

## **Shamanic Skeletization Discovering your absolute core**

23 Mar 2009

### **Reduction to a Skeleton**

*A Guided Shamanic Journey of Transformation*

*By Mikkal*

**Presented at Center Trimurti, Cogolin, France, March 12-16,  
2009 (c) Copyright 2009**

**Purpose:** Mikkal (C. Michael Smith, Ph.D) will guide you to experience a visionary “reduction to skeleton”, a kind of contemplative death/rebirth to gain greater awareness of You as pure spirit (or soul). Light shamanic drumming will be used. This reduction to a skeleton experience happened to Mikkal, came unbidden during his initiation process many years ago. His life changed dramatically and realigned inwardly and outwardly around his spiritual core, after this visionary experience. He has asked his guides to share it in assisted/guided form today, and they have offered him information on how to present it to you.

Close your eyes and take a few slow deep breaths...

Ground yourself by allowing gold or silver threads to gently and firmly wrap around your ankles, and the go deep, hundreds of feet deep into the bowels of Mother Earth, anchoring you securely there.

Imagine your self walking along a green forest path, deep in the woods, late in the afternoon, just before twilight-- letting yourself notice and take in various things you see, and smell, hear and feel.

Notice the gentle breeze on your skin and the feel of it in your hair. Become aware of the rich smell of the soil you walk on.

As it gets later and becomes twilight, with darkness falling, the stars and the moon come out, which you can see through the tree tops. Eventually you come to a large clearing in the forest where there is a Magical Lake illuminated by silvery moon light. You may find pine trees around it, and hear crickets, and perhaps the howling of wolves, the rummaging of raccoons.

You are now ready to take a journey beneath the waters of this magic lake. Let yourself dive in and move towards the deep bowl-shaped bottom, where you will find a little hole, it is an opening to a tunnel. Go through the hole and follow the passage-way of the tunnel until you come up from the water into a cavern, an old ancient chamber that is dark, yet you can see in it faintly.

Sit up on a ledge and look around in the dim space, become aware of the presence of a helping spirit, it may be in animal form. It is there to help initiate you.

It speaks to you telepathically, without words, yet you feel and know what it is saying, as it asks you if you are ready to die tonight. Muster your courage and trust your guide to take you through death and find what remains on the other side.

When you consent, immediately you become aware little allies in the room that are peeling off your skin, exposing underlying tissue and muscle. They whisk the skin away and then your guide says to you "See, you didn't need that, it is not you, it is just your envelope." Then you become aware of the little allies taking off your muscles quickly, one by one, disconnecting ligaments, and whisking it all away. You are not your muscles either.

Then the little allies come back and begin removing vital organs. They begin removing them from your abdomen, and as each organ is removed, you become aware that You are not that either.

Next they take the eyes out of your sockets. This is very strange, for some how you can still see and be aware. You are not your eyes, nor are you any of your sensory organs either. You are simply the one who has been using them.

Then you begin to feel an odd sensation in your spine as they lift out your brain and spinal cord, it feels like a snake crawling out, perhaps--- and they whisk it away also. You aren't even your brain. Just like your senses, you have used your brain and spinal cord to sense and feel and know the physical world, and to think. Yet still, you are here, you are aware that you are the one who had that brain.

Now you are reduced to a skeleton. You can still see, somehow, and you lift up your arms and look at them in the dim light. You see only bones.... You look down and see your rib cage, more bones....and your legs, again more bones. You touch your thigh bones and hear the clicking of bones as your finger-digits touch them. *Bones, bones bones!*

You have now been stripped to the bare bones, and still, ... You Are. Still, ...you can say "I AM." Being stripped to the bare bones is a taking you down to your core human form. You might feel you have arrived at the absolute truth of You, but this is not so. The bones still have human form and are your bones. Who is this You that has these bones in this life?

Suddenly you feel the spirit allies dislocating and separating the bones in your hands, and then your arms...then they take your toe bones and feet bones, they take apart your leg and thigh bones, and the your rib cage comes apart, followed by your skull detaching from your spinal column ...*ahhh!* Now each vertebra separates and each bone swirls away from you in the atmosphere of the cavern. It is freeing, ...like a deep breath of fresh air.

The bones begin clicking together you can hear a kind of musical rhythm as they dance before you in the dim light of this dark cavern. You feel an unusual sense of spaciousness, of vast openness. There's not a single thing left that you had identified as *you* or *yours*, and still, You Are! Still you can say "*I AM.*" *Yet, there is nothing left to identify with. You are deathless.* Those bones and that body are your vehicle for a life, an incarnation in the field of space/time. This means that you are fundamentally and always *Free*. You can create your life by intentionally using all those things you identified with in service of Life.

Take a moment to just feel this truth and enjoy it....

A little time passes and you notice that the bones have stopped clicking and the spirit allies begin rapidly reassembling your bones.... Finally you have your skeleton back, like you have put on some of your clothes for this life. ...The allies have washed and cleaned your brain and spinal cord and now reinsert it. ...They also washed and cleaned your organs and place them properly back in your body. They bring back cleansed muscles and ligaments...and...all things are hooked up right again. You can inwardly sense your stomach, feel your lungs expanding and contracting as you breathe. Take a deep breath. Smell the musky scent of the cavern, Finally, here comes the washed and cleansed skin, made more sensitive. Your body is sealed back up, and you can now touch your skin, feel your lips and hair....feel the water on your toes. It is so good to have a body to be in the world with.

Move your hand and *realize that you are the Force that moves that hand. It doesn't own you, You own it! It obeys you! It is the same way with your mind.* Rather than it owning you, now You can own it, make it obey you. It is here to be a servant of the heart, of the core of You, not the other way around. Now you can realize that *You are Life* and you are Deathless in your deepest being. This life is an opportunity for you to create a beautiful life. You can do it because you are the 7<sup>th</sup> Direction! You are Life incarnating here and now, incarnating in this Hoop.

From the depths of your heart, Thank the spirit allies, and thank the spirit-guide who has helped

you discover what is on the other side of death.

Then, say “Good Bye” and dive back in, going through the tunnel passage and back out of the hole at the bottom of the Magic Lake. Swim to the surface, and walk gently back along the path to this place here. Take your time, feel with your senses, let yourself move to the light of Grandmother Moon. Perhaps you see pinpoints of star-lights poking through tree branches.

Keep a felt-sense of the insight and expanded awareness and bring it back into the ‘here and now’ of this world. When you are ready, you may write in your journal. Then we will share a little about our experience, if we wish.

END

Comment: This is not soul retrieval, but a precondition for the self-parts and potentials of your wholeness (soul parts) to come on line in this life. What the reduction to skeletization hopes to accomplish is to activate the 7<sup>th</sup> Direction, which means activate You, your freedom, and will to become active in your own soul recovery process, and shape your life with Intent.