**SRMT AND LIFE EMPOWERMENT PROGRAM**

**HEARTH WISDOM**

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**EARTH Spiral ~ HEARTH WISDOM**

*Nurturing the Foundation*

Getting Grounded, Oriented and Organized (in the yearlong Program, and in your Life)

In the *Olympic Mountain EarthWisdom Circle* (*OMEC*) - the umbrella for our Earth-honoring events, materials, and programs - we support *Shamanic Reiki* facilitators in holding monthly HEARTH Circles for their communities.

HEARTH Circles are our spiritual home, where we come together in community to support a profound connection with soul and Earth. In HEARTH gatherings, through practices and sharing, people find their way back home to Heart, Body and Earth.

It’s especially important during these rapidly changing times to cultivate for us, and to offer to our families and communities - ways to nourish in the HEARTH’s warmth, and to ignite the inner wisdom fire innate to being human. We share our passion for the Earth in community, knowing that as our HEARTH Circle brightens and becomes warmer, it energetically reverberates benefit out – smaller circles impacting larger circles of people, and all life on our Planet.

HEARTH - is the container, the central place in the home where the meals are prepared and where people gather. The family and community come together at the HEARTH to be fed and nourished, to be warmed by food and by relationship and by the fire.

A hearth is centrally located in the home, just as our hearts are centrally located in our bodies. Its qualities light the darkness, and warm us inside and out as they provide nourishment and connection.

In applying the concept of HEARTH we can support a grounded, openhearted personal and communal life - with people, and the Earth. HEARTH opens the pathway back to body, heart and Earth.

**SRMT HEARTH Application**

We’d like to invite you to begin to reflect upon the concept and power of HEARTH for this program.

As you flame the embers of your HEARTH, you make it easier for the flames to nourish you, your loved ones, as well as those who come into your home, and your clients who enter your healing space.

Over time you’ll internalize the HEARTH flame, and carry it with you, just as when we cultivate and work with our altars and sacred items, we have their energy accessible no matter where we are without them.

In the Shamanic Reiki Master Teacher and Life Empowerment program, everything we relate with in the EARTH - and all Spirals - is contained within the HEARTH.

In fact, we can look at each of these words contained within the word HEARTH –

EARTH

HEART

ART

HEAR (also EAR)

- to guide us through this Spiral; then we expand the associations from there, to guide us through subsequent Spirals.

**Beginning with the EARTH Spiral, the Spiral we’re in now – our focus concerns:**

***Nurturing the Foundation***

**Getting Grounded, Oriented and Organized - in this program and in Life.**

The EARTH Spiral lays the foundation - setting the tone for your experience through this entire program.

Immersing within the EARTH Spiral will increase the harmony, balance and connection in your life.

**The 1st Ember to Flame in our EARTH Spiral HEARTH is:**

**EARTH** – Of course on a basic level this can speak to our Shamanic Reiki work, our healing spaces and sacred materials including our altars, and to our lives. Now is a time to get our materials in order, to get grounded, organized and oriented – literally. We need to bring in the EARTH element to support this.

EARTH can be about relating with the Grandmother Tree, and the trees on your own property, and the lands and stone people and nature beings you share life with.

It’s about remembering those who lived on these lands before you – as well as gaining more awareness, appreciation of, and experience in the raw elements –

Going out on the Earth, lying on the Earth, walking barefoot on the Earth, making offerings to the Earth and nature beings and ancestors, perhaps enacting ceremonies and rituals and accepting nature as your teacher.

Remember that ceremony and ritual bring order to chaos – the outer movements we enact synchronize us in body, mind, heart, and with the Heart of the Earth and Heavens. This reverberates good energy far and wide.

Don’t forget to read and watch films about the Earth, and your reading assignments in *Speaking with Nature,* which offer so many very simple and profound ways of connecting with the Earth in a visceral immediate way - as well as points of view that dissolve separation from her. *Shapeshifting into Higher Consciousness* is abundant with nature practices, as well.

Remember that when we channel energy – we are calling upon nature and the spirits and the ancestors. The deeper our relationship with nature, the more powerful is our ability to channel compassionate energies – this happens naturally.

In immersing in the Earth and nature our minds and hearts come together. We entrain to a grounded, yet expanded consciousness. A natural intuition happens when you attune to the heartbeat and consciousness of the Earth – and the moon and lunar and solar and seasonal cycles are all about the Earth and nature, as well. Try incubating by lying on the Earth for a half hour – you may feel the vibration in your body and the shift of consciousness, as you entrain with our Mother. It’s ecstatic, healing and energizing – opens us to Sacred Time, which is rhythmic experience as opposed to linear and compartmentalized reality.

**The 2nd Ember to Flame in our EARTH Spiral HEARTH is:**

**HEART** – According to the HeartMath Institute, the energetic field of our heart is larger than the subtle field of our brain. This speaks to the incredible intelligence of the heart, and what we pick up on as we’re working in another’s field. In turn, it indicates how we can emit healing energies through our own heart fields to everything around us – nature, people, etc. - including very intimately with our clients.

Working with HEART also invites us to FEEL. The depths of our emotions can be experienced as we become more conscious of how to allow and work with our own feelings. As we open more this is communicated out, our clients can FEEL in the room what we’ve journeyed through; it’s communicated to them through our energy field.

As another example – in paying attention to and honoring our feelings as we flame the ember of HEART in this Spiral, we may recognize the need for extra or therapeutic support - or stronger boundaries - to hold us, and our explorations, in the best ways.

