



Shamanic Reiki Master Teacher and Life Empowerment EARTH Spiral

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EARTH Spiral **December, January, and February** *Nurturing the Foundation*

The EARTH Spiral is about:

Body
Heart
Hearth
Earth

The EARTH Spiral sets the tone and creates the foundation to support you and your work throughout our year together, and beyond.

In the EARTH Spiral, we get **grounded, oriented, and organized**. The seasonal time in the Northern Hemisphere is one of incubation and in the Southern Hemisphere, one of expansion. It is also a time of great opportunity as, for all of us, the Golden Triad of New Year, Dön Season, and Losar take place during the EARTH Spiral.

- 1) Honor Lunar Cycles per Hand Guide. Anything that is comprised of water is impacted by the moon's cycles. Humans are 70-90% water, depending on where we are in the life cycle.

- 2) Honor the Solar Cycles per Hand Guide. For instance, you may have created a Solstice Altar and Ceremony. Since ancient times, the Solstices have been times of “Standing Still”. This is a 3-day period, a Golden Triad.

- 3) Be aware of the shift of energy with the Gregorian New Year that soon leads into the Dön season then culminates with the Tibetan New Year, Losar. For example, take a shamanic journey or do a meditation to review the past year. Take some time to discern and journal on what you are ready to transform in your life experience and what you’d like to empower and bring into your life or *shapeshift*. Really look at your aspirations. See what habits and patterns support you, and which do not. Create a simple transmutation and empowerment ceremony for yourself. Example: Abbreviate the Siberian *Chalimar* (Prayer Tie) Ceremony in the book, *Shapeshifting into Higher Consciousness*. Or use slips of paper upon which you write your wishes as well as what you will release. Remember that what you release can be recycled by the Earth and elements; transmuted into power that you can use to energize your wishes. Another variation is the candle ceremony, *Shamanic Reiki* pages 68-69. This is a good time to look at goals, aspirations, and daily habits – those that serve you and those that don’t, and how you truly want to support yourself into the next year. What would feel really good in your life, what does your heart yearn for? In the Dön season, obstacles may surface, setbacks may happen. This will be your *opportunity* to refine and confirm your aspirations. The Tibetan New Year then provides a deeper opportunity for refinement leading to manifestation – really anchoring in the new, and clearly envisioning its shape and harmonizing more with the discipline and focus it takes to establish long-lasting and nourishing life patterns.

- 4) Invite yourself to observe your feelings and the events and reality that play out each day. Linear time expands into sacred time, as we naturally immerse in our feelings and senses in the “now”, as each moment plays out. Be curious! In this manner, as we become more present with ‘what is’, we are less likely to personalize everything – which leaves room for magic, gets us out of our heads – so our sense of time and place is rooted in experience and the phenomena that play out around us, and the sun, the moon, the Earth, etc.

Remember, that from most indigenous perspectives, light and dark are aspects of the larger whole.

“Dualism is not about duality or opposites. It’s about everything needing to be in pairs because otherwise one or the other would be alone and sad.”

– Tata Pedro Garcia Cruz

- 5) In addition to the main reference reading below, read 1-2 Books of your choice preferably focused on the Earth. These can be shamanic, but they really don’t have to be. For instance, there’s a fascinating book about ravens called Mind of the Raven.

The main reference books for this spiral, which include many of the practices, are:

Shamanic Reiki SR Chapters 1, 5, 7, 10 and 12

The Good Remembering TGR Chapters 1, 2, 3, 4, 7

Shapeshifting into Higher Consciousness SSHC Chapters 1-4

Speaking with Nature SWN Chapters 1, 2, 3, 4

Conscious Breathing CB – Ten-Minute Daily Breathing Practice

Healing with Form Energy and Light HFEL – Tsa-Lung Practice

- 6) Journey to your Sacred Place, Inner Sanctum (SR book) regularly, deepen your relationship with it. Make this a solid experience and reference.
- 7) Journey to your Spirit Guides regularly. Get to know them. Ask them to help you to heal and bring to balance what’s needed for you at this time. Ask them to help you know how to work with them in Shamanic Reiki Healing Sessions. Create artwork or crafting from nature or find from some other source – physical representations of your main spirit guides (feathers, stuffed animal, statue, symbol, drawing, photo, nature item creation with sticks, stones, etc). Speak with your guide(s) every day. Create a simple ritual of greeting and honoring them, such as lighting a candle and cleansing the representations with Palo Santo. In Tuva, the talismans and drums are “fed” every day with

