

# AWAKENING THE SHAMAN WITHIN A Guided Shamanic Journey

By Mikkal

Presented at Centre Trimurti, Cogolin, France March 12-16, 2009

©Copyright 2009

## Meeting the Inner Shaman

In this experiential with Mikkal, we shall be exploring the shaman-self as a source of wisdom regarding your life purpose, and regarding your health and wholeness. This guided experiential is pre-requisite to the journey to obtain a spirit-guide or power animal, for the inner shaman is also the one who does the shamanic journeying and consults with his or her spirit guides. You will learn to shift into this shaman-self to do shamanic journeying in subsequent workshop. This is the starting place.

**Preparations:** Do this in a dark room, perhaps with a candle on the floor. It works best if you lie on the floor and listen to some one slowly read you this, pausing at each ‘...’ for 15 seconds or so. You can also pre-record it for yourself and play it back. If done in the daytime, use a bandana or eye shade. The accompaniment of light drumming or rattling is conducive. Smudge yourself with sage or cedar before beginning, and state your intent to meet your inner shaman.

## Instructions

Close your eyes and begin taking slow, deep breaths. ...Ground yourself by imagining gold or silver cords to wrap around your ankles and sink deep, hundreds of feet deep into the bowels of Mother Earth...

Once you are well rooted, imagine yourself becoming smaller and smaller with each breath. You gradually become so small that you find yourself standing on your belly, near the navel.

Your stomach gently undulates with each breath... and you see the navel of your being, like a little Hopi Kiva *sipapu*. This hole is a little magical portal into a cave-like room...Gather your courage and let yourself climb on down a ladder into this underground and earthen room in your body... There is a little fire on the floor, and the thin outline of spirits dancing around the fire...As the flames flicker on the cave walls you see ancient drawings of animals and some handprints...a few small bones and pottery shards on the dusty floor.

You take off your shoes and socks and feel the cool softness earthen floor beneath your feet....

...On one of the walls you notice an opening....it is passage way.... illuminated by the flickering light. You move into this passage and travel some distance, feeling the coolness of earth on the bottoms of your feet. ...You journey to a the space of the heart, a clearing in which you first see a clear turquoise pool of water and an abundance lush green growth flourishing around it. You pause for a moment to take in the peacefulness and beauty... and if you need a little refreshment you can cup your hand and drink from this pool of water...

...Eventually you notice another little path leading up a hill and follow it until you come to a

clearing where there is another cave in the heart area. ...Walk in towards the cave, and as you do so...you notice a little campfire off to the side, but in front of the cave. You go on over to the campfire, and facing the cave, warm your hands...and put a new log on it. As it ignites you smell the aroma cedar smoke wafting around your head.

...Notice how the fire crackles and the light brightens and flickers so that you can see into the cave just enough to see the Shaman Inside, peering out at you. As the Inner shaman steps out of the cave and moves towards you, your senses are alert. ...notice everything, ...the walking, ...the clothing, the eyes....

As the shaman comes and stands beside you at the fire, ask him or her about some problem or issue you've been wrestling with lately. Muster your courage; be as open as you can be. ....Then give the shaman a little space to take it in and pay careful attention to everything...his or her other gestures,... body language, ...eyes....for the response may come not in words but in nonverbal ways, perhaps even ESP and gut intuitions, or fantasy images.....in this sacred place anything can be a reply, r part of the reply...

Use your own gut, your own felt sense to notice any stirring or sensation or response you feel in your body which might be a reply...

Then draw physically close and let your bodies magically merge... so that you can see the situation from the shaman's point of view...

...What do you notice...?

...How do you feel, now,..towards this situation or problem? ...

As this shaman, what would You say to you? ... What direct advice would you give?

Take some time to be with these questions and answers....

...Now separate...and become yourself again..., but continuing the interaction....

Do you understand what the shaman is trying to convey? ...If not, ask for more clarity.

You can have some time to ask any other question as well... Be sure to pay attention to gut-

intuition and felt-sense, and to observe all gestures...

You can magically merge again...and then separate and contemplate...

...You can thank the shaman for this wisdom and help...

...and just as you are about to say "Goodbye" the shaman reaches into a little leather bag behind -his or -her self and offers you a little gift, a talisman or symbol to help you remember and keep a hold of what you have just experienced and learned.

Receive this gift. ... What is it? You can explore it...What does it feel like? What does it look like? How does it signify this conversation with the shaman?

Tell the shaman how you feel. ...Express your gratitude...then say good bye and return back down the path to the pool of the heart. Again pause and drink the greenish life and the turquoise beauty. Thank the pool and return towards the Kiva in your belly. When you arrive, offer a Thank You to the spirits there, and throw another stick of wood onto the fire, offer a little cedar or incense and Give Thanks to the spirit of the fire. Climb back up the ladder out of the Kiva and again stand on your undulating belly.

Take three full breaths and with each one increase by a third of your original size. One....Two....Three.... When you are your original size, ...you may stretch, ...yawn, sit up, ...and write down the essentials in your journal. Keep close to your felt sense of the Talisman gift as you write down the crux of your meeting with the Inner Shaman.

## Comment

There are many life-paths, each with a particular authentic self. A shaman is called or quests for the life-path of a shaman-self. This inner figure is like an inspiring muse for your life plan. It is sometimes called a spirit-twin, or the shaman's higher self, but it is a potentiality, a pattern to be lived as integral to individuation. We are each called to a certain kind of self, and we have all of them in us as a potentiality. Some are called to an artist-self, others to a teacher-self or a leader-self, and so on. There are many callings. For a life to be authentic it must find the kind of life it is called to. In this experiential we have been exploring the shaman-self as a source of wisdom regarding your life purpose, and regarding your health and wholeness. Since we have all these archetypal potentials within us, anyone can explore the shaman-self, even if it is not your life-path. Consulting it can give you great insight into your own problems and health issues. Keep in mind that your Inner Shaman is not a spirit-guide or a power animal, for a shaman has those already. What we are accessing and awakening is your inner shaman, so that you can directly experience it, interact with it. I often lead apprentices into this experience before teaching them to shamanic journey, as part of an introductory workshop I call "Awakening the Shaman Within."

Mikkal