

The Sacred Spiral Returns – Celebrating, Giveaway and Thanksgiving Spring 2007

At this moment in your apprenticeship it is totally appropriate to celebrate a little. Last gathering we were tested and indeed with current trying times testing is much at the forefront. I was told by the guides to work on you individually before the last session to release the major blocks to your highest good and your being able to use your Shamanic gifts and talents for the highest good of the community and Mother Earth. The sweat lodge was organized as a warrior lodge to continue this work. And the work we did on Sunday finished off much of this process. We still have more to do. From now on it is very important to warn me a week ahead if you cannot attend so that I do not start something, which we cannot finish in a timely manner. We are moving ahead very quickly now.

Considering the massive amounts of deep space energy, which has been hitting our planet, we were lucky to be forewarned to go through this clearing process. Those who have heavy issues and blocks will be acting out and acting very short tempered and irrational during this energy surge until they release their blocks. You will see this played out even more in the news. A news diet may be in order.

The mean rate of Mother Earth has risen to 16 hertz according to Raymon Grace. This is up 3 points from a year ago. Earthquake energy where folks go really crazy and choose to make their transitions has been 18 – 21 hertz. Considering 7.8 was the average until 1987 and for hundreds on years before that we are coping quite well. The good news is we can use this energy to help and heal. Hollow boneness, doing the earth/sky circular breathing and following all the tips for easier acceleration (in the blue PS101 book) are much more important than ever before. We are at a time were born for. And we can handle it. All is Well.

After muscle testing to see where you are and doing a few more Brain button pulse harmonizing and releasing of negative patterns we will be ready to move on to lighter matters.

Congratulations! You passed the test! You are here and feeling good!

Steps for an Effective Ritual or Ceremony

Introduction

There are all kinds of healing and helping groups who have many gifts and purposes. As a Shamanic apprentice you have certain gifts that are very unusual in the general population of people. Probably 5% of the population is as capable as you. Previously we have learned how to increase your gifts, clear out blocks to success and health and stay in a powerful balanced place. You are capable of using your intuitive powers, connecting with totems, angels, High level guides, Spirit Doctors and Healing Masters to offer magic in a world that is yearning for a change. You are capable of traveling to other dimensions and times to make the world more healthful, happy and whole.

How we do this together as a circle or individually most effectively are through ceremony and ritual. That is the one thing we can do very well that many others can't. Consider that every one who thinks the same thought with intent and passion is multiplied by the power of three. For instance, our prayers together as a group today would affect $6 \times 6 \times 6 \times 6 \times 6 \times 6 = 46,656$ It is said that Jesus gathered 12 disciples because it only took 13 to the power of 3 to overcome mass consciousness at that time in history. A few of us in focused prayer and ceremony can change the frequency of a huge area for the better. It

would be interesting to get the world population and back out the power of three to see how many people we need now. With the increased energy we have to work with this formula may have to be changed.

Formula for a Successful Ritual or Ceremony

1. If possible do a MAP session a few days before to amp up your energy and ask for an attunement that will enable you to best serve your circle, your community, and your clients as a ceremonial leader, healer, helper. Ask to be a good hollow bone.
2. Smudge yourself, others and the ceremonial area releasing negative energies and entities.
3. Set up a force field that allows only energy and entities for the highest good to enter. You can do this with drums, rattles, wands, cornmeal, salt, prayer flags, prayer ties, sound, voice and visualization. Combine these as needed.
4. Symbolize what you want to change with physical objects.
5. Make the desired change come alive by doing something with the objects to reinforce the change. For example putting prayers into the fire or prayer ties or cutting away negativity with the obsidian knife.
6. Power yourself with personal symbols that symbolize the new person you are becoming. A shield, a stuffed totem animal, medicine wheel treasure map, your soul portrait are examples.
7. Reinforce your ceremony with a witness.
8. Open your ceremony. Build a personal altar or medicine wheel.
9. Sing your calling in songs - The heart chant, Hai a Way, Ah Ah chant, Hey a way. Or make a personal song using the vowel sounds of your name and these chants.
10. Call in the angels (andawees of the directions) as you do this identifies the desired change you wish to make in the ceremony.
11. State or symbolize your intent.
12. Infuse your ceremony with power. Talk about the significance of your symbols, read meaningful poems, play music, sing songs, drum and or dance to launch and continue energizing your ceremony.
13. Act out your desired change. Speak of your change; perform a symbolic act of release, passage, affirmation and/or healing.
14. Affirm and commit to your change through a significant act.
15. Reaffirm the new change in your closing.
16. Give thanks to all your healing helpers, the Angels of the directions, the healing masters, your White Brotherhood healing team, the Spirit Doctors and the Little People and bid the ones that came just for the ceremony a fond farewell. Ask that you be able to hear, see and sense their urgings as you live your life. Ask that you be able to remember and assimilate all the information help and healing that you have been given. Ask that your own regular helpers and the regular helpers of your circle stay close and communicate to you as need be.
17. Give hugs all around.
18. Celebrate the change with gratitude, food, drink, music, art, dance and gift giving. Let's feast!

