

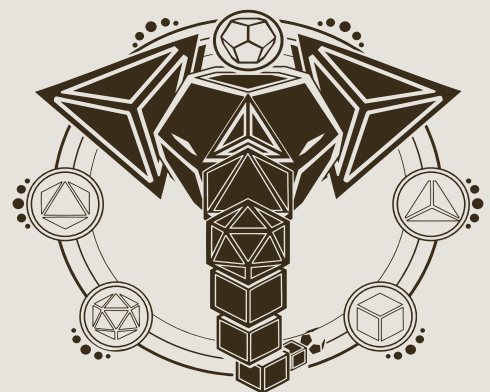
# THE PATH OF KNOWLEDGE: A COURSE IN SHAMANISM

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## GUIDEBOOK



 SHAMAN ZO



Lucid Earth Education

The Path of Knowledge: A Course In Shamanism

# SHAMANIC HISTORY

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Origins and Universal Philosophies

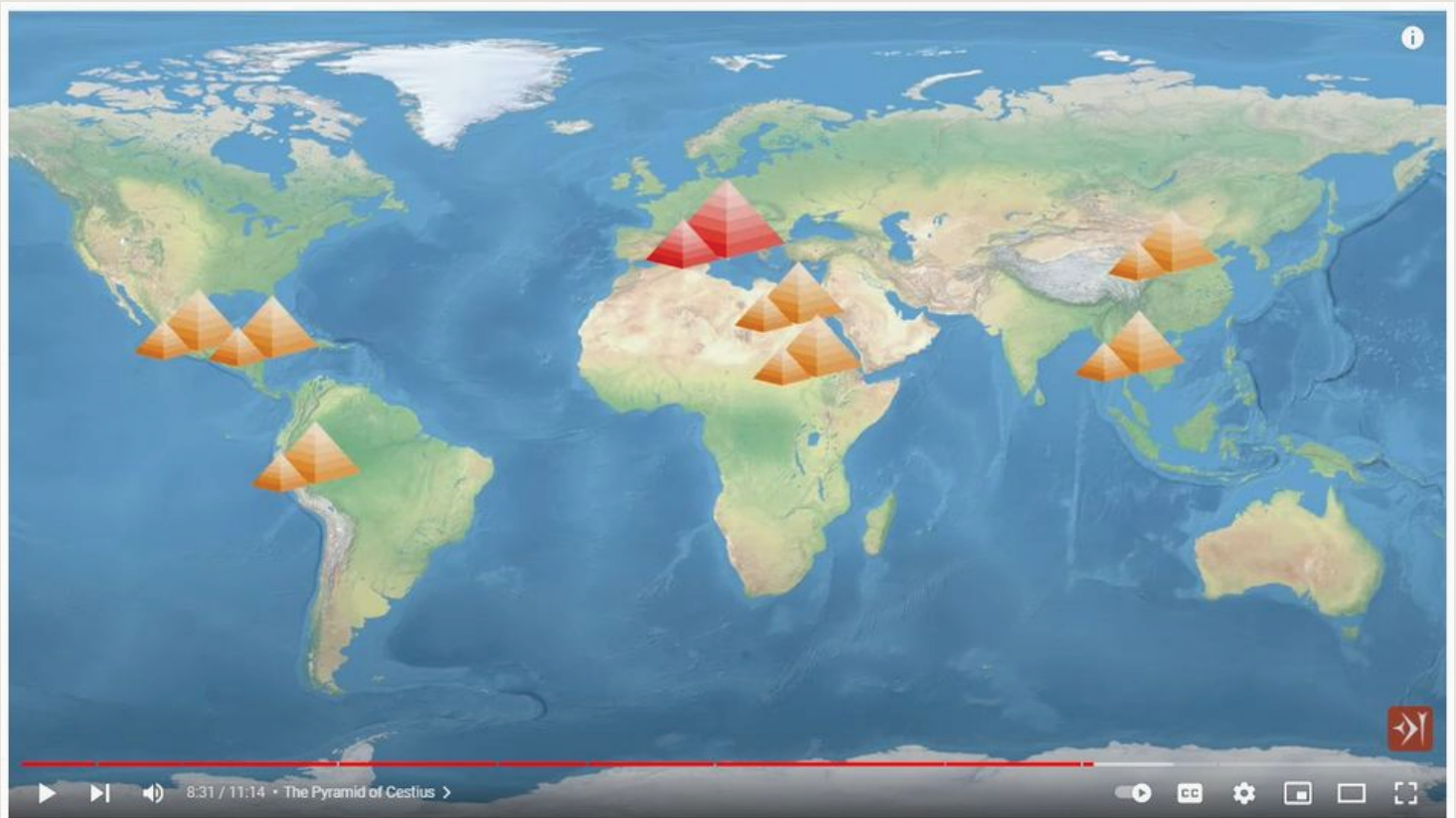
## The Path of Knowledge: A Course In Shamanism

