



Shamanic Vision
Living Life Through the Eyes of the Heart

Living with Purpose

Issue 8: June, 2018

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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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A-ho!

Welcome to the 8th issue of Shamanic Vision--Seeing through the Eyes of the Heart.

Our Theme this month is Living with Purpose.

How many folks do you know who live day to day, only to "live for the weekend?" How many folks live their life with the "same old, same old" mindset or way of BEing? How many folks live their life for "The Future" or are locked in "The Past"?

How many of you wake in the morning and complain?

How many of you wake in the morning and thank Creator/the East/God(dess) for the new day that awaits?

How many of you are Open and Curious to what the day brings? Or are you dedicated to your daily routine and schedule and make every effort to not deviate from it?

How attuned are you to your Soul? Are you Living your Life with Purpose? And just what is your purpose? And don't get into the trap that your occupation is your purpose. Perhaps it is—if you are in alignment with your Soul and perhaps...it isn't.

Do you know what you would like to happen with your Life? Are you heading in that direction, or are you holding yourself back from progressing that way?

In this issue, you will find inspiration to get you Living—with Purpose.

A-ho!

In This Issue

Pg. 5.....Healing on the Red Road

Pg. 11.....Life—a Journey

Pg. 14.....Focus

Pg. 17.....Soul Purpose—What your Soul truly desires to experience in this life time

Pg. 21.....Living with Purpose

Pg. 25.....It's not about the destination

Pg. 28.....How to...take time out

Pg. 30.....Go to Nature

Pg. 32.....Standing Deer carries a Rock in his Heart

Pg. 36.....Full Moon Schedule for Global Earth Healing

Healing on the Red Road

By Paul Hinsberger

Neelam and I spent 19 consecutive days on the road this past month...19 days of Teaching and Learning and touching our Shadow Selves and discovery and experiencing inner healing and acquiring wisdom through listening to Elders and by BEing Open and Curious.

This is indeed Healing on the Red Road.

The Red Road is very sacred to us. And nineteen days of movement, stillness, silence, conversation and living with awareness, can certainly test you. This was a mobile vision quest, a lesson burned deep into our hearts, tried our patience and tolerance and also opened our hearts and minds and made us face our demons and also our highest selves.

This was BIG Medicine.

My personal journey began when I arrived in New Mexico in March and undertook the Pilgrimage in Chimayo. It became readily apparent that the experience of this pilgrimage did not mean the reaching of Chimayo.

Oh no...Spirit rightly pointed out that this journey in the USA was about the journey itself. In fact, all the destinations were actually anti-climatic. The teachings were found in the journey itself.



Paul in Chimayo

Neelam arrived in mid-April...and within days of her arrival, we began the first of two long distance romps in the Southwest. Here, we traveled 1800 miles passing through—and experiencing through all our senses—the states of Idaho, Utah, Colorado and New Mexico.



We opened our hearts to lands that opened their arms to us...driving along black ribbon roads and over mountain passes, touching the land with our hearts, hands and eyes. Photos clicked, memories formed, words exchanged, inspired and awestruck, we absorbed the wonders of the Earth Mother and send countless prayers of appreciation to The Creator, to the Earth Mother and had conversations with the Rock People, the Standing Ones, of the countless Ravens that danced in the sky and of the four legged ones and lizards that we saw daily. We spoke to the Ancestors of these lands. I saw them standing tall, guardians of the Ways.

We marveled at the gifts of clouds; we divined them through out the day, our minds cataloging the sights with our hearts touched by the light of the stars.

And all the while, we grew more and more silent, retreating into the stillness where words are not needed and a smile or the touch of eyes was all that was needed.

We met people...so many folks. We heard stories of lives...stories of pain and sorrow...stories of addictions and abuse and of loss and also stories of conquest.

We shared teachings with strangers...and had strangers come to us with curious questions.

We saw them. And we were seen.

We pushed ourselves...physically, mentally and spiritually. I maintained my practice and was up at 4 a.m. everyday doing Shamanic work...Namaji¹!

We tested ourselves...we opened ourselves to visions and new experiences and new feelings.

Teachers appeared...some prodding with words full of subtext; some spoke with sticks...others provided loving words that stung and made us look deep within.

