road...I have seen the days, the nights. I know what awaits. I also know that there are many surprises ahead too! For this is the concept of BEing a Hollow Bone—for I strive to remain an Egoless Structure—who is a conduit for Spirit. Hold no expectations. BE Open and Curious.

And so, I am...at least as much as my Ego Mind will allow.

For all that the Red Road brings to me, for all the philosophical teachings of the Tao and Zen and everything else that has crossed my Road, that little mind still whispers of a few concerns: “You don’t know where you’re going to sleep!?!?”

“You have no idea where you will get Food, or Water!?!?”

“You’re walking how far!?!..Everyday!!!?”

And in my Heart, the Red Road sings...it chants...a Power Song rises like my Brother Hawk...soaring. I see my feet pass over the land; I already feel the Earth beneath them.

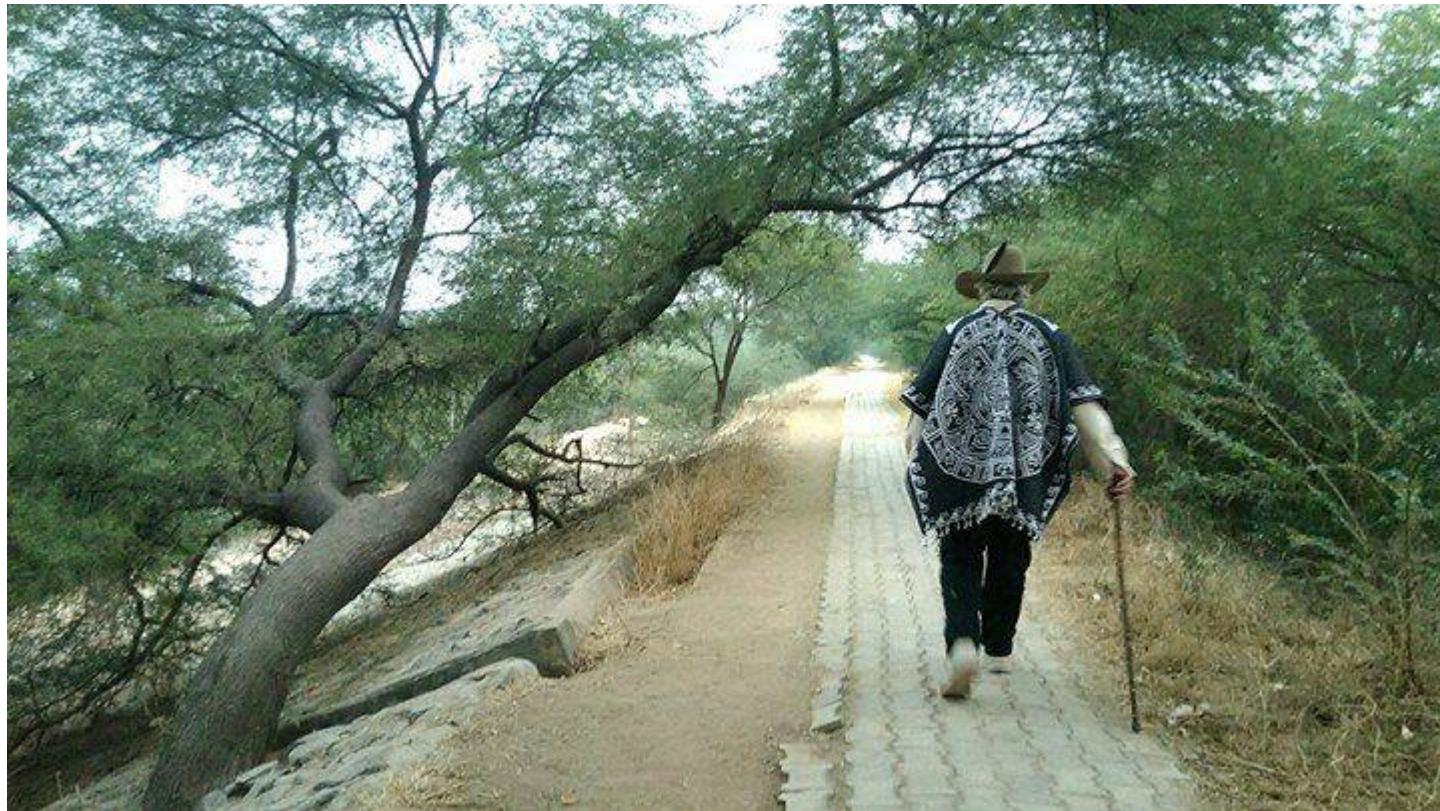
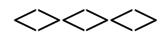
I already feel the Wind...I taste the chilled air...semi rarified to say the least, as I prepare—spiritually and mentally—for the walk of a lifetime that will take place at 8000 ft.

I see the faces of the Ancestors as I pass through old Peublos...as I step into new realms and Shamanic Cultures...forever Open and Curious. This is my Red Road.

I know that I will never be alone. My beloved Guides, Power Animals—my extended family—are so actively engaged as I walk today, in preparation.

The Red Road beckons...the Nomadic Soul is loosened.

See you all soon!



