

## Harmonizing with Humans

We started this shamanic course by remembering our connections to the stars and planets. For some of you, doing so may have felt comforting or unfamiliar and strange. As we have journeyed through the kingdoms of nature, we have ignited new connections and rekindled ancient relationships with plants, animals and stones.

Now it is time to focus on the humans in our life: past and present, living and dead. Human relationships are complex and challenging. The ones we love the most can cause us the most intense pain. Attachments are like a wild emotional roller coaster.

The shaman's work is to transcend karmic ties and attachments while here on earth. Those who walk the shamanic path take every interaction as a sacred opportunity to grow and learn. Shamans do not shy away from conflict; they lean into discomfort and learn from it. A true medicine practitioner does not stay in reaction. The shaman is thankful for every emotional response someone triggers inside them. Emotional reactions are clues to where we need healing. The medicine man or woman knows that those who have the power to elicit reactions from us are the best teachers for our spiritual growth.

There is a Mayan saying, "En Lakesh" which translates "I am another you". Take that phrase in deeply and read it again. This powerful shamanic perspective does not allow for separation, division or judgement of any kind.. As medicine keepers for humanity, we accept that we have played every role and done it all because we are all one. Remember when we discussed shamanism being amoral? There is no judgment, no morals of "right and wrong" needed when you walk the Good Red Road.

Embracing the shadow side of ourselves and our world is not easy work, but the liberation, expansion and unity is worth it. How can we feel connected to the things that repel us? We start by noticing our reactions, leaning in to our discomfort and taking time to be around people we dislike for small increments of time with careful observation.

This type of self-inquiry through observing our emotional reactions is difficult and should only be practiced in small doses to preserve our well-being. Those who walk the shamanic path do not fear what they resist. They understand the concept: "what you resist, persists", finding value and self-awareness in conflict.

In the traditional Lakota prayers, we say "Mitakuye Oyasin" which honors ALL our relations. Sometimes it may seem easier to honor the trees, the wind, the four-legged and the winged ones than our two-legged relations. Why is it so hard to connect with

and accept our human family? The difficult answer is: we are a reflection of each other because we are ONE. This concept will not be easy to grasp until humans learn how to deeply love themselves from the inside. Love is an inside job.

We have carefully chosen our family of origin to learn the important lessons for this particular grade in “earth school”, which is the 3rd dimensional learning system we find ourselves in. Many people are uncomfortable with the concept that they chose their parents or their bloodline, but when we view our family through the amoral lens of interconnectedness, we no longer place judgement on our perceptions. A shamanic viewpoint on life enhances compassion and understanding on all levels.

### **Action Step:**

Think of a person that is easy to connect with and love. Spend some time journaling about why this person is easy for you to love. What qualities and characteristics are present in this person that you can see reflected in yourself?

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Now think of a human being who is very difficult to love. Write down all the qualities about this person that repel and trigger you. What qualities and characteristics can you identify in this person that are reflected in yourself?

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### **Altar Work:**

If you can find a photo of your most challenging person when they were a small child, place that picture on the left side of your altar. Look at the photo of this child often and connect your heart to the Divinity within this soul. Look for the light in this little person, see the goodness in this child and write about what you find. Uncover the beauty.

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Find a photo of yourself as a toddler. Make sure you are no older than second grade in the photo and it needs to be a photograph of only you. Place this photo on the right side of your altar. Each time you look at this child, imagine sending this person all the unconditional love your heart can send. See this child in a perfect state of health and happiness, fully supported and safe. Go to this child in your mind as a guardian angel or spirit guide. Shamans can bend time and work in-between time lines. You can help this child live the best version of life possible. Shamans know that nothing is permanent and every piece of the time line can be changed. You are the one you've been waiting for.

Expanding Sacred