A dear friend...a teacher...a Brother..touched my Soul with words that brought tears to my eyes and with the underlying message to "Be the Man that The Creator wanted you to Be." Wow that one resonated so deeply! It will be with me through out the duration of my Earth Walk.

I journeyed. I maintained rituals. I prayed.

¹ Namaji is a Ute word word and pledge, like that...to walk a path of "Dignity, Honor, Respect, Pride and Commitment."

I got angry.

I laughed.

I got too deep in my own head and got away from my heart. After all, I am human.

In a National Park, I heard someone point out to a tree I was photographing and say, "Oh...it's dead" and for a few seconds, I saw it with her eyes. It felt very strange to do so...I quickly snapped back into my eyes and saw the tree was very much alive. I sent her Blessings to the day her eyes would see beyond the apparent illusion of death.

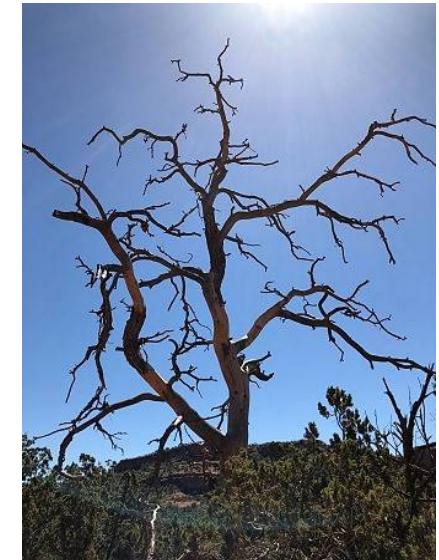
We drove onward...

The second trip took us to Sedona and way, way beyond. This was where the 3200 miles passed beneath our feet, and wheels.

We shared and hiked and met loving and gifted Souls and we learned...oh how we learned!

We nested, trekked more, slept, wandered and fought, laughed, cried and lived. I felt like an awe struck child sometimes. At others, I felt like an ass. I am human....

I sat at my son's graduation and listened intently to the key note speakers...I absorbed their stories...I learned what they had to offer. I heard the words of the teachings we share conveyed in a new language...tears came to me as my son's name was called out...I let my voice carry across the ceremonial grounds and saw my son raise his fist in the air towards me...his fist raised acknowledging his hard work



and his accomplishment.

I felt proud. I am a Father. I am human.

We helped dear ones.

And they helped us. Profoundly.

So many lessons...so many teachings shared and acquired...the subtext of Life flowed to us, through us, around us.

We looked up into the Night Sky and felt blessed. And Small.

The wind spoke to us all the time...

The rain fell. The windshield wiper broke and was removed so as to not scratch the windscreen. Such a metaphor!

The Sun shone upon us. The Clouds spoke to us. The road climbed and dipped...and 80 miles per hour seemed like 35....time zones changed...the hands of the watch moved over timeless lands....

Neelam and I held hands when we returned to Idaho. And still, we travel and move with purpose.

Next stop...India!

A-ho!



Life, a journey...

By Dr. Priti Shah

Life is a journey into unknown
A path of watchfulness and presence
Living with you heart at helm
And mind at its service
But eventually needs us to go beyond both
Life is a journey into unknown

.....A journey of finding comfort in the discomfort
.....Making known what is unknown
.....Loving all that which makes you distraught
.....A journey to encompass all of it
.....And eventually becoming whole and one.
.....Life is a journey into unknown

.....A journey of identifying our fragments
.....Bringing them back into Union
.....Becoming united into one whole
.....Accepting and Integrating all that is me and not me
.....Eventually becoming part of the whole that is
.....Life is a journey into unknown

The all that is- a consciousness
A presence beyond words
Calling and pulling towards itself
Making and breaking our path and journey
Eventually takes us on the path of our purpose of life
Life is a journey into unknown

.....A purpose which is resting in unknown
.....Which keeps calling us towards itself
.....Creating major shifts in our journey without warning
.....Making us fall and rise, making us weak and strong
.....Eventually giving us clarity towards our destination
.....Life is a journey into unknown

.....A destination into unknown
.....Which is so known at the deeper level
.....Every step we take we feel we are heading back
.....Heading back to our real home
.....Eventually bringing us back to where we belong
.....Life is a journey into unknown.