Spiritual Ethics and Guidelines for Ceremony and Ritual

- Since ceremony and ritual are so powerful we must be ever mindful to stay on focus keeping negative thoughts from being stated or even forming while we are in such a powerful state of Being. Calling someone out on speaking negatively during ceremony is fine as long as you do it in a non-aggressive way. For example use "Your talking is interrupting the energy flow. Please cease." Instead of "Shut up!" S-h-h-h-h-h is ok too. Avoid "you statements" Use instead "Your actions"
- Do not touch another's medicine objects unless you are given permission.

- Do not point your fingers at anyone. When in ceremony your energy is so strong this can cause harm if you are thinking negatively when you do this. Point with the thumb.
- Do not talk without permission or having the talking stick.
- Harm no one, **ever!**
- We walk sunwise to build energy and counterclockwise to release energy. When in Rome do as the Romans etc. If there are certain rules in another location for a ceremony you are visiting, go with the flow (mostly unless you see harm being done). Then you can just respectfully walk out of the ceremony. .
- Throw nothing in a sacred fire. The fire keeper and his/her assistants are the only ones to handle a fire. Don't walk between the fire and the lodge or between a ceremonial leader, or fire keeper and the fire as this can interrupt the energy they channel from the fire. Be aware.
- Avoid second-guessing a ceremonial leader. Go with the flow. Ceremonial leaders usually have a general outline with room for inspiration. Some of it may be channeled on the spot for the purpose of the ceremony or for what the Spirit Doctors see as being the purpose of the ceremony. (Sometimes these differ) Oh well, what do we know?
- Be mindful of others spiritual paths and include mention of these as a way of showing respect. We are all just different leaves on the Tree of Life.
- Include beginners and children in doing something to get ready for ceremony or to close down the circle. Children are good helpers to pass the tobacco, talking stick or smudge bowl.

The Seven Plus Life Plan

Manifestation is greatly amplified by ceremony and ritual. And the energy now coming in makes this process faster and easier. As usual, be careful what you pray for. It is an interesting and is a very effective tool to see how the Seven Plus Life Plan dovetails with your ceremonies. It is based on the Scientific Mind Treatment of Earnest Holmes who was inspired by Carl Jung's work. Carl Jung received much wisdom from the Hopi elders and packaged this for the scientific community. These are the steps:

1. Identifying your concept of God, Great Spirit and Creator. "There is only one Great Spirit."
2. Aligning with Great Spirit as a hollow bone of healing, helping. "That Great Spirit is my Great Spirit." Use your own words for God.
3. Stating your intent or prayer in affirmative terms. The superconscious mind only knows yes. Use the opposite of no. For instance use "I am healthy and whole" rather than "I am not sick."
4. List all the benefits of receiving your good. List all the benefits of staying the same without your prayers being answered. This opens up your self-sabotaging behavior to the light for release. For instance, "I am a very successful healer and shamanic practitioner." A benefit of staying the same is, "I would have to miss out on all my TV programs and quit being a couch potato if I am so busy working."
5. Release negative blocks to your health and highest good. What are these? List them. Perform a cutting away ceremony or write a letter to your angels about these and burn it. Perform forgiveness ceremony for yourself and others. Put it in a ceremonial fire. "I release the Spirit of laziness and sloth. It vanishes in the fire and is transmuted for all time!"
6. Give thanks that this is so. So be it.
7. Take action! You don't have to know the whole picture. Just take a step; any step, and Great Spirit will take ten towards you. Then watch for the signs to follow your bliss, desire, and intent.
8. Expect that all is taken care of. You have a lot of help. Speak about your goal to only a few very trusted individuals so that you don't release the steam from the boiling pot of your life.

Using Psycho Drama to Make Manifest

The Iroquois were and still are masters of drama to make manifest. When someone had a very important dream or vision they would make up songs, dances and plays and the village would act them out to help make the event real and bring it to reality. In this case the form would congeal around the energy made in the psychodrama.

