Finding the Courage to Create a New Life   
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For centuries the Italians have been using the term "chiaro - scuro" to describe "dark (obscurity) and light (manifest)." It has been used in terms of shadow and light in paintings and the quality of bright and dark sounds that create resonance in the singing voice. To define light there must be shadow, to recognize shadow there must be light.

My first experience with death in 1979 clearly showed me that we are spiritual/energetic beings in our truest self, therefore, we are essentially sound and light. Our energy in its purest form can be described as a vibration of unconditional love existing in symbiotic relationship with the physical body. Every baby born is like a beam of light that everyone wants to see and touch and feel. When we are newly born children we can feel the energy of others and so we become trained sub-consciously to make others happy in order to keep their energy feeling good to us. When early childhood experiences of trauma begins, even the energy of our parents speaking in harsh tones can cause injury to children, the light we come in with can become fragmented and the opposite side of the spectrum begins to creep into the picture.

When children are born injured with birth defects or have multiple childhood diseases indigenous elders cross culturally look at this as a sign that this child is sensitive. They will not only take on energy of others he or she will also sense and reflect the conditions of the environment. They are seen as prime candidates for the position of healer and seer. They will start preparing this person for this role when they come of age, around 13 or 14 years old, with training that traditionally lasts 7 years. The training will naturally include how to see beyond normal vision and into third or strong eye vision and trust intuitive knowing. They will learn how everything that exists has spirit including a thought. They will learn how the spirits of nature supports them and they will learn to heal their spirit because the body will then follow and heal itself. They will stop being ill. Eventually they will be able to help others.

When people become ill or are injured it is looked at as a message that the spirit is imbalanced and soul loss is apparent.

Early trauma and sickness in our modern culture is not looked at as a gift but a burden. It can often be ignored and sensitive children and adults will often be ridiculed and made to feel bad about their sensitivity. However, early childhood trauma will manifest later as weaknesses in the body and insecurity in the mind. Trauma creates a void in our spirit and nature abhors a void therefore it will be filled with imbalanced energy: the darkness of anger, fear, remorse, guilt that doesn't belong with us invades our spirit and our mind.

Oftentimes these base emotions become so familiar we expect the things we begin to fear most and so we manifest them in so doing our original traumas become patterns. The side of us that remembers the light begins to dwindle and the undercurrents of base emotions create a tug-of-war within like opposing currents in a body of water. Our authentic selves try to remember our light and our fragmented selves that hold onto expectations that trauma creates or the suggestions of others create can keep us from believing in ourselves, trusting others and following our hearts.

This change occurs over a course of time and before we know it obscurity becomes our familiar and manifestation (light) out of reach.

Recently, I had the opportunity to meet the representative of a prescriptive drug manufacturer. Their biggest seller, at the moment, is a drug, which suppresses emotional imbalance that is manifested in sudden outbursts of laughing and crying. I was told that thousands of people have been prescribed the drug. Sudden outbursts of crying and laughing are clear signs that an emotional imbalance is occurring that should be dealt with, not merely suppressed. Unfortunately, modern medicine treats the symptoms of illness not the cause. If the causes are not dealt with but merely suppressed with drugs the imbalance will be acted out or manifested in another way. The physical body will begin breaking down usually beginning with the liver. The liver under stress will affect the joints and kidney function.

We’ve become use to quick fixes; drugs that will suppress the messages our spirits are asking us to listen to and face. We are used to getting our way, remaining in what we are familiar with and fighting against the tides of change no matter how unhappy we are.

Fear can disguise itself to look like an ally keeping us from harm. Is it helping us or is fear keeping us from who we truly are and were meant to become? Fear of the unknown keeps us repeating the same situation over and over again. We know well what the familiar looks like, sounds like and feels like, we've learned to trust our familiar and readily accept and respect others who have the appearance and energy that is familiar to us.

When our health, job or home is taken from us do we consider the event might be asking us to look deeper into the spiritual aspects of who we are? Finding the courage to look within and understand what ideas and beliefs we are holding onto that do not serve us but have been accepted as true due to what others have projected or what we feel and believe since trauma occurred and took us further from light.

Across the planet, cross culturally; from time immemorial our ancestors knew that each challenge, which arose in ones life, was an opportunity for personal growth. With this remarkable modality I was able to understand and release the energy and beliefs that were injurious to me and miraculously heal myself of serious illness and injury. These miracles lead me to become fully dedicated to training for seven years and then giving back to others, which has given me 20 years of experience with this oldest spiritual tradition and original medicine. I’m very grateful to have had the opportunity to help people from all over the world look at the spiritual aspect of the messages the mind and body give us.

With professional gentle understanding and guidance a profound first hand experiences with your spiritual life, just as our ancestors experienced in their early traditions, can enable you to become familiar with accepting and manifesting support. As you recognize your wholeness once again you will trust creative gifts and begin nurturing them easing yourself into change for the better. The Shamanic Journey process, which includes Soul Retrieval, Extraction, Past-Life Therapy and Shamanic Counseling is an experiential therapy it is not merely talk therapy. Our ancestors knew a long time ago that we learn best through experience.

Several years ago a woman came to me in need of help she had been stuck for fifteen years in an unhappy relationship and home where she felt unappreciated and repressed. She was a single mother for several years, then at twenty seven years old, the year of Saturn return, a time when we energetically feel a need for security in our lives, she allowed herself a relationship that served to meet only this need. For the security of a man who could provide a home for her and her child she had given up her hard earned career that was just coming into its own.

The man's behavior indicated that he was very insecure and unsupportive of her personal or professional needs. His insecurities demanded a tight, controlling reign over her, a younger woman. He asked her to stop her creative work and take care of all of his needs. She had learned that he was so insecure that he admitted to having a private detective follow her wherever she went.

She did all he asked yet he could not acknowledge the work she did on his behalf nor would he compensate her for it. After five years she became very ill.

He didn't know she came to see a shamanic counselor but she was frightened, disempowered and felt worthless.

She was still quite young yet her body was beginning to break down physically, she had spinal disc herniations as well as asthma and chronic fatigue. These ailments can be energetically associated with holding onto past ideas about who you are, grief and worthlessness. It took us a relatively short time to empower her for the first time in her life. After nine months of Shamanic journey - work, Soul Retrieval and Past-Life work we discovered that she had called in her familiar.

Soon after this acknowledgment she began to realize her many creative gifts and her worth. All the physical ailments subsided and she left the illusion of a "secure" home to start a new life, making different choices. A life she quickly became quite successful in.

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