Focus

By Paul Hinsberger

Focus: (Verb) Bring into focus or alignment; to converge or cause to converge; of ideas or emotions. Direct one's attention on something.

Focus: (Noun) The concentration of attention or energy on something.

In our recent travels, Neelam and I encountered numerous situations where folks had a very definite lack of focus. We saw this in service providers (restaurants and cashiers) and in drivers (namely my fellow travelers in autos (I have tremendous admiration for long distance truckers!)).

Now, Neelam and I are not perfect. I mean, I suffer from the man's malady: "If it isn't in the front of the fridge, it doesn't exist" and I find myself drifting into visions on occasion. I sometimes loose focus.

However, once we have our sights set on something, we are tenacious about it. We become "The Hunter" and are very focused. When we are focused, we do not have "tunnel vision." Instead, we stay on point, we stay on task and yet we are Open and Curious of the Ways of Spirit and hence, keep the doors open for Inspiration.

So with this in mind, here is some Food for Thought:

On a scale of 1-10, 10 being highest, how focused are you at:

- Work?
- Play?
- Listening?
- Learning?
- Conversing?
- Following orders or instructions?

How focused are you to your commitments?

How often do you loose focus?

How often do you see or observe others who have lost focus?

Are you focused on somethings and not on others?

- If so, on what are you focused?
- On what things are you out of focus?

When you are not focused on a task or goal, where are your thoughts?

What distracts you most? Is it an external force, or is it internal?

When are you most focused?

How long can you be focused on a specific task?

Is focus and interest in something, the same?

Do you need a deadline to find focus?

Can you focus and multitask at the same time?

Does your heart have to "be in it" to focus?

Do you get bored easily? Can you remain focused while bored?

What do you think lends more to focus: a) Ability to Concentrate or b) Passion?

In what ever you do, honor the moment. BE present. Remain focused. Had a bad morning? Let go of it and focus on what needs to be done in the present moment.

Have a challenge waiting for you later in the day, prepare by not lingering on it. BE present. Focus on the moment. And Love it!

A-ho!



The present moment is the only moment available to us, and it is the door to all moments.

- Thich Nhat Hanh -

Soul Purpose—What your Soul truly desires to experience in this life time

By Neelam

You may or may not know this, but your Soul has a master plan for you...and it's working overtime to manifest this plan in any way it can.

Our Soul communicates this master plan or Soul plan (some call it the Soul purpose) to us in many ways, which we can discover—only if we care to listen!

We come across many people who seek clarity on their life purpose. It seems like they are perpetually chasing a mirage. No wonder their bodies and spirit feel depleted!

Some experience health challenges. Some depression. Because they are unable to listen to what their Soul is trying to tell them, and because they do not pay attention to what their Soul really wants to do, they experience health issues.

By not paying attention, they miss the vital messages of their Soul—messages about true longings, life purpose, and how to navigate life in ways that can serve their greatest potential.

And because they may not have clarity about their life purpose, they most likely do not know how to figure it out and their ego mind gets in the way.

And while you may be a strong believer and active participant in the Law of Attraction and the Power of Manifestation, your manifestation efforts may be ego desires, which don't come from the true guidance of the Soul and therefore, your manifestation efforts fail to...manifest.

In fact, not tapping into this “plan” is one of the major reasons that what you want to manifest has not come to light.

So how can you tell if that big goal you’ve been dreaming up and actively manifesting is a true Soul wish that will bring you real fulfillment, or is an ego based desire that will distract you from your highest path?

What if you don’t know what your Soul’s plan is...how can you find out?

One of the best ways to access the wisdom of your Soul is through your dreams. Dreams, by nature, do not involve the ego; they come to you when your ego is fast asleep, making them potent messengers of the Soul.

You can use the wisdom of your dreams to understand and manifest your Soul’s deepest longings and to bring yourself into alignment with spirit, and cultivate a life of true happiness, inner peace, and fulfillment.

Dreams, or as I call them, “The Oracles of the Night” are the most potent messengers to reveal whether you are living in alignment to your Soul plan / desires or not.