Shamanic practice has been a healing practice since time immortal. It's been theorized it pre-dates the forming of economy, organized religion, and even astrology. It is a practice of conscious creating and being one with nature. Being intentional in one's actions, while observing and surrendering to the Universe and the forces that it wields. Of all of the healing modalities available today, it is on one hand the most simple, and on another hand, the most complex. In simple form, it is communing with nature, spirit, and service to others. In long form, it can be an entire lifestyle of beliefs, rites, practices constant learning and eternal expansion.

It began with the human race during our primal beginnings, learning what plants what what effect. Some plants healed wounds, others settled upset stomachs, and others opened our third-eye and crown chakras introducing us to the portals that led to the spirit realm where our ancestors reside.

Some claim that Shamanic practice is exclusive to a single place on the globe. This would be similar to saying Pyramids are exclusive to one location.

- Both found on multiple continents.
- Both are ancient.
- Both required entire lives and generations to cultivate.
- Both required hard work, and sacrifice to create.
- Both are sacred gifts that our ancestors passed down to us to explore.
- Both get to be studied loved and shared with the world.



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## I. What is a Shaman?

- One who regularly communes with the Spirit world
- A "Priest" or "Priestess" of the earth
- One who utilizes plants, animals and nature to heal
- One who utilizes beyond average awareness and energy for the purpose of healing themselves and/or others.
- Including but limited to: conscious evolution, seeing the invisible, astral projection, influencing the external world such as weather, space, and/or time itself, may be some of the events one experiences in Shamanic Practice.

## How old is Shamanism?

Some sources claim that on Earth, Shamanism dates back 10,000 years, others say 100,000 years. Some say it goes further back before even in Atlantean and Lemurian times. This would mean that Shamanism predates government, organized religion, astrology, and the forming of human society itself.

Woo-woo alert! Shaman Zo's theory... is that if Shamanism is practiced by extra-terrestrial or extra-dimensional beings, it could date back billions of years, depending on the age of when the race evolved. We don't know for certain, but Shamanic Practice could be the oldest healing modality in the universe!

## Where did the word "Shaman" originate?

The word Shaman is derived from the root word "Sa" which means "to know".

Although "Shamanic Practice" is a world wide phenomenon, the word "Shaman" originated in Siberia in the Tungus region. Over time the title then migrated into Mongolia, China, Tibet and India. As it traveled it was shifted into different terms as it was translated into different languages including Sanskrit.

As the designation spread, it was either adopted by various indigenous medicinal practitioners or applied to them by "outsiders". If a European didn't know what call someone of a particular tribe, it was prescribed them, much like the word "Indian" was prescribed to the Native Americans when Columbus thought they had landed in India and called the Natives "Indians".

It because of the this that some identify with the term positively, where others do not. Others prefer to be referred to as a "Medicine Man" or "Medicine Woman". In the Philippines they use the word "Babaylan, Balyan, Asayan" and over 20 other titles for "Shaman".

