

[Subscribe](#)[Share ▼](#)[Past Issues](#)[Translate](#)

Shamanic Connection's New sletter - Spring 2014

[View this email in your browser](#)

Shamanic Connection

Awaken Your Inner Shaman™

*Reconnect With Self, Spirit
and Mother Earth
Through Shamanci Practices*

Shamanic Connection's Newsletter
Spring 2014

IN THIS ISSUE:

- [Shaman's News](#)
- [In The Marketplace](#)
- [The Worlds of the Shaman](#)

UPCOMING PLAYSHOPS AND TRAVEL SCHEDULE:

[Elk Mountain Highland Games & May Day Festival](#)
May 3 - Rogue River, OR

[Aspects of Self - A Shamanic Campout](#)
June 13-15 - Shaman's Grove, Grants Pass, OR

[Aspects of Self Shamanic Exploration](#)
October 13-15 - Burgum, Netherlands

[Private Sessions with Gary Gent](#)
October 12, 16 & 17 - Burgum, Netherlands

ONGOING EVENTS:

[Drum Circle](#)
Monthly - 2nd Friday - Grants Pass, OR

[See Our Calendar](#)

SUBSCRIBE HERE:

Did someone forwarded you **Awaken Your Inner Shaman?** Don't depend on your friend for this great information.

Shaman's News

Spring has definitely arrived here in Southern Oregon. We have a steady flow of "liquid sunshine", with intermittent rays of warmth. Sometimes we even get both at the same time!

Gary & I welcomed Spring in the warm sunshine of Arizona. We went south to visit our kids and warm our bones. It was a lovely visit, but we both missed the quiet and green of The Grove. It was good to return to the welcome embrace of our forest.

Winter was fairly quiet here. It came and went in the beginning of December (while Gary was in NJ). We were snowed in for about two weeks, hiking up and down our hill to the car. If you talk to Gary, you might ask him if our car makes it up the hill in snow. (Hint - It took 2 tow trucks 😊)

Gary made two trips to NJ this winter to facilitate playshops. In March we participated in the Enlightened Living Faire here in Grants Pass. It's always so much fun to get out and chat and share with our community. And the drum circle is going strong. We always look forward to rattlin' the rafters at our friend's spiritual center.

Aside from our usual flurry of Springtime gardening, we



Sign up for your own free
subscription to ***Awaken
Your Inner
Shaman*** today.

CONTACT US:

On the Web at:

www.shamanicconnection.com

Gary Gent - [602-439-5843](tel:602-439-5843)

[Email Gary](mailto:gary@shamanicconnection.com)

Debbie Gent - [602-896-0146](tel:602-896-0146)

[Email Debbie](mailto:debbie@shamanicconnection.com)

Shop Online at:

www.shamansmarketplace.com

FOLLOW US:

On the Web



Friend Us on Facebook



Check out our YouTube



Email

READ OUR BLOGS:

[Read Shaman's Blog](#)



[Read Nature Wise Blog](#)

have a visitor coming from the Netherlands. She and Gary will be finalizing the details for his trip to the Netherlands in October to facilitate [Aspects of Self Shamanic Exploration](#) playshop. I'm prepping for the Elk Mountain Highland Games & May Day Festival here in Rogue River, OR. I'm getting some new product ready and having to make costumes for us to wear in the Vendor Village (Gary was worried I was going to make him wear a kilt 😊)

Then, we have a long overdue trip to the mountains to gather sage for our ceremonial use. It's been several years since we've been and are looking forward to communing with the sage plants and gathering our harvest. Once harvested, we have to tie all the sage into bundles and hang it to dry.

June brings the [Aspects of Self Shamanic Campout](#) here at Shaman's Grove. Registration time is rapidly approaching, so don't forget to sign up now if you plan to attend.

Then the next thing we know, it will be Summer, and time for another update.

Enjoy Spring!

[<<Return to top](#)

In The Marketplace

Things are shakin' in the Marketplace. I have a bunch of new items that are waiting to get placed on the website - new Celtic style bowls, some new bowls from Bear Tale, and some new resins and herb blends. Hopefully I can get photos and have them available in April.

The Marketplace is in the process of another facelift. We are changing our format to keep up with the new technology and be more mobile device friendly. So, if you log in and see we look different, it's okay, you're in the right place as long as it's shamansmarketplace.com!