When you do not pay attention to your dreams, you may be missing vital messages your Soul is trying to send you about this plan.

In this material world—where things are driven by societal conditioning and survival pressure—we tend to try to manifest the things we think we want, and not what the Soul truly desires or needs. The things we think we want are often tainted by the influence of others or by the bias of our self-defeating patterns. The true longings of the Soul are the ones we must answer to, and the ones that the Universe will lift us up towards if we hear the call.



Dreams are a potent source of communication from your Soul and a way to tap into the secret desires of the Soul, which we may have somehow forgotten or tuned out from in our day-to-day lives.

“Dreamtime” is perhaps our most powerful time for true Soul work. One of the most important gifts of dreams is that they illuminate the path our Soul wants us to take.

In many indigenous societies, the community gathered around to share dreams. They sat and listened to what each Soul wanted as it spoke through the dream. In hearing the messages, actions were taken to bring forth what the Soul was asking, and in turn, manifesting the truest, most aligned Soul Self and therefore, creating a fulfilled and inspired life for the Dreamer.

Through doing this, we can begin to remember our “Soul knowledge,” which may include:

- The memory of why we came here in the first place
- What mission we have
- What intentions we set for our self.

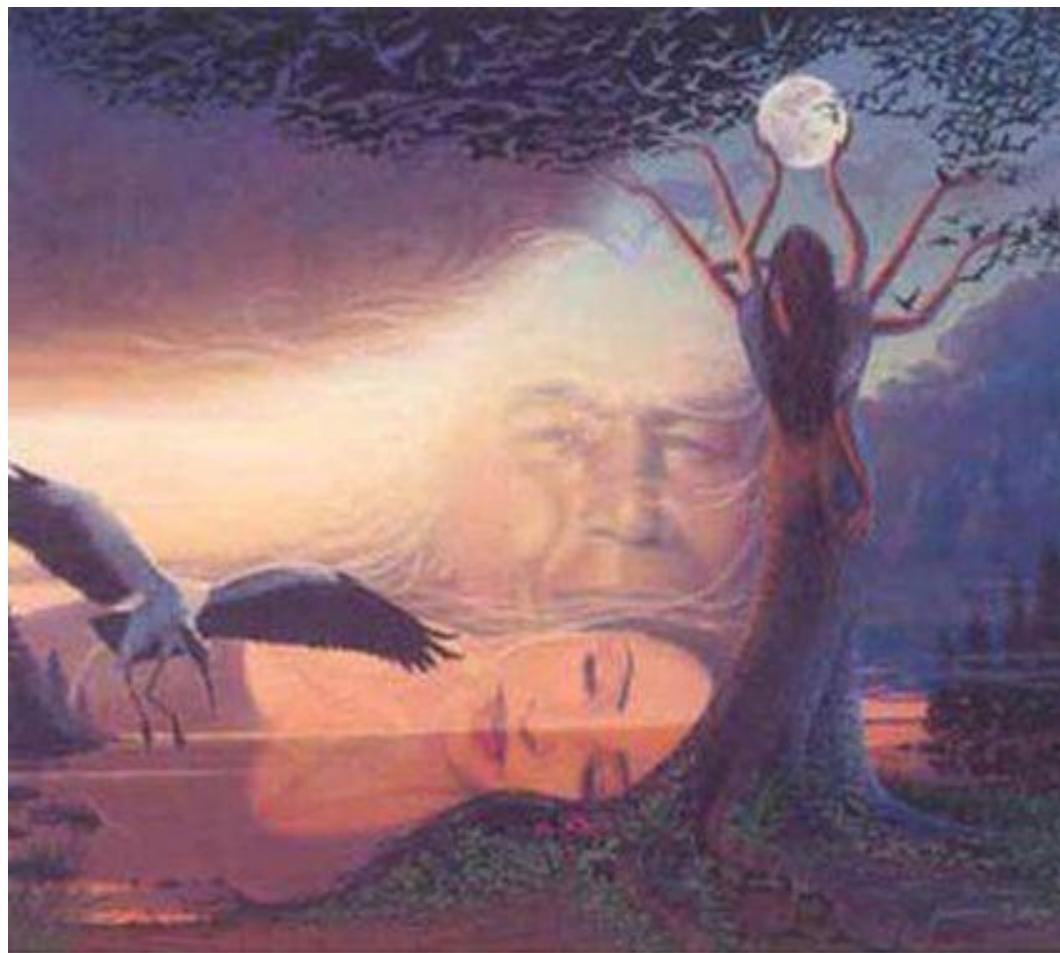
It is believed that Dreams reveal the secret wishes of the Soul. It is believed that our Souls make their desires known to us through dreams.