Standing Deer learns to Walk

By Paul Hinsberger

When Standing Deer was in his tenth year, he went out with his teacher to find some herbs. They walked for quite a while and then his teacher commented—yet again—about Standing Deer failing to match his namesake when it came to the noise he made while walking.

“You must work on your walking Standing Deer...you are anything but silent. You walk with the Spirit of a Stomping Bear...just look at what you have done to the leaves and twigs that line the path...look at your footprints!”

Standing Deer turned and looked. And as his teacher had stated, there was indeed a very clear and defined path that he had created where there previously was none.

“I'm sorry Grey Fox.”

“Come, it is time for you to learn to walk!”

Now, Standing Deer had been walking for many years. He tried to push down the hurt, but his Teacher saw it.

“I know you know how to walk. But it is time that you learn how to walk!”

Confused, Standing Deer cocked his head. Grey Fox let out a little chuckle and patted his student on the shoulder, “Come with me.”

And so, Grey Fox lead Standing Deer to the open trail that was nearby and they walked North for a while.

Standing Deer felt hungry, but he said nothing about this. He had learned to not speak during his teachings and he knew this was one of those times.

They arrived at the start of a thin trail and Grey Fox lead them into shrubs then into a forest of pines. Laying across the ground were a number of trees that had been struck by lightening. They were charred black and laying on the ground. Grey Fox pointed to the thickest one; “Walk on the tree.”

Standing Deer hopped up on the tree and began to do as instructed. He navigated his way around broken branches and over mossy bark and around burls. The tree was thick and quite stable. He found it fairly easy to walk along its length.

“Walk back and forth until I return.” Grey Fox left.

The air chilled as the sun lowered behind the trees, and all the while, Standing Deer walked back and forth, back and forth. As dusk approached, his legs weak with hunger, Standing Deer looked up from his careful footing and saw his teacher had returned.

“Here.” Grey Fox handed his student some dried elk. As Standing Deer ate, they returned home in silence.

The following day, Grey Fox brought Standing Deer to the same place. This time, he pointed to a thinner fallen tree. “Start walking.”

Standing Deer stepped up to this tree and it worked his way around the half burned branches and the stubby bits and the slippery moss. Up and down he maneuvered his way around the fallen tree. He curled his toes in his moccasins, trying to find good footing. He fell off many times, but he always brushed off the dirt and stepped back on the tree.

All the while, Grey Fox silently watched.

They did this until sundown, and then they returned home.

The next day, Grey Fox took Standing Deer to a new place. Here, there was a very thin Aspen that had fallen over a narrow ravine. A rushing river ran at the bottom of the ravine, some forty feet below.

“Now, it is time for you to walk.”

Standing Deer moved towards the fallen Aspen.

He looked at the narrow trunk and closing his eyes, he took his first step. The trunk wobbled a bit under his foot. He brought up his back foot and moved forward with great delicacy. “Yes...Deer Medicine.” He breathed this into his heart.

The thin Aspen held steady as Standing Deer crossed the ravine.

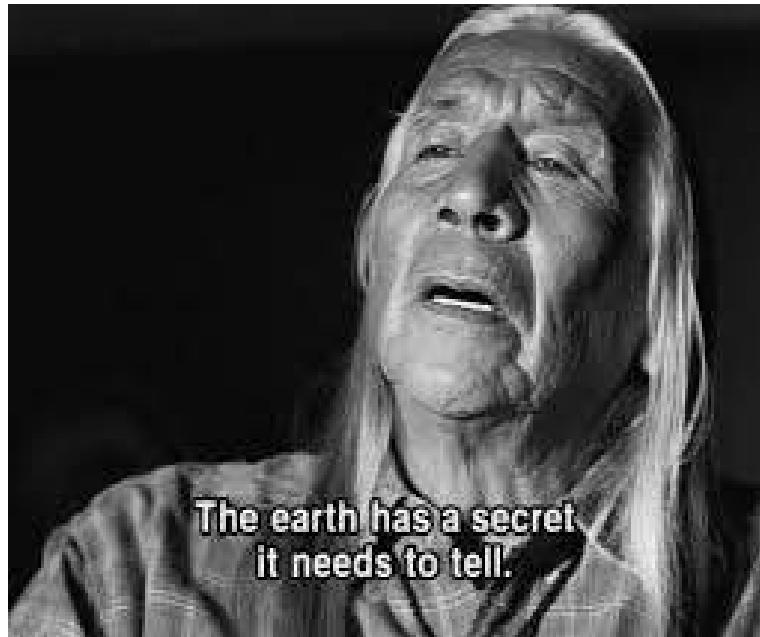
Grey Fox nodded; “Now, return.”

Standing Deer moved with tremendous grace across the ravine. He did not rush, he did not linger. Instead, he moved with commitment and with purpose.

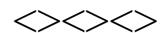
Once he returned, he walked up to his teacher.

Grey Fox looked at the boy, nodded and then suddenly, pushed the young boy in the chest. Standing Deer fell on his bottom!

“Though you may walk now, always remember from where you have come. Remain connected to the Earth Mother and honor her as you honor your namesake and your footprints, for the Earth has a secret it needs to tell.”



Standing Deer took the offered hand of his teacher, and bowed his head in gratitude.



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 March-June, 2018

Saturday, March 31

Monday, April 30

Tuesday, May 29

Thursday, June 29

With Blessings,

Paul