



away from the screaming – the dissonant noise that had broken the harmony of the moment of laughing and dancing.

As Chris shared with wonder and many questions about the experience he had, I was guided to explain my humble understanding of how a person can step from the reality of a noisy powwow, in the middle of many people, into a moment of grace. I shared with him some of the many ways a person can find and experience that consciousness shifting moment.

Before I put down on paper the words that I said to Chris, I suppose I have to provide context as to why I would share what I did. I have a background that involves many, many years of study, with a master drummer, medicine people, shamans, sound healers, a pioneering past life regression therapist and of course, my own personal experiences. I struggle with a label as to what to call myself. So, I usually wind up saying that I sit with folks who come. We share. I create a space that usually involves sound of some sort, the drum, powerful sound healing music, sound healing tools – such as crystal bowls, tuning forks, Tibetan brass bowls, bells, sometimes just my voice, and most importantly – prayer (my word, not necessarily yours). And, I am so privileged to hear the stories of folk's experiences – many that are powerful, palpable and life changing.

Where does this information come from? What does it mean to have a consciousness shifting moment that moves us to tears? A moment that brings up questions about our purpose, our reason for being on the planet at this time, and the path that our lives will take. One of my beautiful teachers said to me, many years ago, that Spirit (again, my word for Source) would laugh at us if we thought we could understand what a person's story or vision means, or where it comes from. So, I always preface my sharing with – I will give you my humble, human words, and you can form your own belief about their truth, based on how you feel in the middle of hearing them. In other words, you may feel the words as truth, or you may feel the words as not belonging to you, at this moment. I invite you to do the same, as you read these words. That is the truth that we must listen to. How does listening to these words, this sharing between souls – sisters and brothers, mothers and fathers, friends – make us feel?

Well, I can tell you that when I listened to Chris share his experience. I felt truth in my bones. He had a life-changing moment, that was mediated by sound and the energy of connection, harmony and love.

How do we humans, with busy lives and responsibilities, find that consciousness shifting moment? I explained to Chris a bit of what I learned from an extraordinary sound healer about brain wave technology – that we walk around and do our lives in the brainwave state of between 13-20 hertz. This is where we do our jobs, buy groceries, raise our children. But, when we listen to intentionally created sound, for a period of time, our brainwaves can shift into a range of between 4-7 hertz. This is a space of consciousness known as the shamanic state of consciousness, or in more scientific terms, the state of Theta. This is a place where our intuition and insight are dramatically more acute. A heightened place of consciousness. A place where our knowing is strong and clear.

I explained to Chris some of the ways we can step into that space. We can sit with a healer who knows something about creating a space of love. We can sit by ourselves and listen to music that was created with love, and an intention to have that love be felt by others. We can listen to someone drum for us, or we can drum for ourselves. We can pray to hear and feel what is important for us to hear and feel, at this moment in our lives. We can surrender and allow ourselves to feel, hear, and know in our bones what our truth is. We can feel love.

Love is what Chris felt when he sat down next to Fred. Love is what Chris and I both felt when he shared his experience with me. I listened to him with non-judgment and complete acceptance. Love poured between our eyes as we looked at each other, and listened. It was a moment of truth.

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Read the true story of a life-altering moment in the experience of a 12-year-old boy that was mediated by the drum, love, and connection.

We all seek harmony, peace, balance and joy – is shamanism the doorway?