When the desires of our Souls are accomplished, when we walk the path that our Souls have chosen for us and learn from those experiences and share them as a part of our contribution to the collective consciousness, our Souls are satisfied. But, if on the contrary, our Souls are not granted what it desires, our Souls becomes angry. Not only does our Soul fail to bring to the body the health and well being it might have wished to bring, it may even revolt against the body, causing various diseases and even death.

The indigenous cultures paid great attention to their dreams and hence lived a very fulfilled life.

Want to live a Soul filled, Soul fulfilled life? Want to have clarity on what is your Soul plan / purpose? Start paying attention to your dreams. Start working with the power of your dreams as a messenger for your Soul.

Aho !!



Living with Purpose

By Paul Hinsberger

We came onto this Earth Walk for a reason. For a Purpose.

.....Our Purpose is unique and it varies from person to person.

For some, it is reflected in their occupation.

.....For others, it may be found in their relationships with family and loved ones.

Your purpose belongs only to You.

It is not by birth right. It is not because you were told to do something. Your purpose is far removed from your freewill or the words of others.

.....Your Purpose is found by developing and living in your relationship with your Soul.

Now Purpose is important in our lives, for it gives us...Purpose. It defines a direction, a path, a way and it can provide us with many guide posts in our lives. Purpose can act as a compass for our lives.

.....Purpose provides us with a chance to establish Intention. And it is by Intention that we find something upon which to Focus.

How many times have you walked with Purpose? How often do you feel purposeful?

We teach about archetypes in our Medicine Wheel program. One of the archetypes we talk about is The Hero.

Now the Hero has already proven him or herself. However the Medicine of the Hero grants us with Purpose. The Hero knows what he is capable of. He is confident and walks with assured steps and can lead with Purpose. He does not boast of his past. Instead his actions speak far louder than his words. Therefore, he drops his ego and walks with empowered footsteps that leave no mark. Instead, one feels the Purpose...a sense of "I am near a person with Power. I feel safe here. This person carries Medicine that makes me feel safe and secure and I feel that this person will confidently guide me if needed."

.....This is Purpose.

Does our Hero think of Purpose all the time?

No. It is not needed, for it is embedded in his BEing. He simply IS. And thus, he lives with Purpose.

Does he always live with Purpose? No. Because he is human.

However, he can "tap" into his Purpose in a heartbeat and in doing so, immediately re-connects and is back in alignment with his Purpose.

.....One can easily become a "slave" to their purpose.

..... We see this in zealots.

Instead, know your purpose, honor it and let it lead you or guide you in your actions. Treat it with respect and apply your awareness to your purpose. Help and share it with the World in a Loving Way. Never abuse your Purpose. Think "Big Picture" here and think of the Good of All.

How about when you are performing a task that you find to be tedious or "just isn't you", what then?

.....Apply Purpose to it.

This means, give it 100% of your attention. BE present. Stay focused on the task at hand. Apply your loving heart to it. Ever observe an auto mechanic who is aligned to his purpose versus someone who is only "going through the motions?" There is a vast difference.

You can observe this in your children: The Child who breezes in Math compared to the Child who withers with it yet can regale you with creative stories or has visions and can paint for hours on end. This is a reflection of Gifts and indicators of Purpose. Do you, as a parent, attempt to force such a child into a shape they are not intended for? Or do you encourage the child to fulfillment of their Purpose?

Say you are involved cleaning dishes. Is this a chore for you? If so, make the purpose of the cleaning something different.

.....Thank the dishes for the food they carried.

.....Thank the Water for clearing and cleaning.

Clean the dishes with Love rather than Haste. Allow your actions to express an Intention. Become Purposeful.

