



Shamanic Reiki Master Teacher and Life Empowerment

AIR Spiral

Copyright © 2021 LCR

AIR Spiral – Deepening into Breath and Spirit

April, May, June

Inner and Outer Winds, Mind, Spirit, Space, Expansion, Natural Multidimensionality and Reiki Energy

After EARTH Spiral incubating and organizing, the AIR Spiral invites us to yawn, stretch and expand – to stir new movement in a balanced mental way, supported by the foundation and grounding of the EARTH Spiral.

In the northern hemisphere, the seasonal time is one of increasing sunlight, warmth, and new growth. The southern hemisphere experiences a deep breath inward to savor energy and draw into a deep renewal pattern. Daylight Saving Time, the Spring Equinox, and Earth Day, all fall within the AIR Spiral – as do Easter, Mother’s Day, and Memorial Day (US) – many opportunities to honor natural cycles and to also create more meaningful passages through mainstream holi-days.

Remember to:

1. Honor Lunar Cycles.
2. Honor Solar Cycles.
3. Continue connecting with your Altars and keep reading the EARTH Spiral outline and connecting with its practices. This is the foundation that carries us through all Spirals.

4. Read books of your choice, preferably focused on Air and Wind. These can be shamanic, but they really don't have to be. For instance, the book about ravens called *Mind of the Raven* can be considered an AIR book. (It's a GREAT book!!)

The main reference book chapters for this Spiral, which include many of the practices, are:

Shamanic Reiki (SR) Chapters 4 & 6 & 8

The Good Remembering (TGR) Chapters 5 & 6

Shapeshifting into Higher Consciousness (SSHC) Chapters 5 & 6

Speaking with Nature (SWN) Chapters on Snowy Owl, Elk, and Mist

Conscious Breathing (CB) – Ten-Minute Daily Breathing Practice and

Alternate Nostril Breathing

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

5. Continue connecting with your Sacred Place/Inner Sanctum; invite this relationship to feed and support you.
6. Continue to journey to your Spirit Guides or connect with them in alternate ways per the Tele-Gathering (and hand-out) about guides and stones.
7. Create a Shamanic Reiki Session Outline that works for you, if you haven't already. You will be provided with an example.
8. Practice *camaying* – blowing with the breath of spirit – as is done in Spirit Guide Retrievals in the SSHC book. You can bring *camaying*, blowing with the breath of spirit, into healing sessions, as well as whistling, work with feathers, and waving of hands over the body and within the energetic field.
9. Keep establishing a powerful relationship to the Shamanic Reiki Spiral, as well as to Reiki itself.
10. Journey with the Element of Air. Do the *Journey to the Elements* in SR, focusing on experiencing and merging with Air.

11. Special breath practices that will prepare you to pass attunements will be emailed to you.

In addition, contemplate the Air element in as many ways as you can: watch videos about Air and wind and birds, daydream and journey to Air, read books, draw and journal, breathe consciously and feel the Air breathe you – all around and moving in and out of you. When outside notice the currents of air, the movements of the clouds, and the scents that waft through the air and which catch your attention through your own breath. Watch birds and insects fly, breathe with the trees, stand outside on a windy day and allow it to cleanse you, and lie down on the grass and watch the clouds morph and be moved by the Air and winds. Really smell the scents of nature that are blossoming and unfurling and the scents of the foods you prepare. Open yourself to the possibility of sniffing ethereal substances and the ‘scents’ of your spirit guides, etc.

What does the Air element evoke for you and how do you see and experience it play out within and all around you?

Air is the main vehicle for Spirit, what does this mean to you? How does it feel in your body and lungs, how does it feel to breathe with trees, as you exchange carbon dioxide and oxygen, and also spiritual nourishment and energy?

12. Journal your experiences and journeys. If you’re short on time, a few words or a sketch suffices.
13. Continue Light Breathing (SSHC p. 40) and add any other practices that support you to breathe fully and deeply! Breathing fully will change your life, body, and consciousness!
14. This next section is right out of the EARTH Spiral outline, as it is so important. This is a time to deepen your connection with practices, or to ‘begin’ if you haven’t already felt able to establish them!