For instance: when Diane Elliot and I went to Wisdom keepers last year they held a ceremony to finish the release of the grieving process and a welcome to Ted Williams Spirit to the Spirit World. The elders talked of good times and told many fascinating stories of his wit and wisdom. At night during the ceremony they had large eight-foot puppets that were very funny with the crowd dancing and drumming to celebrate the year's anniversary of Uncle Ted Williams passing. Ted was a False Face Medicine Society member. Uncle Henry Niece was assisting a gal dressed like a Coyote in generally harassing the dancers. This was perfect for Ted as he was a real prankster. This insured that he would continue enjoying humor and pranks in the afterlife. He should be honored as he was in real life. Poet, author, artist, healer, prankster, Medicine man. Also, the booger mask prankster of the Cherokee would interrupt ceremony when it got too serious to relieve some heavy energy to make fun of enemies and/or to make a social comment a la Sat. Night Live.

What are our goals as a group? What do we want to do as a psychodrama to make manifest? Let's do it! As a group let's do one each meeting.

Name five.

- 1.**
- 2.**
- 3.**
- 4.**
- 5.**

Songs and Dances of Thanksgiving

Both ceremony and the Life Plan have giving thanks as a step. That is because ceremony is just a stronger, concise representation of life. As Oprah has so eloquently expressed in her gratitude journaling movement, giving thanks makes abundant things happen! The songs we sing for thanks are Thank You for this Day Grandfather, Wado, Wado and Wanne Ho (the closing song) Notice that we usually put them towards the end of ceremony just as in the 7 Plus One Life Plan does. That is because; energetically they are most effective there.

A Spiritual Giveaway for Thanksgiving

Indians are famous for giving away most of what they have on certain occasions such as funerals, marriages etc. The government shut this action down for a while because they did not know how the laws of manifestation work. What you give away when in the right mindset comes back to you many times over. So when I need more money, I tithe more to the Church and get the energy flowing to me. At the Fall Harvest Ceremony we always do a spiritual giveaway. Harvest is the usual time for this.

To celebrate our passing our individual and group tests lets do a giveaway to each other. During a quiet time in a sacred spot look around for gifts for each one here in the circle. Make sure you ask permission and give tobacco for what you take from the land. How can we work this into ceremony?

Thanking Your Spirit Doctors and Animal Totems – A Cementation and Connection Ritual

In Reiki many of you have experienced an attunement. You are given symbols to use. In Practical Shamanism we are given totems, Spirit Doctors, Sacred Symbols and Soul Songs that cement our working relationship with the Spirit Doctors, angels and healing masters. Let's take a journey to receive a symbol, sound or movement that will connect you with you healing helpers. As we receive them put them into your body where the helper indicates. Then we will make an art project, dance or song to reinforce your connection. Sleep on it tonight and present this Sunday to the group. More info will be forthcoming in dreamtime. It does not have to be museum quality. It's the thought that counts. Later you may want to make a Sacred Shield.

Thank Your Favorite Power Place

Now let us go to a place of power and thank it with tobacco and song. People all over the world travel to such places and take, take, take. Thus places like Sedona and Ashville are being depleted of their Healing Earth energy. What can we do to help? The triangle shaman stance as we did on Mt. Mitchell is one way. We can send energy through our Amethyst crystal geode to the amethyst crystal on Mt. Mitchell an on the Peaks of Otter and transmute toxins anywhere on the East Coast.

Angel Letters, Forgiveness Ceremony and Cutting Away

Smudge, make sacred space and welcome all your healing helpers. Write a letter of forgiveness to family, friend or co-workers you have had issues with. You and also address it to the Spirit of a disease of addiction. Or use this for a dead person you can't talk to or ancestor. Address it to your angels to be delivered to their angels for them. Fold it up. Draw a heart with wings on it and draw any of your personal symbols on it. Burn it in a ceramic or metal bowl or in a sacred fire.

Then go to a running stream or use magic water in a crystal bowl. Throw the water over your shoulder seven times saying, "I release fear, I release anger and five other things. Hold your hands up in the shaman's sun stance. Say, "I rejoice in the light of a new day!" Then do the Sun triangle. Power up. Send Light to the one you are forgiving as a pink love light. Fill then them up with pink love light. Feel and see it coming back to you to fill you up. Visualize/feel/hear them standing in front of you. Talk with them in a forgiving way. If necessary cut the chords that come from your solar plexus with your shaman's fingers. Imagine a frame filled with green grass or blue sky. See them floating away. How big are they? If they are very small in the corner they are no longer a big influence in your life. Rejoice and Celebrate your freedom!

**“You are a powerful mighty Spiritual Being with
discrimination, choice, humor and freedom. If it ain't
funny, It ain't spiritual.”**

Dannion Brinkley at the Coptic Conference.