In what ever you do, find appreciation for it. Make this your purpose.

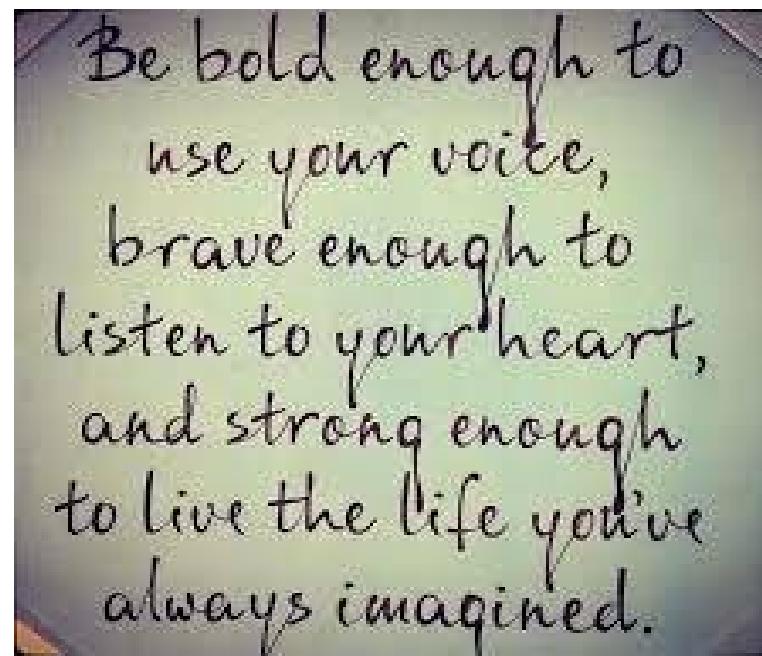
So many times, we create the purpose to "Get this thing done so I can do the next." This creates a task. This can generate resentment and makes moments more of a "pain in the ass" than a moment that can be much more than that.

.....Never "Kill Time." Honor Time.

.....Find beauty in any given moment.

.....That would be a very fine Purpose, indeed.

A-ho!



It's not about the destination

By Paul Hinsberger

How many of you look forward to when you arrive somewhere? For example, perhaps it is a location for your vacation, or perhaps a place in time in the future, say a special day and time?

When we live our life in such a way, we tend to overlook the simple days or even moments that pass by. Instead, we are focused too much on the future and hence, the present is neglected.

Enjoy the Journey!

Most folks are too preoccupied with the destination. However, the journey is a part of the overall experience and it should be respected.

So, with this in mind, consider your Life, your Goals, your Dreams.

Say your Dream is to live in a quiet place surrounded by rivers and trees, have fresh air and be able to spend your days writing or painting. For some folks, this will become a retirement dream. I've known people who proclaim, "I can't wait to retire. I will then do what I want to do!"

It's especially sad when that person is in their thirties and has another 30 plus years of productive work life ahead of them!

So why not enjoy the journey?

In the example above...

- Begin to write or paint NOW. Allow your creativity to flow rather than sit on the back burner for all those years.
- Travel and visit places that touch your heart and inspire you. Begin looking for your home NOW.
- Take pictures of the land or of your ideal home.
- Allow yourself to dream at night. Set the INTENTION of: "Show me where my home shall be." or "Show me my Life when I retire."
- Allow your dreams to carry you forward...and do so with an awareness of the gift of each day.
- Apply your gifts in the real world...NOW. If you write then find ways to write in your job. Show, don't tell your gifts to your boss or company. They'll see it, if you show it!
- Begin living your retirement Life—NOW! Learn how to rest and relax and to slow down. So many people act as if it is a sin to have free time on their hands. This is Social Conditioning talking! Instead, play when you play. Work when you work. Treat each day as if it were your last. Live with no regrets and enjoy the scenery along the way.

Many years ago, a friend of mine said; "No one ever lay on their death beds wishing they had done the dishes."

Check in with yourself. Observe your breath. Allow yourself to Breathe in Life. Breathe in the Present Moment. Stop and smell the roses. Enjoy the Journey!

Imagine you are getting married in a year. What will the next 365 days be like for you?

