

The Calling

You yearn for your sweet spot that calls through the open door of your quiet moments where your soul is inviting you to unshackle yourself from the baggage of your life.

You feel more busy than fulfilled but you don't know how to do it differently with your day-to-day demands consuming your life. Yet you find yourself longing for the freedom to love your life with a sense of wellbeing, to live satiated by your feeling of truly belonging, and to realize the fulfillment of your purpose.

I know, as my own personal yearning was like a fire burning in my soul. It called me to search; and search I did as I sit with my memories flowing throughout my entire life always moving me, urging me, and calling me.

Our Culture Defines Us

In our Western culture our world becomes a creation of busyness fueled by our familial and cultural expectations and roles. Additionally our lives are framed by our beliefs, ideas, and things we hold onto.

We believe who we are, individually and collectively, comes from who we've been including all the stories of our past.

Our efforts to leave our past behind ensnares us into more doing as we strive to move beyond the composite of our stories. Gathering more things, more relationships, and more accomplishments our eternal search for our sweet spot remains like an unquenched and never ending thirst.

Imagine

Imagine living from your deep inner being.

In ancient shamanic traditions we learn it's not a matter of what we hold onto in our attempts to fulfill that which we seek. Rather it's a matter of what we're willing to let go of so we can be embraced from deep within.... where we become familiar with our absolute intimate truth; the wisdom of who we are and who we are meant to be.

To live in this state of freedom and fulfillment requires the healing and release of your stories. We call this dying to the old self. In doing so you're no longer defined by the beliefs that imprisoned you.

Apprenticeship

In a world of all things possible, we'd ideally live with, serve, and apprentice to a shaman for a life time of learning, gleaning the multifaceted breadth of their wisdom. However, as the shamans wisely pointed out we live in a Western culture where this isn't practical and therefore we must make it our own. Furthermore, they've counseled

it's imperative we do so as our culture has not only lost its way, but more importantly its connection to Mother Earth, Pachamama.

In concurrence with their counsel, I offer these sacred and ancient doctrines on behalf of my teachers with their permission: the late: Mary Blankenship, PhD, founder of Wiracocha Institute Center for Spirit & Consciousness and Don Manuel Q'espí Alto Mesayoq, Kuraq Akullaq¹ and revered elder of the Q'ero nation, Peru. (¹A shaman who interacts with the earth and cosmos for humanity's benefit)

Though I've studied and teach from various traditions it was the Peruvian way of living in right relationship with all beings that utterly sang to my soul. They were the 1st ones. Within their presence and teachings I couldn't help but notice the gentleness of their spirits, their countenances of sparkling joy, their artful expressions of sacred playfulness, and their abundant humor, serenity, and loving compassionate hearts. Throughout their wisdom teachings they spoke to me in ways that touched me deeply. They were the ones that helped me remember who I am meant to be.

Over time under their watchful eyes I too became the teacher and wisdom keeper to walk in their footsteps; allowing their teachings to grow and be expressed through me as the essential gifts they are meant to be. I'm honored to invite you to join me for an experiential journey into these wisdom teachings, created to support your deep and transformational healing.