[<<Return to top](#)

The Worlds of the Shaman

We often hear that the shaman travels "between worlds". When asked how we travel through time to recover soul pieces, we often say it is because in the dimensions we travel, there is no time, space or distance. That the spirit world is non-linear.

To quote our book [Shamanism and Soul Recovery - Everything You Wanted To Know But Didn't Know What To Ask -](#)

"The shaman is one who chooses to "walk between the worlds" of everyday reality and the spirit realms for guidance or healing. They are able to slip out of their ordinary reality into an "altered state of consciousness". In this state of shamanic consciousness, the shaman is aware of both the physical world and the spirit world or "Otherworld" at the same time.

He/she acts as an interpreter for the spiritual realm. Shamans treat ailments/illness by mending the soul. Alleviating traumas affecting the soul/spirit restores the physical body to balance and wholeness. They also travel to the spiritual realm to obtain solutions to problems afflicting the community. Shamans may visit other worlds/dimensions to bring guidance to misguided souls and to ameliorate illnesses of the human soul caused by outside elements." ([Shamanism and Soul Recovery - Everything You Wanted To Know But Didn't Know What To Ask](#), Debbie & Gary Gent, 2012, p.2)

So, what are those other worlds or dimensions we travel in? Many shamanic traditions believe that this unseen reality is divided into three separate worlds: the Upper World, the Middle World, and the Lower World. Each world has distinct qualities, including particular entryways and recognizable landscapes. The three realms are linked together by a vertical axis that is commonly referred to as the "World Tree."

The Upper World above is the realm of unrealized potential, higher knowledge, and enlightenment. It is the domain of gods, goddesses, and evolved teachers/Masters. Many people experience the Upper World as very ethereal. The light tends to be bright, although the spectrum of colors can include everything from soft pastels to complete darkness. The landscapes in the Upper World are varied, and you might find yourself in a crystal city, phenomenal places of learning (i.e. classrooms and libraries) or simply in the clouds. In our training, this is where souls go when they are "taken to the light" to rest and prepare for their next journey. Here the shaman meets with teachers and ancestors who will aide the shaman through training and who will help guide the shaman in his/her work. Shamans also come here for cosmic wisdom, divine inspiration, insight, or to find ways to restore balance within themselves, their clients and Nature.

The Middle World is our reality as we know it. It is our day to day lives and the residing place of our physical bodies and our normal waking consciousness - the spiritual dimension of our physical world. Middle World journeying is a way of communicating with the spirits that live in all things present in our physical reality (Nature, pets, weather Spirits, the Moon, etc). It's so parallel to the world we live in that we can visit all the places, people, and things we know in our ordinary reality. Shamans typically journey to the Middle World to find lost and stolen soul pieces, lost or stolen objects, or to do long-distance healing work. The shaman many come to both the Middle World and the Lower World to

commune with Nature.

The Lower World is the realm of animal, plant and nature spirits, spirit guides, and the Land of the Dead. The Lower World can often be seen as being the place where evil spirits live, darkness pervades, and in general, not a good place. This is mainly due to our cultural conditioning of "Hell". While the Lower World can contain some "not so nice" people and places, it is not a place of evil or Hell. The landscape in most places of the Lower World tends to be earthy, filled with mountains, deserts, dense jungles, and forests - the realm of Mother Nature. This is where guardian animals (Animal Guides/Allies) or helping spirits are found. It can also be a place of tests and challenges. This is where we often find soul pieces of those who are suffering and stuck. A spirit journey to the Lower World is generally undertaken to seek the help and guidance of an animal spirit, to recover lost power, or to find and return a sick or stuck person's wandering spirit.

Shamans are said to travel to these worlds by climbing the World Tree. The World Tree is the bridge that connects these three worlds; it is the central axis about which the universe of the shaman extends. And it is on the Tree that the spirits pass from one world to another. The roots of the World Tree touch the Lower World. Its trunk is the Middle World and its branches hold up the Upper World.

[<<Return to top](#)

Copyright © 2014 Shamanic Connection/Shaman's Marketplace, All rights reserved.
[unsubscribe from this list](#) [update subscription preferences](#)

