Thor, and the role of energy.

The myths tell us that Thor wears a belt that gives him extra strength, and as a deity connected with lightening, I associate Thor with energy.

As a shaman you need to explore what gives you energy, what drains you of energy, and how to regulate your energy when working shamanically.

My training in Orkney was only focused on how to connect shamanically, I had no training on how to heal or help another person using these skills. The first time I used my skills to offer healing it was to a friend in a very dark place. She sat opposite me, I journeyed, and I saw how emotionally burnt her tree was. I placed my hands on her tree and channelled my energy into her, healing, regenerating, easing, flushing out the pain. It was a real adrenaline rush to be able to do this, and I felt euphoric with the energy that we shared. She skipped down my garden path, I slept for nearly 24 hours. I knew at that point I needed to adjust how I worked!

I went back to my memories of my training and remembered a horrible exercise I used to do (give it a try!).

Standing in a grounded position (feet shoulder width apart, knees slightly bent, spine straight) breath in through the soles of the feet, feel the earth energy being drawn up the body. Pump the energy up, entering a slightly altered state of consciousness.

Ball the hands and feel the energy creating balls in the palms of the hands, now hold the hands out at shoulder height (elbows bent) and rest your hands on the balls of energy. Enter an altered state of consciousness and allow your body to feel the flow of earth energy, and how the hands are supported by it.

I realised I had given to my friend from my energy, instead of drawing up earth energy to channel. Unless a healing is particularly difficult – nasty entities that chose to fight back, or true black magic where I am at risk if my identity is known, I don't find shamanic work tiring. I find the person- to- person part tiring, needing to be fully focused on understanding that person's needs and expressing what I experienced in the way that best helps them, but the shamanic work is energising, uplifting. I am more likely to need to ground than I am to rest.

In this module I want to encourage you to experience your energy, to find what exhausts you, what fills you, what blocks you, what blocks you may have.

We are all different, there are some core lores that are more or less universal, but knowing you makes a real difference. Here are some ideas to explore, my reflections are added in Italics.

- How do you experience your energy? (feel, colour, 'know', see…)

I experience it physically in my body. It might be waves of pins & needles, a physical weight or touch.

- How do you experience another's energy?

Usually, I shield and ground myself to ensure I don't pick this up in normal life. When I am working, I will often feel the other person's energy as if it is mine- I may feel their exhaustion, their backpain, and as they ground I can feel they are doing it though my body.

I will see their energy as images connected with their tree when I am in a shamanic trance, and on odd occasions I have seen auras.

- Can you tune into to the energy centres of your body (often called chakras?) Is this something you have an understanding of?

When I breath consciously I can feel the flow of energy through my body and connect with where there are blocks. I probably don't do this enough though.

- Do you feel more energised by sky energy (upper chakras) or earth energy (lower chakras)

I prefer to work with sky energy- I love the floaty feel, I am better served by earth energy though.

- Do you have a way of raising your energy? (meditation, martial arts patterns, yoga/tai-chi, reiki, etc..)

I do this through shamanic journeying, breath work, and the martial patterns of my personal tradition.

- Try the shamanic journeys sitting upright in a chair, sitting on the floor, lying down, standing if able to- see which best suits you.

I struggle to remain grounded enough to be responsible when lying down, so would only lie down if I was alone, or someone else was leading. I prefer to journey sitting up in a comfortable chair (my office chair is perfect) but if needed I will stand up.

Working shamanically is magical. Maybe right now you are struggling to connect, with practice you'll get there. Maybe like me you connect a little too easily and the struggle is coming back.

You need to know your own strength, when you feel strong and grounded- and when you are not!

There will come times when you struggle to come back or feel yourself drifting a little between the worlds. Knowing how you feel when you are energised, strong and grounded. Being able to spot when your energy is unbalanced, and knowing what you need to rebalance is important.