

Doorways

by O'dl-la Tlv-da-tsi/Gary Gent

In our lives we all live with certain commonalties or another way of saying that in certain situations we, as the human race, tend to react similarly. Most of the time, our reaction is perceived as beneficial by ourselves or others. The other times our reactions in certain situations have negative consequences to our being. Although the negative consequences is viewed as "not in our best interest" by ourselves and others, the situation that triggered the "negative" is positive for our growth and progress along the path. This is what I would like to discuss in this article, how doorways that we open to ourselves, help and teach us individually and collectively as we walk our paths.

Fear is an emotion that we are all familiar with and is perhaps the best developed personal doorway in our society. I don't think there is one of us on this planet that has not experienced fear at some level. The fears range from a small child having an experience with an aggressive dog, a teenager's fear of themselves as a person, a mother's fear for her children, the fear of losing your job, to the military persons fear of death in a war. The examples of fear are as many and endless as the people on this planet. These fear doorways open in each individual through an experience so growth can take place and the person moves out of the situation. Now in a healthy society, dealing with our fear door ways would not be too much of a problem. However, our earth society uses fear as the controlling influence for its peoples. Our fear training begins as a baby, from our parents who received training from their parents and so forth. Then the child enters into the education system which is based on a punitive [fear] system of behaviors, while at the same time the family unit is working in a religion that also uses fear for control. How many times have we been told or heard that if you do this you will go to hell. As the child grows into an adult the fear control used by society comes closer to a personal level. A persons survival, in the context of perceived success, in today's society holds everyone hostage to fear. If you do not follow all of the rules, which are fear based, you are not a success...which triggers an internal fear of wanting to be accepted by your brothers and sisters. The result of this training is that we, as individuals, perpetuate the fear cycle so that we fit in and are considered *normal*, because to act or think differently causes fear in ourselves.

Presently, i think there are more psychologist and psychotherapist than lawyers in this society which shows a desperate need for change. Thankfully we are all being helped in changing, even though the change is very fearful to some of us. We are receiving information from many sources that the time is here to release our old ways of living [in fear] and move into a love based existence. The humorous thing about this change is that we do not have a choice, mother earth is changing because of what has been done to her, Great Spirit is directing and assisting those who choose to hear. Those who choose to ignore the proffered help and continue with fear based living will find their fears intensified, and this is

ok because of their free will to do so. Early in my childhood, my parents taught myself and my siblings to perceive ourselves and the world around us in a way that was different from general society. Being six years old when active teaching began, I didn't realize our feet were placed on the red road, which honors our earth mother and all our relatives. Walking this path from a young age in this society forced me to consciously face personal fears of being and living differently through childhood and into my adult life. The added challenges of following a little traveled path with the normal adaptation to society fears forced me to develop my humor as a means of dealing with the various fears when they were presented to me. This is an important concept that a person tends to forget when they come face to face, up front and personal, with a fear they need to deal with.

In the process of returning fragments of a person's spirit through shamanic soul recovery and extraction, the person very often has to face a fear that is attached with the returning soul piece. An example is a journey I did for Sam [name changed to preserve anonymity]. Sam contacted me, asking if I could journey for him. In our discussion, I learned he carried a huge amount of fear and that his condition began approximately five years ago. Everything that was presented to Sam triggered his fear, from dealing with a clerk at a store to associating with coworkers. Sam was on the brink of literally going crazy [he was having mental images of insanity] because of the fear pressures he was living under. I sensed that Sam had been psychically attack and questioned if he was associating with a metaphysical or similar group. I don't normally ask any information about the person I journey for, but in cases where negative energies could be directly involved, I prefer to know before hand. Sam told me that he had been working with a group who were "light workers" before the all consuming fear isolated him. We then agreed on a date for him to call me and discuss his journey. On the day of his journey, I performed ceremony and entered the shamanic altered state. Here I met my chief guide and spirit guides, and requested permission to journey for Sam. My chief guide gave permission for the journey but advised caution. We then traveled to Sam in the altered state of the real world. In this reality Sam was completely tied by his fear, but the interesting thing in viewing Sam was that most of his major energy centers [chakras] were missing. I ask my guides whether to proceed with an extraction and remove the fear or recover missing soul pieces? My guides told me the soul pieces need to be returned first or the extraction would not be effective. I acknowledged this and ask my cougar spirit guide where we needed to go? Cougar then led me to a person of dark energy who was part of the "light workers" that Sam was working with. My guides positioned themselves to protect me while dealing with this person. I stated our purpose for being there and ask if he was holding anything that was Sam's. The person was a member of a coven and had possession of Sam's mental energy which i saw as a shrunken head. At this point the coven member launched an attack against me which my guides deflected. I ask cougar how to proceed and was directed to install an energy restraint grid over this person. An important point is that in altered state our intent is to do no harm, even if there is an attack.