There are also various terms to describe the different levels of student and mastery.

Which title you take on will be entirely up to you. Choose a title that aligns with your mind, body, heart and soul.

## Side-note on "Medicine":

The application of the word "medicine" reaches beyond plant / fungus/ animal medicine ingested for spiritual journeys. Medicine comes in different forms such as singing, dancing, music, talking, energetic healing modalities and more.

The application of medicine ranges widely covering:

- Health of Mind
- Health of Emotions
- Health of Body
- Health of Spirit (or spiritual connection)
- Health of Abundance

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- Health of Relationships
- Health of Environment

Note: Shamans do not heal others, they heal themselves first, then show others their way. Sometimes it works for many, sometimes it works for few.

From healing infected cuts, to aiding fertility, to increasing abundance and everything in between.

### WHAT DO SHAMANS BELIEVE?

Universal beliefs include:

- Communing with the Spirit World
- Connection and protection of Mother Earth
- Practicing healing and service to others
- Sound healing (singing, music, drumming, dancing)
- Use of plants for healing the body, mind, and spirit

Specific beliefs can vary from tribe to tribe:

- Stories of how the universe came to be
- How humans came to be
- Names and roles of spirit guides (angels / ancestors)
- Names of God's and their roles
- Symbolism of animal spirits
- Life lessons
- How weather is formed
- The name of mother Earth
- What they call life force energy (Chi, Prana, Ki)
- Plant medicine' what to use, how to use it and when to use it
- Rites and Rituals

Is there a right or wrong way to practice Shamanism?

No, however there are:

- traditional vs. non-traditional
- healthy vs. unhealthy
- working vs. non-working
- sustainable vs. unsustainable
- safe vs. unsafe
- conscious vs. reckless

With over 5000 tribes in existence today, and many more in the past that have come and gone, Shamanic beliefs can vary beyond count. This is why Shaman Zo / Lucid adhere a blend of universalities and/or specific practices that have been tested over time. There are infinite ways to approach and practice Shamanism, The Path of Knowledge is only ONE.

The Lucid Approach to Shamanism is designed to be a practical, and effective path (Divine Masculine) while maintaining a balance with flow, love, light, soul and Christ consciousness (Divine Feminine).

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Things I wish someone had told me before I began my own path

1. "Sha" means "to Know" and originated in the regions of Siberia and Mongolia. Today this word is a broad term used to identify what tribes traditionally refer to as "A Medicine Man or Medicine Woman".

2. Shamanism tends to choose us. It calls to us, but it's up to us to accept the responsibility.

3. Shamanism is its own world. It is vast, ever changing and takes time to explore and navigate. One must be both patient, and persistent. It takes effort, but effort without stress or strain. It requires strength, flexibility and endurance..

4. Shamanism is not exclusive to one country, region, or tribe. It is a "beyond ancient" practice found on every continent in every race. Some believe just because they are not of a certain race or tribe, that it is "wrong" for them to practice it. But also, because Shamanism is directly tied to our individual roots, it is tantamount to delve into each of our own lineage, culture, and heritage.

This is one of the beauty's of Shamanic path, it directs us to cherish and honor our origins and ancestors. With that being said, there is much to learn from many, and it's important to learn from our own ancestry before branching out into other cultures.

Once this task is complete, we can branch out into other cultures' medicines. But before doing so, to ask for the blessings and permission from those cultures.

Asking permission to learn and practice their medicine is a basic level of respect.

Although there is no "right" or wrong" approach to this method, there is an "honorable" one. One which I emphasize in my own personal teachings and in this course .

If your exact genealogy is not available to you, there are plenty of options still, so please set up a call with me so we can find the right approach for you.

5. Initiation can be done through a living Shaman, or through your ancestors and life itself (will go into detail in the course).