- Will it be stressful?
- Will you be in a constant state of worry?
- Will you enjoy each day as it comes or will you live the next year around key mileposts that lead up to the big day?
- Is there any reason why day one can not have the same "magic" as the wedding day?

How many of you have had the experience where the "Big Day" passed and you realized it was "Just another day?" Sometimes our expectations can become so great that the reality of the experience can not possibly match expectation. Therefore, just...BE.

- Be Happy
- Be Grateful
- Be Open and Curious
- Be Aware of the moment...
- and Enjoy the Journey while holding no Expectations.
- Enjoy and Laugh along the Way
- Approach the journey with the Eyes of a Child. Be in Wonder. Be in Awe.

The other day, I spoke with a very gifted—yet weary—customer service oriented waitress. She told me she had been going to Culinary School to become a chef but that she could not afford it and had to drop out. "I love to cook and I want, so much to become a Chef!"

I told her, "Follow your Dream. Offer to do prep work here where you work. Let them see your passion. If they are wise, they will see this. For your passion...this supersedes education. You will then get moved onto the cookline...move forward. Learn. Study on your own. Cook daily. Tell others...cook for them. And when the time is right, open your own place. Follow your Dream. Do not give up on your Dream."

Immediately the Light returned to her eyes.

A-ho!

How to...take time out

By Paul

If you had all the time in the world, what would you do?

Would you continue as you do and do what you do? Or would you live a different life?

Have you asked your soul this question?

We live in a world that places many demands on our time. And time—this man made concept of pigeon holes and ticking clocks—lingers above our heads and throbs with each heart beat in our awareness.

Time...it requires our respect (especially that of our own time and also the time of others) and yet...we must learn to not allow ourselves to become ruled by it.

When we live with Purpose, when we are fully aware of what we are all about and we know what we need to do in order to fulfill our purpose, we release the bondage of time and instead, flow with it.

We begin by honoring the nuances of change that reflect the passage of time...the movement of sun and shadow, the evolution of the Season...the changes witnessed in the morning or evening mirror...we accept the grey hair and the lines on our face. Especially those that reflect the laughter we have carried over the years!

Remember that a Good Life is a Life that is one of Balance. Strive for Balance. Find the balance point between your work and your family.

Sleep when tired. Work when working. Play when Playing.

Live each day as if it is your last. BE the Best You that you can be. Take a moment in your busy day to appreciate the Moment. Appreciate the fact that you Breathe...that your heart beats, that you have the ability to have cognitive thought and the ability to see, hear, taste, feel and Love.

Make your moments in your Earth Walk, precious.



Cast aside your doubts.
Make a total commitment
to living the life you were
meant to live.

Brian Tracy

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Go to Nature

By Neelam

When you find it is difficult to surrender, go to nature. When you find it difficult to rest, go to nature. When you find it difficult to let go, go to nature. When you find it difficult to feel secure and safe, go to nature. When you find it difficult to honor the cycles of your body, go to nature....

When you find it difficult to trust, go to nature.

When you find it difficult to be effortless, go to nature.

When you find it difficult to honor your gifts and own your grandeur, go to nature.

When you feel tired and want to give up, go to nature.

When you are confused and chaotic and don't have clarity, go to nature.

When you just want to BE , go to Nature

A-Ho!



Standing Deer carries a Rock in his Heart

By Paul Hinsberger

I share here a healing story that came to me in our journey in the USA. This story was given to a young woman who had built fear of movement and of falling down. Hence, she spent her time in a plush recliner chair and had done so for over a year...

<><><>

Once upon a time, there was a Rock.

Now, this was not the kind of rock that you can put in your pocket. Nor was it the kind of boulder that is bigger than a house. No...this was a good sized rock about the size of a stove.

Well, this rock sat all alone in the middle of a wide valley....

One day, Standing Deer was in the mopes. You see, his teacher--Grey Fox--wanted Standing Deer to spend the summer with Grey Fox's sister so the your boy could learn some of the Woman's Ways and their Medicine. Standing Deer--who loved his teacher dearly--wanted to spend the summer with his teacher and his friends. After all, Standing Deer was only ten years old...

So, Standing Deer went for a long walk, feeling rather sorry for himself. After a couple of hours, he found himself in the open fields and he sat down and put his back to our Rock.

