



Spiritschild Feb. 2009

The Shaman's Journey

What Is a Power Animal— And Why Would I Want One?

By Dee Sohler

There's some downright scary stuff going on in the world today. The economy's crashing, the country's still at war, and global warming may wipe out the polar bears. It's enough to stop us in our tracks and make us yell "Stop the world, I want to get off!" But most of us don't want to get off, not really. We just want to be able to handle the chaos and get some clarity about what's going on in the world around us. We want to lead meaningful lives, and have some peace of mind.

Transition times can be scary and confusing. What exactly is happening? And why? And is there something I can do to help? So many of us are asking these questions. And of course no one really has all the answers, including me. But I do have a suggestion, and perhaps a useful way of gaining clarity and guidance.

I have been studying shamanism for almost 10 years now, and it has given me a framework for understanding both myself and the world around me as we move through these challenging times. As a result of my shamanic studies, I have several helpers and teachers in spirit form, including a power animal. They have been a tremendous help to me in understanding and coping with these difficult times.

A practitioner of shamanism learns to travel between two different realities: our everyday lives—Ordinary Reality (OR), and the energetic, non-physical realm—Non-Ordinary Reality (NOR).

Ordinary Reality is our day-to-day physical reality. It is paying the mortgage, getting the kids ready for school, and stopping at the grocery for milk. It is also hiking in the mountains, getting drenched by the monsoons, and admiring a flowering saguaro. It is the economy, earthquakes, and wars. In other words, it is the physical experience of our everyday lives.

Non-Ordinary Reality is an energetic reality, not a physical reality as we experience it. A shamanic practitioner is trained to "journey" to NOR while still keeping one foot in OR. This journey is an excursion into another realm to talk to the helping spirits and receive their guidance and wisdom. The shamanic practitioner seeks answers from the spirits to help us understand ourselves and the world around us.

The answers may include instructions for a healing, an explanation for an event, or encouragement in finding our life goals and mission. The shamanic practitioner often has no idea before the journey what the message from the spirits will be. But he or she is the "hollow bone" through whom the helping spirits can speak to everyone. (con't. pg. 2)

Astrology for 2009 & 2010.....Free Talk

In private practice full time since 1992, Larry has appeared on both radio and television delivering phenomenal insights with an emphasis on success and need fulfillment. Graduating in 1986 from the University of Dayton, with a degree in psychology, Larry uses the knowledge of the ancients to answer 21st century problems with practical results.

Larry is currently working in Tucson, Arizona and is a regular on radio in both the Tucson and Phoenix areas.

In November of 1996 People Magazine asked him to write a new type of astrology column with his success oriented approach. Through June 1999, his column Star Power was available in People Magazine's Daily Page on the World Wide Web. Hundreds of readers enjoyed

the Live Chats and inspiring messages that were part of a daily dose of empowerment. Larry will be offering a free talk on preparing for the special alignments coming up in 2009 & 2010. These alignments will be prompting great changes. He says that these changes are inevitable and by being aware, it will help you to move through these changes with greater ease.

So come join us for this special guest speaker and find out what is in store for you this coming year.



Planning Ahead for 2009 & 2010

DATE: Sunday Feb. 22, 2009 **TIME:** Noon to 1 pm

Special-20min. Consultations- \$25 Appts.
From 2pm to 5:30 **RSVP:** 744-4402

Buddhist Classes, Eight Steps to Happiness: The Buddhist Way of Loving Kindness with Gen Kelsang Lingpur

Based on the famous Buddhist text Eight Verses of Training the Mind, by Bodhisattva Langri Tangpa, this course teaches us new ways to look at our reality and the meaning of our lives. By following the practical advice given in these classes we can transform our mind and our life, fulfill our human potential, and find lasting peace and happiness.

Jan. 8- Feb. 12: Living Meaningfully, Dying Joyfully

We are alive, therefore we will die. This is the simplest, most obvious truth of our existence, and yet very few of us have really come to terms with it.

Feb. 25 - Mar. 25:

Mahamudra Tantra

Gen Lingpur will give practical for gaining deep experience of Tantric meditation, how to realize progressively subtler and more blissful states of mind and how to unite our subtlest mind with the wisdom that realizes ultimate truth.

- 02-04 Living Meaningfully, Dying Joyfully
- 02-11 A Buddhist Perspective on Death
- 02-21 Transfer of Consciousness
- 02-25 Mahamudra Tantra

\$10 per class, or 5-class card for \$40
Everyone welcome. Drop by for any class. No registration required.



The Shaman's Journey cont.

In order to travel safely through the realms of NOR the shamanic practitioner needs help and guidance. That guidance often comes from a power animal. A power animal is simply a benevolent helping spirit in the form of an animal. The term "power animal" comes from native Americans in the northwestern US and Canada. But helpful spirits in animal form have been known through the ages by shamans worldwide. A power animal assists a shamanic practitioner in navigating NOR and keeps him or her from harm.

My power animal is always with me when I set out on a journey to enter NOR. He leads the way because I often have no idea where to go to get the answers I seek. He also may help me interpret what I experience when I journey. A shamanic journey sometimes can have puzzling symbols and circumstances. A power animal can help to explain the meaning of the journey and, more importantly, how it relates to me and my life in OR.

And that's the key. A power animal can support us in understanding things that seem beyond understanding. He or she guides us through the vast space of NOR, and can help to interpret the lessons of the journey in familiar and evocative ways.

I invite you to learn to do a shamanic journey, and to meet your own power animal. He or she can offer you the guidance, wisdom, and love to navigate this incredible experience called "life" with much more understanding and clarity.

Join us for a fun and fascinating class on shamanic journeying. The course will begin with a short talk on the background of shamanism and how it relates to our current metaphysical culture.

The main focus of the class will be learning to do a shamanic journey. We will discuss journeying techniques, then take four journeys while listening to a drumming CD. After each journey there will be time for a group discussion and questions.

- 1st journey: Retrieving a power animal
- 2nd journey: Working with your power animal
- 3rd journey: Dancing with the universe
- 4th journey: Your next step to transformation

Please bring: Paper and pencil- Something to lie down on - Scarf or kerchief to cover your eyes
Rattle (if you have one)

Dee Sohler is a shamanic practitioner and can be reached at 520-404-9482.



SPIRITSCHILD

*EXPLORE! EXPERIENCE!
CONTINUE THE JOURNEY
WITH SPIRITSCHILD
In Love & Light
Aitreyia, Acoma, Yazdi*

**3773 W. INA ROAD
SUITE # 130
TUCSON, AZ 85741**

(WEST OF MICHAEL'S & BOOKMANS)

Phone: (520) 744-4402
www.spiritschild.com
Email: spiritschild@msn.com


Valentine's Day

Special Sale

20% OFF One Item!

Feb. 6th—14th

(excludes music & books and totem poles)



An Introduction to the Shamanic Journey

When: Sun., Feb. 15th
Time: 1pm—5pm
Cost: 30
R.S.V.P. 744-4402