food and fats. It's important to feed our skin drums every day by greasing them with fats. In Tuva, they use butter. Skin drums will split and crack if you don't do this, and the drum's spirit comes alive for you if you feed and relate with it. You can develop relationships like this with Remo synthetic drums – everything is alive and sentient. Try journeying into your drum, and/or the spirit of your drums and rattles. The shamans speak out loud with their drums and talismans, as real beings. This simple daily ritual can be incredibly connecting, and it can take 2 minutes – or you can connect in some of these other ways, during a longer session.

- 8) Create and Cultivate Your External Sacred Space – your home and where you do your healing work. Included in this, create an Altar. You may like to use a beautiful fabric or special woven colored cloth, representations of the elements (feathers, stones, crystals, a bowl of water, candle, incense), and what nature and other items call to you. You can also include Prayer Slips.
- 9) Design and do a House Cleansing and Blessing (physical and energetic) and honor and connect with the spirit of your place. Create your own ways, and suggestions will also be provided.
- 10) Design and do a Land Cleansing and Blessing if you live on land (physical and energetic) and honor and connect with the spirit(s) of your land. Create your own ways, and suggestions will also be provided.
- 11) Create a master SR Session Outline; you will be provided with an example.
- 12) Journey to, and merge with the Reiki Symbols – these are not static, but gateways to expanded states of consciousness that among other things, naturally realign the physical, emotional, and mental levels of human beings with their original template of wholeness. These transcend time and space – are holographic and sentient (see Chapter 7, SR).
- 13) Establish a powerful relationship with the Shamanic Reiki Spiral (SR Book).
- 14) Journey with the Elements on a regular basis: SR Ch 5

15) Connect with stones and plants – SWN and SR books. Special practices will be offered. Along with these, contemplate the Earth element and our planet in as many ways as you can: watch videos, daydream, journey, read books, draw, journal, and most importantly, go outside and talk to the trees, birds, etc. Regard every nature being as alive and sentient. What does the Earth and the Earth element mean to you? Make Daily Offerings to the Earth, and speak with her. Invite her into your dreams and get outside and on the Earth as much as possible. This will change your life! (SWN)

16) Deepen your relationship to incubation. Create a place to incubate in your home. When weather permits, also cultivate an outdoor incubation spot. An eye mask can help you make the ancient art of incubation available to you, wherever you go. (SWN)

17) Journal on all of your experiences and journeys. If you don't have very much time, a few words or a drawing will suffice.

18) Employ Foundational Practices for the Healer:

Daily Self-Reiki for fifteen minutes minimum

Mindfulness Meditation TGR p. 17-24, or other

Earth and Cosmic Channeling of Energy SSHC p. 32-33

Light Breathing SSHC p. 40

Physical Exercise: Get physically strong, healthy, and energetically resilient! You may already have practices, such as yoga or qigong, or another discipline. That's great! If not, please commit to a daily physical practice. This aspect of being a healer and/or shamanic practitioner is almost totally overlooked in our culture. It is vital. All indigenous shamanic cultures have practices that make them physically strong and healthy, connect them with Earth and Cosmic forces, open them to channel these – and compassionate healing spirits. We must fortify and cultivate all aspects of our being, physically, emotionally, mentally, and spiritually. Ultimately, our clients must do the same. There would

be a lot less “healing” needed if we took responsibility for how we manage our own energy. This is the perfect time to bring practices into your life, with the upcoming New Year, per above. If you don’t already have a practice, here are some additional suggestions to those mentioned above:

Dance

Weight lifting (consider using stones!)

