

Intention and shamanic work

I have discussed my views on this with many people over the years, and my views often differ from the mainstream. I'll share my views- and my reasons. Make your own mind up!

I am different from many shamans as you cannot book up a specific process directly from my website. I never really know what I am going to do until I am in the trance state. I leave my intention fluid, and follow the direction of mine, and if appropriate my clients, guides.

I am just back from two breaks- Wales and Manchester- and more driving than I have done in over 20 years.

Intention is like a map. A very useful idea- but you must adjust as you go.

Coming back from Manchester (an overnight trip so my daughter could meet one of her screen idols) Google maps showed the straightest route had severe delays- so unsurprisingly we chose a back route that was longer but without road closures.

Intention is important but so is adjusting it to work with what you are experiencing.

I do try and keep core intentions at the heart of what I am doing- with a client this is that my work is for, **“the client’s highest good”** and this may not always align with a client’s understanding of their situation. My highest intention in any shamanic situation is to **“respect my client’s freewill”** as long as it doesn’t include **revenge**.

I had been working with Gemma for some years, mostly Tarot but some shamanic work as well. She was still deeply attached to her ex-partner who had moved on some years ago. She admitted she had been dreaming about him a lot and seemed to talk to him in his dreams.

During a shamanic healing I found endless psychic cords between the two of them- these dreams were clearly more than dreams! I cleared the psychic cords and put up protection. When I grounded her, she immediately felt the difference, “I can’t feel him- what have you done?” I explained the intense connection- and how unhealthy it was for both of them. Trapping them both in a toxic psychic connection. But she was clear, “remove the blocks- I need the connection”. I tried to express how harmful it was to her, but she was immovable.

Five years later she is still mourning the loss of this relationship and won’t let me clear the psychic connection. We. Have even argued about it at times- she knows my thoughts. But I will not take away her free will.

Often a client will initiate a session with an intention, or I might journey with an issue I want to work on. But I always leave room that my client, and myself, may not have a full understanding of the situation- I will do what needs to be done, even if this isn't what I expected.

For me this is the meaning of the 'hollow bone' or 'empty vessel'. I leave my ego behind.

Many clients will present expressing a curse, a past life issue, or an entity as the source of their problem because they haven't accepted their choices have created this situation. I also get clients totally certain their situation is caused by trauma because they don't quite believe in curses/entities/past lives.

Joanna was a new client, based in America, presenting with extreme anxiety, sleep paralysis, and trauma symptoms. She described several traumatic situations that could easily have led to this. But I left space to see what caused it rather than going in with presumptions.

The minute I met my guide he shook his head, tutted, and started to wrap cloth around my head- clearly this was intentional black magic from someone who would seek to track me. Her soul space was dark, covered in symbols, with terrible gashes to her world tree. I removed the dark energies and put in place as much healing as I could.

She had moved from a rural African country at a young age as her mother had sought to protect her from the black magic within her community. She had already had some nasty work done by the age of three.

Joanna's explanation of trauma symptoms was plausible, just as many of my client's explanations of black magic are plausible. We only really know once we enter the trance state.

Whether you are working for yourself, or another, it is appropriate to journal or discuss why you are doing this work. To explore intention.

But once you are in the trance state let your ego go, intentions go. React to what you experience, not what you expected to experience.

I have also discussed with others whether shamanic journeying is a spiritual act, and if we shouldn't journey unless we have a justified reason.

I agree it is a spiritual act, and we should always treat it with respect. But practice leads to skill. So, I always encourage students to have a regular personal practice that includes journeying to their world tree- and beyond.

The more you enter trance, for inspiration, healing, journeying, the better your skillset will be. Regular practice is always the way to improve a skillset.

Based on this principle it is perfectly fine to journey to your tree, connect with your guides, explore to better understand yourself and your skillset.

When we work with others, I believe we need explicit consent, or to be deeply connected with someone who is incapacitated in some way.

Practice makes perfect- and we don't want to work with another if we haven't explored the basics of the work on ourselves.