



How to find Balance in a World of Confusion

One of the Fundamental Principles of Shamanism is that of Balance.

Here, Balance means finding the Center. It means not too much Yin, nor too much Yang energy.

Imagine a bicycle wheel. You have a tire, a rim, spokes, and a hub. If the hub is not in the center of the wheel, the spokes on one side of the wheel are shorter. You will have a wheel that goes up and down, almost like riding an egg.

Looking at the wheel as it spins while held in your hands, it may wobble from left to right, doing so only because it is not "trued" or tuned up. Spoke tension is not consistent on both sides of the wheel. The wheel is "out of balance."

Well, this same concept is always considered in these teachings.

Now, Life itself asks us to go through those ups and downs and all arounds. This is all part and parcel of the "Spectrum of Life." Without those occasional wobbles, we would have a rather dull life.

However, you must manage any wobbles in life and navigate them to find, re-establish, and/or maintain your Balance.

As you all know, the world is going through all kinds of craziness right now. This is actually a Call from Spirit that we, as a collective, are severely Out of Balance. The whispers of this have been around for a long time. Now, we are really feeling the Wobble of the Wheel.

In these teachings, we take 100% Full Responsibility for our Lives. By doing this, we take the first steps in "Tuning our Personal Wheel." Do this, and the ripple effects of Cause and Effect are engaged; your Balance begins to radiate outward to others. And therefore, before long, you become the catalyst for Change. You begin to Restore Balance in the world around you.

Here is some Food for Thought...

** In what part of your life do you feel the most Balanced?

** On a scale of 1-10, 10 BEing greatest, how high would you rank this

part of your Life? Why? What impact does "personal control" have on your score?

** Where in your life do you feel most unbalanced? Why? What role do you play in this?

** How can you bring Balance to a challenge at home?

** How can you bring Balance to yourself regarding the Pandemic?

** How can you bring Balance to others regarding the Pandemic?

** If you are triggered by something, how long does it take to find your Center?

** Can you BE passionate and balanced at the same time?

** Are you able to remain balanced when others are not?

** Who is the most Balanced person you know? How do you feel around them?

** In your opinion, does Balance mean lack of Emotion?

** How do you achieve Balance in your Life?

There are no right or wrong answers here. Instead, these are questions worthy of consideration. "Consideration" here is actually Balance. One can spend excessive amounts of time analyzing or formulating an answer.

Conversely, one can skate over the answer or brush off the questions altogether. This is complacency.

A Balanced approach means "Umm...I never thought of this. Let me BE with it for a while." Doing so, you don't get caught up in mental gymnastics, while at the same time, you don't forget about it either.

It is all about establishing, and maintaining, Balance.

Quote of the Month:

"Remember that these teachings are all about balance. Therefore, keep your eyes on the clouds while your feet find comfort (and anchoring) on the ground."

Paul Hinsberger--[*The River of Life, 2020*](#)

Church of the Wheel Recordings for September, 2020



In the month of September, there were 4 Church of the Wheel Gatherings.

All of these have been recorded (average length around 45 minutes) and are available for you to replay or download.

Date/Theme

September 6, 2020...Theme: "Symbols and their Significance."

<https://bit.ly/3286yE2>

September 13, 2020...Theme: "Contending with the Challenges and Curve Balls in life."

<https://wp.me/pb3VB1-eQ>

September 20, 2020...Theme: "Welcome Autumn and the Winds of Change."

<https://wp.me/pb3VB1-fq>

September 27, 2020...Theme" "I climbed a Mountain."

<https://wp.me/pb3VB1-fK>

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Join me every Sunday at 9:30 a.m. Mountain time for the LIVE Gatherings held on Zoom. You may learn more at:

<https://bit.ly/2TwvO2f> (Book mark this page as it remains constant, while the registration link changes every week).

Our Theme of our Gathering this coming Sunday (October 4th) is" Seeking that which is allusive."

Upcoming Courses with Paul & Neelam



Foundations of Shamanic Practices

October 17-18, 24 - 25

4-7 p.m. IST

Shamanism is the world's oldest form of Spiritual Practice, going back as far as 100,000 Years. Shamanism is all about connection with Nature, the Spirit and Soul of all things and your personal relationship with your Soul.

In the intimacy of our course, the gateway to your Shamanic Odyssey unfolds. Here, the Call of Spirit is acknowledged. Here, you embark on a New Way of BEing. Here, you become the Conduit for Change that is so critically important in this evolutionary times.

Ready to see Life in a new and different way?

Find out more here: <https://bit.ly/2SkCW18>

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The Empowered Woman

October 17 & 18th

9:30 - 6 p.m. IST

Who is the Empowered Woman?

** The Empowered Woman fearlessly lives from her heart and is not afraid to bare her soul!

** The Empowered Woman dares to take risks!

** The Empowered Woman is not afraid to be her true, authentic self!

** The Empowered Woman knows and embraces her wild, powerful force of nature!

** The Empowered Woman is willing to dive into her pain and dance with her joys!

** The Empowered Woman is not worried of rejection or judgment!

** The Empowered Woman is ready to drop all masks and be raw!

** The Empowered Woman is Ready to see her value and pull away any sense of unworthiness, shoved upon her Mind, Body and Spirit!

** The Empowered Woman is willing to Express and Embrace all Parts of Herself!

** The Empowered Woman honors her Divinity, her Body and her Sexuality!

** The Empowered Woman revels and rejoices in the beauty and wholeness of who She is!

** The Empowered Woman is ready to Reclaim her true Power!

Join us in honoring YOU, The Empowered Woman!

For more information or to register, please visit: <http://bit.ly/2T6WRS5>

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Advanced Shamanism
November 28 - 29

December.5 - 6

4:30 - 7:30 a.m. Mountain Standard Time

<https://bit.ly/34F4i8Q>

This four part workshop focuses on personal healing...Soul Healing which is where all Shamanic Healing begins. If you wish to make a difference in the World, you must start with yourself.

We begin with the Journey to the Soul and obtaining a deeper understanding of Inner Healing. Here, the Middle World opens to you and then we delve into your Soul-self and begin focusing on personal healing.

Later, we shall focus on healing the most important part of us—The Heart of the Shaman, for it is from the heart that we, as Shamanic Practitioners, see, feel and function.

Details are found here: <https://bit.ly/34F4i8Q>

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The River of Life

January 16 - 17, 23 -24, 2021

4:30 - 7:30 a.m. Mountain Standard Time

<https://bit.ly/3gzTDP9>

The concept of the River of Life came to Paul in a dream when he was fourteen, in April 1972. The River of Life has since become the basis for Paul's Spiritual Path and lays the foundation for a lifelong Way of BEing.

The River of Life is now a book (Search for 'The River of Life' by Paul Hinsberger. It is available on Amazon around the world). In this four part course, you will come to discover your Personal River and you will also learn of its countless secrets, and metaphoric meanings that grant you access to your Soul and a way of living that can touch the lives of others.

Come and embark on a Journey of the Heart, the Soul and with Nature as you venture inward upon the undiscovered wilderness of you.

This course is open to all people. No previous Shamanic training is required.

This course is mandatory for students who wish to become River of Life Teachers and also for those who wish to undertake Paul's Shamanic Counseling six month program starting in March, 2021.

We will Gather in four sessions (each 3.5 hours) on Zoom. Paul will teach LIVE from Idaho, USA.

Dates: January 16, 17, 23, 24, 2021

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We thank-you for sharing this Path with us.

We humbly request that you please share this with others who you feel will benefit from these teachings that we share.



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