Indigenous people have known for millennia about the wisdom of the heart. Empathic wisdom that can detect subtle energies and changes in the intelligent field and that connects with the heartbeat of our Mother Earth.

We will be ‘*doing*’ - a lot - in upcoming Spirals, as we move into our Practicum. Immersing in the EARTH Spiral is an ideal time to really focus on ‘*being*’ – to acknowledge and build upon and deepen into the power of our presence.

The power of our own presence –

This is a healing force in itself.

All of this, and more, relates to the wisdom of the HEART.

**The 3rd Ember to Flame in our EARTH Spiral HEARTH is:**

**ART** – In this context, we use the word ART to refer to our bodies. Our bodies are our main vehicles for expression and creativity in the physical world, they are the vehicles through which we create and - how we bring beauty to the world, the main task for being human. And, our body is also a creation itself, the ART of the Earth.

Shamanism, Reiki, and Buddhism as well, now proliferate in contemporary cultures. Yet, it is often the case that the nature-connection that’s inherent in the cultures where these practices came from isn’t translated fully with the practices.

For instance, depending on what story of origin you believe Reiki was very influenced by Tibetan Buddhism, as well as the Shinto religion of Japan, both very nature-based orientations. The word Reiki can be translated as NATURE SPIRIT ENERGY.

Shamanism is all about our relationship with nature, and all indigenous cultures have body, Earth and Cosmic energetic and movement practices that provide a strong embodied foundation, provide the experience of oneness with the natural world - as well as to open up otherwise dormant spiritual channels for the shamans to be conduits for the spirits to guide and nature’s forces to flow through them for healing.

Indigenous cultures are naturally Earth and body connected. When indigenous methods (whether Reiki, shamanism or Buddhist) are introduced to modern cultures we are often missing that Earth and body element – simply because it’s the invisible ground for indigenous cultures, yet it is not our ground as we societally have become disconnected from body and the Earth.

That means we have to work extra hard. We have to consciously address these areas - Earth and body.

And, as the HEART has its own energetic field, so does the body. Of course ultimately nothing is separate from anything else.

Again, with the focus on ‘doing’, and in the case of being healers, we often want to be doing the exciting healing work and techniques - we can miss the ground and foundation for our work and connections.

The more we can inhabit our bodies and the Earth, the stronger our energy and intuition becomes. In tending to the body we can do practices, whether this is Tibetan energetic practices, Tai Chi, Yoga, Qi Gong, Light Breathing and other breathing practices, walking, incubating on the Earth or others.

Fine-tuning the body can help us stay physically healthy, as well as become aware of dysfunctional habitual patterns and the thoughts forms behind them, etc. Everything is held within, and expresses through, the body, posture, symptoms, as well as how we breathe and move through space – most times we are unconscious of this, but we are communicating it out all the time.

For instance, we may notice how we hold the identity of a healer and/or teacher allowing to bubble up - and become conscious of - our own shadow aspects, just as we invite for our clients.

A body focus supports our ability to be present, to work with our own energy, feelings, and state of being – and emanate a spacious sense of workability for others. We can assist people through powerful, vulnerable places – as we manage our own energy we can put our own stuff aside to be there for others.

Tending to the body – our vehicle for our ART, our unique expression on this Earth walk - supports us in consciously directing our energy and in being a clear vehicle for others. It also supports us in channeling stronger energies, and in being resilient regarding what energies we are working with. When we carry strong, resilient physical and energetic body, we worry less about protecting and shielding. Energy is naturally transmuted when it comes in contact with our field.

ART means that we care for our bodies, as we care for the Earth, our bodies ARE the Earth. Our bodies are the ART of the Earth. We consciously manage our energy and have enough energy and resilience to acknowledge, as well as lean into, our own growth edges. Through our attention to body we become stronger and resilient – we become stronger vehicles for spirit and nature’s forces to flow through us. Increasing body health and vibrancy supports our fullest expression (ART), our spiritual destiny.

Just as Shamanic Reiki is an evolving, ecstatic art, our bodies have unlimited, and yet-undiscovered potential.

ART also extends out to the physical environments we create – our homes and healing spaces. So, here we bridge back to HEARTH qualities; looking at the practices of Space Clearing and Blessing, Creating and Working with Altars, etc.

**The 4th Ember to Flame in our EARTH Spiral HEARTH is:**

**HEAR** (ING) – Our subtle **EAR**. Deep listening is a gift and a practice that opens us to the language of nature and what the field is telling us in a healing session.

We must listen – in whatever ways we develop our deep listening skills - to detect the guidance of our spirit guides. Some of us ‘hear’ the vibrations of the symbols. Some ‘hear’ through their bodies and hearts – a visceral hearing that conveys information. It is different for everyone, yet everyone can open to the whispering of life all around us that responds to where we place our attention and intention.

We live in an alive and responsive world – as *Shamanic Reiki* healers and teachers we actively honor, as well as cultivate relationships with invisible forces. We invite the subtle mechanisms that help us to hear the whisperings of nature and spirit and dreams and the stars, and our descendants and ancestors, and so forth.

Subtle listening is a very natural aspect of our full humanness and is one of the hallmarks of traditional shamanism.

In the Republic of Tuva, shamans refer to *moon ears* as the subtle listening apparatuses that they are gifted or born with, or develop in order to hear what is un-discernable to the physical ear. Subtle hearing can develop after a challenging life circumstance that is akin to a shamanic initiation.

Just as *Shamanic Reiki* is an evolving, ecstatic art – your natural gifts and ability to deeply listen, to listen on subtle levels beyond audible hearing, will unfold for you in your own unique ways. All that is needed is time, and a dedicated, open heart.