Even if for some reason a teacher was not made available to us in the past, and we are meant to become a Shaman, life will initiate us.

"When the student is ready, the teacher will appear..." sometimes that teacher is life itself.

6. In this course I do not promote "perfection culture". The Path of Knowledge / Shamanism is not about being "perfect" or "good enough". These are products of the ego. Shamanic practice is about being able to learn from life experiences (light and dark) then adapting to the current environment. Life challenges are not a curse in fact that is quite the opposite, they are part of our initiation.

7. Historically speaking, Shamanism has been "outlawed". Due to religious persecution by multiple organized / militant religions many Shamans and their practices almost went extinct.

This didn't just happen in North America. It is also historically evident in Europe, South America, Asia, The Pacific Islands, and Australia. Not too long ago, witches (female Shaman) were burned in our very own country, despite "freedom of religion". Today Shamanism still lives, and it is growing.

Although Shamanism is now deemed "acceptable", its true form still requires a certain degree of "rebellion". Not in the context of "defiance" but rather "standing up for one's own truth" despite what the powers may want to impress upon others. Shamans typically follow the laws of nature, and not always the laws of man, which deserves a deeper discussion later on in this course.

8. Along "The Path of Knowledge" we will access and expand our own "Personal Power" (A blend of chi, wisdom and awareness). Please understand that invoking such power is something that needs to be done with humility and respect. Agreeing to step into a deeper relationship with Spirit brings

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both new abilities but also new challenges. I want to say that this path is all rainbows and sunshine, but anyone that has truly walked this path over time knows that simply isn't true. But there is a silver lining. The tools, skills and abilities you will gain along the way will prepare you to alchemize any darkness you may encounter along the way, into light, lessons and experience. This IS a path of love and light, but at the edge of light, is darkness, which tends to show up when souls are awakened. This is to distract and challenge us with the intention of leading us away from our true path.

9. As you explore this new world, be ready to flow through changes, synchronicities, growth and unexpected events showing up throughout this journey. Everyday life can shift.

- You may begin to see repeating numbers more often.
- Encounters with animals in nature may increase.
- Dreams may become more lucid.
- Inspired "downloads" may increase in intensity and frequency
- Communing with Ancestors or loved ones that have passed may become more frequent

10. As you connect with your ancestors both ancestral trauma and ancestral information may be revealed. Be prepared to face and heal these as you encounter them.

11. I will never hold myself as someone else's "master" but rather a Guide. I do not participate in subjugation, nor do I promote it. It is very possible that you may have been my Guide in a past life, and in this life, I get to "play the role" of being yours.

All are equal in this circle.

All of us have different strengths and abilities, different pasts and different futures.

To play our part in healing the world, we all get to learn what "our part" looks like.

Diversity is important, and all will contribute in their own special ways.

Please do your best to not put yourself in comparison to myself or anyone else in the group, focus on your journey and your journey alone. Your evolution of self is above all else, the most important.

12. Sacred plant medicines are an integral part of communing with the spirit world. Yes, it can be done without, however it usually requires deep meditation for long periods of time (unless you are already adept at astral travel without needing medicine). If medicine calls to you, be ready to answer.

13. One may practice their religion without the intention to become a Priest/Nun or authority figure of that religion. One can practice Shamanism (a Pathwalker) without the intention to become a Shaman. It's okay if that is how far you want to take it. But please understand that intending to become a Shaman is paramount to intending to become a Priest/Nun. It shifts from a simple practice to an entire way of living, for potentially the rest of your life.

14. This course in no way designed to negate your prior experiences or teachings you may have gained from your current or past Shamanic teacher. If you have worked with Shaman before, this course welcomes former teachings and integration. Again, there is much to learn from many.

15. In the end you will be asked to create your own creed to live by and follow. Take in all the information you can, but take the time to label it as "true" or "untrue" until your heart, mind and soul agrees that it is so. Open heart, open mind. Trust... but verify.