"Greetings my Rock Brother." (Remember, Standing Deer was now friends with the Rock People!)

The Rock, unaccustomed to the voice of anyone, responded with a grating "Grrrrrrr." The rock cleared its voice (after all, it had not spoken for a very long time) "You speak rock?"

"Oh yes! My teacher taught me earlier this year and I do so all the time."

So, Standing Deer explained who he was and that he was learning to become a Medicine Man.

The rock listened...for he had not heard the sounds of a human before. This rock wisely noted something; "You seem sad my friend. Why is that?" (It took a long time to get the words out—rocks don't speak very fast!)

Standing Deer told the rock about how he was being sent away for the summer.

"Oh, how I wish I could go! I've been here for a long, long time."

Standing Deer looked at his new friend; "How long have you been here?"

The Rock considered this for a long time—no one ever asked him before!

"One million years."

Standing Deer tried to comprehend the number. No one had ever told him this number before!

"A long...long time," graveled the rock. Rock swallowed; "My life has been here, watching the arc of the Sun and the arc of the Moon. I watch the grass grow, wither and die. No one comes here...the animals pass far far away...I spend my life here and watch the days come and go."

"Do you remember your Mother or Father?"

The Sun arched across the sky as Rock told his life story; "I remember when I first came here...I was buried deep in the Earth Mother...and it became hot. Very hot...hot like I have never known. Then suddenly, there was this loud BOOOOOOOM! and I was in the air! "What is this?" I asked. I heard the sound of my voice...though I do not remember speaking...it was a loud sound...something like a scream and a whistle...and I thought; "I'm free! I'm free!" and I passed things in the air—I learned later they were birds. Then...BAM! I came here. And I've been here ever since."

Standing Deer patted Rock with his little hand; "I wish I could take you with me Brother."

"As do I, Standing Deer."

Standing Deer went deep into thought. After a while, he snapped his fingers. "I know how I can take you with me! Stay here..." He pointed, "I will go way out there and will speak to you."

"What will that do?"

"You will know that I am speaking. I will carry you in my heart!"

Standing Deer rushed off into the open field, making sure he could see the rock and that the rock could still see him. He closed his eyes and sent his heart out to the rock. "Dear Brother...you are in my heart. I have carried you here with me. Do you see me? Do you feel me? Do you feel the new Earth beneath you? Do you see from where you have come?"

Standing Deer hurried back to his friend.

"I heard you Standing Deer! I felt the cool earth...I could see my home...I felt you! Your touch—it is like a cool rain on a hot day in Summer. Your words were soft and gentle. Oh! That was marvelous!"

Standing Deer then had another idea. He shared it with the Rock.

So, Standing Deer stood up and as he had been taught, he closed his eyes and allowed his heart to open to the Creator. He faced the directions and he blessed the area where the Rock lived. He called out; "My Brothers! My Sisters! All my Relations! The Four Legged...the Winged Ones...those who crawl and live beneath this Sacred Ground...to my two legged Brothers and Sisters...I invite you to this Sacred Place. Honor my Brother here. Come...visit this land. For the Animals...know this land is green and the grass is good. For the others, treat this land with Love in your Hearts. Honor Brother Rock as he has lived a long life. Speak to him. Listen to his Wisdom. Carry him with you in your hearts so he may travel far and wide. A-ho!"

Standing Deer spent the night with his friend. They sat together, watching the arc of the Moon and the Circle of Stars. They talked well into the dawn, when Standing Deer left. He did so with joy in his heart, knowing that Rock would come with him when he went to his teacher's sister home.

So it came to pass that the animals came. They talked amongst themselves and shared the fact that the grass was green and the grass was good. They ate well there.

The People too came to the place. They saw the Medicine of the Place and came and rested around Rock. The Elders knew this was a good place and they respected the Rock for its ability to live like it did with no other rocks. For many years, young men came here to seek Visions, as did Elders before they underwent their final walk. To this day, the Rock is considered a Sacred Being.
A-ho!

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, 2018

Thursday, June 28

Saturday, July 28

Sunday, August 26

Tuesday, September 25

With Blessings,

Paul