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, open the channels to telluric and heavenly forces – and to 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 breath, body, mind, and energy. Air is intimately connected with the 'mind'. When our 'air' is unstable, our 'mind' is unstable, and our spirit is shaky. You've heard the shamanic term 'mal aire'. This is the perfect time to bring practices into your life. 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 and alternate nostril breathing practice (CB)

Five Rites (Peter Kelder book)

Tsa-Lung (HFEL)

There is also Self-Massage, Sun-Gazing, and other practices.

The important thing is to choose something you are drawn to, to start – and DO it. 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 truly nourishes and supports you physically, emotionally, mentally, and spiritually.

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.*” – Maya Elder, Tata Pedro Garcia Cruz

If you are newly beginning breathing practices, remember not to overdo your practices at first. You don't need to overwhelm yourself, by any means. Start by just connecting with your breath more. (If you have any medical issues or concerns, be sure to consult your medical practitioner.) Approach this slowly and gently, yet with commitment. Continue to create daily patterns that truly nourish you, synchronize mind and body, and support your ability to do this work.

Our daily breathing and awareness practices energize us and help us to focus and be more vibrant and calm.

15. Journey to and breathe with our stone circle. 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. Feel the love and nourishment of the Grandmother Tree.

Bring more focus in this protected and loving subterranean space to your breath in this Air Spiral.

Feel yourself breathe with our circle; feel the tiny root fibers being energized by the breath which inspirits the whole circle. Feel yourself breathing with the roots of the Old Growth Tree Being in the center of our circle. Feel the spirit of this being, this beautiful Grandmother that breathes *with* us and loves us so much. Feel the incredible informational light that travels to us from the Tree being through our breath. Connect with the subtle, alchemical language of this Tree.

In the northern hemisphere, this is a time of melting snow and ice, budding trees and planting seeds that were dreamed in the long winter's sleep, and the sun's warmth that comes in to nurture and coax the seedlings to grow. In

the southern hemisphere, this is a time of life drawing inward to the Earth and the breath of Earth deepening. Remember all the nutrients and life force that incubate now in the southern hemisphere, and which is available from the Air and wind and space as life rushes to the surface of the Earth in spiraling growth in the northern hemisphere as the light grows stronger and brighter, and as Air currents shift with the increasing sun and warmth and the extra release of carbon dioxide from plants and trees. Keep returning to these things. Open to the vast space of all of this life all around you.

16. Take full advantage of your:

Peer Connections

Mentor Calls

Tele-Gatherings

There are just a few documents in your AIR **Spiral** library. You have Practicum documents in your EARTH Spiral Library, and many other foundational practices to continue to review and deepen into.

Explore what you like of the assigned reading chapters and continue to drum and rattle for your own journeys but also journey outside and with no drum or rattle – to the wind, your own breath, and/or heartbeat at times. Or, just sit quietly and feel the space and see what arises within that. Do not become dependent on the drum to expand into multidimensional space; ‘expanded’ reality is a better term than ‘alternate’ reality. It’s all here now!

Client Practicum: get clear on how and when you would like to implement your Practicum if you haven’t already. Begin when you are ripe to do so! Jump in! Your Peers and Mentors can be helpful.

The Air Spiral is about Deepening into Breath and Spirit. We plant tender seeds and energize our spirit and body with the deepening of the breath as the spring breezes

blow, or the Earth's breath deepens the protected life inside – so good things grow within us, for those we work with, and for the Earth.

Self-design an experience and learning during this spiral that honors the unique circumstances of your own time availabilities and the natural pace within which you best relate. For instance, you may begin some aspects of the EARTH Spiral that you hadn't gotten to yet. Or, you may already be doing much of what is outlined here and, so, focus on your client practicum! No matter your rhythm, take this time to deepen your relationship with every aspect of AIR, to deepen your own breath, invite the breath to energize and detoxify the body, balance the heart and mind and calm old thought and belief patterns – and become more familiar and comfortable with space – allowing space between thoughts, between sentences, feeling the vast space of the sky and the spaces all around you, wherever you are. Bring this into your work. Help your clients breathe and open to space, energy, love, and life force! Become a sky gazer!!!!

Enjoy, and touch in with us at any time!!