

April 2010

Blessings on You...

Often before I initiate classes, I have my students circumnavigate the room and put blessings on each other. They look each other in the eye, connect with their heart, and then bless each other. In Celtic shamanism this is called "put a blessing on you". Once a blessing has been placed, you actually wear the blessing in your energy fields. This blessing has power and acts as a protective barrier as well as an attractive force to bring divine blessing to you.

This belief always reminds me of Dorothy in the Wizard of Oz when Glenda the Good Witch of the North kisses Dorothy on the forehead and announces that she will be safe with her blessing, as well as the famous red shoes. The definition in the dictionary of blessing is: To bless is to make holy, to invoke divine favor upon someone or something. To create well-being or prosperity on someone. To intentionally help by offering love through good and positive wishes.

This ritual process that I start each class with takes some time, but the outcome is significant. Within the hour, people have enough positive energy placed on them that it creates a lasting impression in their energetic fields. They also have given sufficient blessings to procure their own heart the chance to open and soften to any of the adverse situations they might have found themselves in from the last time we met as a group.

As we travel around the room greeting and blessing, the energy heightens and we are all affected. This is noticed and expressed through laughter, a sense of joy, and a full expression of genuine love. Hearts open and receive. Spirits rise. Collectively we experience this movement of energy. Healing is being actualized. This is shamanic in that there is intention to move energy to promote good will and well being. You can change energy and change your health by these expressions, both for those receiving and for those giving.

I found this in my files this morning and I share it with you. I especially like the mission that is stated:

"What if all of us spent just 24 hours blessing everyone and everything in our lives?

The results might be nothing short of staggering. That much positive thought energy, wrapped in a blanket of love and sent forth in a genuine attitude of care and appreciation, could radically shift world-wide trends, changing not only what is happening in our world right now, but for decades to come...

Based on the simple but scientifically and spiritually-based premise that if enough of us spend more time thinking about what is right rather than what is wrong, a transformation will occur... We believe together we can change the world."

Many times people feel that to be shamanic they must be involved with ancient ceremony invoking spirits in mystical ways. Sometimes this applies, but living a shamanic lifestyle is more often concentrated on a state of mind. Simply stated, living with a purpose of well-being and the intention to promote healing, a constant consciousness that what is happening in the given moment IS important and can be used for healing.

Smiling at people and being optimistic is a form of energy awareness and control. Blessing folks is a form of ceremony and healing; thinking positive thoughts about yourself and others is a form of doing small soul retrievals on yourself. The more consciousness you give to every moment IS the power in shamanism. It is a form of energy medicine and it is being practiced by the shaman moment by moment not just during traditional ceremonial times.

Bless people and things all day today and watch what happens inside of you.