Tai’chi

Walking and Stretching

10-minute daily breathing practice (CB)

Five Rites (Peter Kelder book)

Tsa-Lung (HFEL)

Yoga

There is also Self-Massage, Sun-Gazing, and so many other practices. The important thing is to choose a couple of daily physical/energy disciplines you are drawn to, to start – and DO them.

When you are in rhythm with your practices, doing them regularly and with ease, then it’s probably time to add another practice or to deepen or extend what you are doing. And, there are also practices you can bring in with ease such as walking barefoot and lying upon the Earth. Nothing is more important than your own health, vibrancy, clarity, energetic resilience, and presence – to empower you to be a powerful healer. This is not about spiritual boot camp, but about following your heart to seek what practices truly nourish and support you – build resilience, flexibility in mind, body, and spirit. And, yes, some focus and discipline may be required on your part to find ways to love yourself more deeply.

“The heart is the throne of Spirit.” – Tata Pedro Garcia Cruz

We go more deeply into breathing practices in the next Spiral, AIR, in preparation for attunements.

If you are newly beginning practices, remember not to overdo your practices at first. You don’t need to overwhelm yourself, by any means. Take your time,

start with what you like to do, and what you can manage. (If you have any medical issues or concerns, be sure to consult your medical practitioner.) Slowly and gently, yet with commitment, build on this foundation. Forty-five days is the magic number for anchoring in good habits. (This applies to eating habits you may be trying to shift, also.) Again, this is not just to add extra things to do, but to create daily patterns that truly nourish you, synchronize mind and body, and support your ability to do this work.

Physical activity should be mindful and include the breath, and hopefully the Earth in some manner – and not just a matter of plugging in the headset or jumping around while watching television. Many of the popular “ancient” practices today derive from the Earth, yet are practiced exclusively in artificial environments. We must bring the Earth back to our practices to truly nourish ourselves and be present – pay attention to how we live in and care for our Earth bodies.

Our daily practices also help us to be more aware, and to better manage the flow and activities of our day, our relationships, etc.

19) Journey with your shamanic stones and sink deeply into the Earth to connect with your roots, the Earth’s roots and the root systems of the trees, and all of our roots and fibers that are connected with each other in the insulated and protected spaces under the Earth, especially in the Northern Hemisphere during this time of hibernation. This can be a time of dreaming and deep quiet creativity. Remember all the life energy available to us now, deep within the Earth; she has pulled her energy, creative life force into these roots. Keep coming back to this, sink deeply into the Earth, and be nourished by the Mother. Go into the Grandmother Tree’s roots to find the answers to what you seek.

20) Take full advantage of your:
Peer Connections
Mentor Calls with Stacey and Emily
Tele-Gatherings and Ceremonies

You will continue to have documents as references that you can download from your EARTH Spiral library.

Explore what you like of the assigned reading chapters and do begin to drum and rattle for your own journeys.

Client Practicum: you'll receive this by mid-February, so you can begin reflecting on how and when you would like to implement your practicum. There are also practitioner-oriented self-care tasks that we ask you to incorporate into the EARTH Spiral.

The EARTH Spiral is about *Nurturing the Foundation*. We now prepare the fertile ground. When spring arrives in the Northern hemisphere with the Equinox, we will begin planting tender seeds and energizing our spirit with the deepening of the breath as the spring breezes blow – so good things will grow within us, for those we work with, and the Earth. When autumn arrives in the Southern hemisphere with the Equinox, we will begin deepening our breath into our roots and energizing our connection with the Earth – so when winter envelopes us, we allow good things to incubate within us, for those we work with and the Earth.

IMPORTANT NOTE: Each Spiral offers material from which you can self-design an experience and learning that honors the unique circumstances of your own time availabilities and the natural pace within which you best relate. For instance, you may not do everything that is listed above in these next three months. Alternately, you may not begin (or you may continue in) some aspects of the EARTH Spiral until the AIR Spiral. Or, you may commence all at once, or already be doing much of what is outlined here and, so, be ready to begin your client Practicum in February! No matter your rhythm, take this time to get grounded, oriented, and organized. Determine where to begin, and what is exactly right for you!

Enjoy!