We only use defensive maneuvers or passive restraints, if we return the attack or cause harm, this adds karma to our debt. I have enough of my own, thank you, I don't need to add more. After the restraint was installed, one of my other guides flew in and relieved the coven member of Sam's shrunken head. Cougar suggested the energy restraint be left as a means of protecting Sam from future taking by this person. We then traveled to the next person in the coven...this one had taken Sam's throat chakra energy and had to be dealt with in a similar manner. We finished recovering soul pieces from six individual members of the coven. They had taken, in addition to the ones mentioned, his beating heart, solar plexus chakra energy, navel chakra energy, root chakra energy and a miniature full body self that was being used in sacrifice ceremonies. If this was not loss enough, the coven had also installed energy siphon hoses, for stealing energy, in the front and back of each chakra. Sam's future at this point was actually rather short, he was headed for a mental institution and with the energy drain and major pieces missing would probably have died within a year. We then returned these soul pieces to Sam, blowing them into his heart chakra and then his crown chakra. Next we removed the fear that had him so tightly tied.

When Sam called to talk about the journey, he reported that his perception of himself and surroundings were suddenly brighter and the continuous fear feeling was absent. I mentioned that was a good sign and proceeded to explain the journey to him. As we discussed the details, I could feel his fear being triggered as each soul piece was brought up. This is a result of the training [abuse] the coven members gave his individual soul pieces while in their possession. I recommended that he find a local therapist because after a major trauma like this, he needed help in putting himself back together in this reality. Now one of the things that is humorous, and Sam agrees, is that he had to give these people his permission for the pieces to be taken. This is one of our lessons in discernment, if we go blindly and believe the label, you can bet that a lesson is forth coming.

Normally, after returning of soul pieces and an extraction, the person may experience an aggravation from the journey. This can be very short and mild to intense and two to three weeks in length. In Sam's case, the shock to his being was so traumatic [big lesson] that at the smallest challenge from a totally positive source, he would drop [give away] one of his chakra energies. Which one he would lose depended on where he perceived the challenge was coming from. I have since made several journeys to pick up dropped energy pieces and counsel him on how not to let the fear be triggered. Sam is serious about growing out of his situation, but he is so sensitized that the fears are triggered over what most of us would consider inconsequential. Sam did go to two different therapists, but with his sensitivity he perceived threat from both. I ask him to contact a therapist that has a background in metaphysics and is aware of what a person goes through in psychic attack. To date Sam is slowly putting his fear triggers away and regaining his ability to function in reality. Sam is also much, much wiser on what happens when you give permission.

This may seem like an extreme example, but if you consider Sam gave his permission simply by working with people who he thought were in the "light", you see the giving of permission takes on many different meanings. Holding a fear within yourself is also a giving of permission or a doorway which can be opened. A reality example of the fear doorway is a person being held up, fear is initiated through intimidation with some type of weapon and the person gives their money, valuables or whatever else is being demanded. The same thing happens on the metaphysical side of the coin, a person is confronted with an object or label that is negative to them and they are holding a fear of that object or label, then this person opens themselves up for the taking because their fear opened the door.

Now the object is not to be fearless, because fear is one of our basic survival emotions...it keeps us from getting into situations that are highly hazardous to our well-being. What we all need to strive for is recognition of the fears we hold for no other reason than we are afraid to see them or don't know what to do about them. This cleansing process is probably familiar to most of us at some level, but we need to clean house because as our earth mother increases her transformation, the fears we are holding are going to intensify. So it is easier to deal with small fears now rather than large fears later. May you all walk your path in love and light.