

**Recommended Reading and Resources**Shamanic and Energy Healing

Avila, Elena (1999) *Woman Who Glows in the Dark*. Tarcher/Putnam

Brennan, Barbara (1987) *Hands of Light*. Bantam

Halifax, Joan.(1982) *Shamanism: The Wounded Healer*. The Crossroad Pub.

Harner, Michael (1980) *Way of the Shaman*. HarperCollins.

Matthews, Caitlin. (1995) *Singing the Soul Back Home*. Element Books, Inc.

Ingerman, Sandra (1991) *Soul Retrieval*. HarperCollins.

Ingerman, Sandra (2000) *Medicine for the Earth*. Three Rivers Press.

Madden, Kristin (12/02) *The Book of Shamanic Healing*. Llewellyn.

Villoldo, Alberto (2000) *Shaman, Healer, Sage: How to Heal Yourself and Others With the Energy Medicine of the Americas*. Harmony Books.

Ecopsychology

Chard, Philip Sutton (1994) *The Healing Earth*. NorthWord Press

Cohen, Michael J. (1997) *Reconnecting with Nature*. Ecopress.

Roszak, Theodore, Mary E, Gomes, and Allen D. Kanner. eds. (1995) *Ecopsychology: restoring the earth, healing the mind*. Sierra Club Books: San Francisco, CA.

Death and Dying

Madden, Kristin (2005 re-release) *Shamanic Guide to Death and Dying*. Spilled Candy Books

Shadow Work

Zweig, Connie and Jeremiah Abrams, ed. (1991) *Meeting the Shadow*. Tarcher/Putnam

Zweig, Connie Ph.D. and Steve Wolfe, Ph.D. (1997) *Romancing the Shadow*. Ballantine Wellspring.

Ritual

Hammerschlag, Carl & Silverman, Howard (1997) *Healing Ceremonies*. Berkley Publishing.

Orr, Emma Restall (2000) *Ritual: A Guide to Life, Love & Inspiration*. Thorsons.

Some, Malidoma (1993) *Ritual: Power, Healing, and Community*. Swan/Raven & Company

Cultural Videos

Powwow Highway (Native American-Cheyenne), Anchor Bay Entertainment,  
video 1989, DVD 2004

Dreamkeeper (Native American-Lakota and more), Lions Gate Home Entertainment,  
video 2003, DVD 2004

Pathfinder (Sami-Norway), Fox Lorber Video, 1987 (subtitles)

Whale Rider (Maori), Columbia Tristar Home, video 2003, DVD 2005

## **Grounding**

Sit or stand up straight. Take a deep breath and relax. As you breathe, imagine tension leaving you with each exhalation and a beautiful golden white light filling you with each inhalation. Breathe into any areas of stress or tension. It may also help to drum or count yourself down from ten to one.

Visualize your body as a tree. Imagine that your torso is the trunk of your tree. Raise your arms and allow them to become branches, reaching high to receive the blessings of Sun and Sky. Feel the energy flow down your branches and through your trunk down into your legs.

See and feel roots growing down into the Earth from your legs and feet. They grow deeper and deeper until they reach a glowing stone at the center of the Earth. Allow your roots to encircle this crystalline ball of energy and merge with the light. The stone takes in all tension and unwanted energies and transforms them.

These transformed and purified energies are returned to you. Feel them rising through your roots, strengthening and revitalizing you. They flow up through your trunk and out to the Sky through your branches.

Feel the energies of Mother Earth and Father Sky flowing through you. Feel yourself balanced and centered.

## **Shielding**

Return your awareness to your physical body as it is right now. Continue to feel grounded and balanced.

Visualize the healing, protective energy of Earth and Sky filling you to overflowing. It expands around you, more and more, until it forms a protective bubble that completely surrounds you on all sides, and on all levels of being. See and feel this golden white bubble.

On the outside edge of this bubble, visualize a barrier forming. First, you see and feel a hard, clear edge like glass surrounding your bubble. This prevents any external energies from entering your space.

Now the glass disappears and is replaced with a screen mesh. This allows in only the most beneficial energies and keeps out all unwanted energies, thoughts, and beings.

Now the mesh disappears and is replaced with a mirror. All energies directed to you are reflected back to the sender.

Now the mirror disappears and is replaced with fire. This barrier purifies and transforms all energies that enter so that they are always of the highest benefit to you. Now the fire disappears and you are left with you golden white protective bubble.

Do you require a barrier? If so, recall the image and feeling of the one you need most, or create your own. Know that you can recall these shields any time you are in need of their protection.

## **Creating a Physical Anchor**

from Madden, Kristin, *The Book of Shamanic Healing* (2002) Llewellyn

Purify your ritual space in your preferred manner. Create sacred space using the method that is most appropriate for you. Invoke your spirit guides, the Creator, and any other spirits or deities you feel are appropriate. Your intent is to create a deeply healing space as well as personal clarity and grounding.

Drum yourself into a light trance. If you do not use the drum, count yourself down from ten to one, twice. It may help for you to visualize yourself descending one step with each number.

Become aware of your breathing. Observe it for a few moments. If you still feel any areas of tension, direct the breath to these areas until they relax.

Now, begin to increase the duration of your exhalation until you have attained a 1:2 ratio between inhalation and exhalation. If you find you are gasping for breath on the inhalation, reduce the length of the exhalation. This should flow naturally without creating stress. Stay with the breath until you feel your trance deepen.

Place your hands or body in the form you have decided will be your physical anchor. Take a deep breath and focus completely on this anchor. Feel the physical sensation, the skin against skin, the pressure, whatever it is that this posture feels like.

Allow your focus to expand to include your trance and the energy of the room. Feel this energy create the anchor and feel the anchor create this energy. They are bound; integrated parts of one complete experience. Breathe into this feeling.

If you want to create more specific associations with this anchor, such as the experience of a particular meditation, bring those elements into your ritual now, while holding the anchor position. Perform the meditation, call in the deity, do whatever it is that you want to occur automatically when this anchor is activated.

Once again, allow your focus to expand to include your trance and the energy of the room as you felt it during this last step. Feel this energy create the anchor and feel the anchor create this energy. They are bound; integrated parts of one complete experience. Breathe deeply into this feeling.

Tensing the anchor position, say to yourself and to those you have invoked, that this position will automatically create these conditions in your energy field whenever you take this position. State with intent that you will automatically assume this position without conscious thought whenever you have need of these conditions. State that this physical posture anchors these conditions in your physical body. Repeat this twice.

Ask the assistance and guidance of those you have invoked in deepening this anchor. Thank them for their presence and blessings and release the sacred space in your preferred manner.

\*Make it a point to use this anchor each time you create similar conditions, perform your chosen meditation, or invoke your chosen deity. Continue to do this until you feel it becoming automatic.