



SHAMANIC

GUIDE TO WELLNESS

A Workbook by Shamanic Soul Work

www.shamanicsoulwork.com

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WELCOME

I invite you to drop into your heart and choose a practice at a time to work through in this guide. Practices are just that, PRACTICES...they have to be practised. Keep it simple, repeat till you reap the rewards, and gradually grow your self-healing, wellbeing and spiritual development tool box!

Tessa



DO YOU HAVE 5 MINUTES?

BREATH IS EVERYTHING

Take a few deep breaths, making sure you are using your belly and not breathing up in your chest/shoulders. Then, when centred, breathe in slowly, imagining light is entering your whole being, and breathe out slowly imagining all dusty, muddy, sticky, dark energy leaves your field and is returned to the earth to be mulched.

GRATITUDE

Being grateful is not the same as PRACTICING gratitude. Take a moment to truly think about 3 things you are grateful for in your life (write them down if called). Truly feel them. If you can, spend the rest of the day trying to pay attention to what you like, what you enjoy, and what is going well. This way you can begin to train your mind to focus on what is working, to combat all the negative thoughts we have. This is not bypassing, you do still have to do the deeper hard inner work, but it is a way to shift where your thoughts go when your mind wanders.





DIVING DEEP

I believe it takes time to create change and to facilitate lasting, physical, spiritual and mental wellbeing (although I have also seen immediate effects of this work!) However, if you combine simple practices and shifts (like the ones previously mentioned) with fearlessly walking through the deep inner areas of your being, doing your shadow work, you quickly begin to reap the rewards. I invite you to sign up for my FREE self-healing course (it used to be a paid course!) and work through all the shamanic journeys, shadow work, the beautiful meditation with Inca Priest Giuliano Salas in the bonus material etc. You can access all this FREE by signing up to my newsletter over on my website (link in footer on website) Web address is listed below.
WWW.SHAMANICSOULWORK.COM



OPENING YOUR HEART CHAKRA

WHAT IS WEIGHING ON YOUR HEART DEAR
ONE?

The heart chakra is such a powerful portal through which we can both deepen our spiritual journey and access and release our greatest pains and fears. I invite you to light a candle, put on some calm music, place a hand on your heart, breathe and ask your heart to speak to you. What are you TRULY needing to heal, release, invite, shift, change right now?

Not what your mind thinks is important, what your heart is calling you to do. PRACTICE LISTENING. Then, blow a few breaths out to give to the archetype of Eagle and ask this archetype to come and help you open your heart and begin to heal what came up. Not sure what all this means or how to do it? This is why it is a PRACTICE...lean in and teach yourself, explore and journey with your soul...



PRACTICAL SPIRITUALITY AND WELLNESS

Shamanism is very practical. You learn through trying, doing, or as we say 'through direct revelation'. Sometimes this is confused with it being just in the earthly realm (especially as our tools are earth based), however, to the shaman all dimensions are in everything. The ocean for example, is not just the ocean 'here' but in all realms.

We also believe that to build a solid path we need to do the groundwork and connect with the earth and elements and not just run off into angelic realms. It is a whole system, allowing you to go deeper, further and higher. So, let me share some simple practical tools you can implement in your day-to-day life to get started or keep going. You don't have to forever do every practice, you can swap and draw upon what you are most called to. Pick the tool needed in the moment, just like you would in an actual tool box! However, I do encourage you to go deep over at least 30 days with any one practice as you integrate it and make it a tool in your kit! Continued on next page.






PRACTICAL PRACTICES 1

Daily Chakra Clearing

In the shower: spin each of the main 7 chakras anti-clockwise, holding your hand about 30 cm from your body, starting at the base chakra going up, and imagine throwing out any heavy energies into the water. When done repeat, but this time spinning them clockwise, imagining filling them with light, clear water, or the colour of each chakra (if you are new to the chakra system a quick Google search will give you an image of the main 7 chakras locations). You can also do this outside of the shower, using a candle and flicking the energies into it and then reaching to the sky and bringing the highest light you can imagine to each chakra, instead of using the water.






PRACTICAL PRACTICES 2

Stop Spiralling - Drop Into Your Heart

When you feel stressed or when your mind is running too fast: close your eyes, take a deep breath and imagine your mind dropping down into your heart chakra as you breathe in. Then, imagine all the stress and heavy energy released out through your heart chakra as you breathe out (and absorbed into Mother Earth for mulching). If you have a womb you can also send love from your heart down to the womb space where we tend to energetically store many traumas in my experience.






PRACTICAL PRACTICES 3 & 4

Connect with Nature & Practice Stillness

Walking, swimming, watching the sunrise, stargazing, filling your chakras with sunlight, watching a tree and studying all the amazing details on a leaf...STILLNESS with Pachamama (the local spirit of Mother Earth). All information and energy you need are available to you if you choose to implement moments of stillness in your life. You can also work with the elements - soak up the sunlight, let the wind cleanse you, the moon speak to your sacred nature and so on. You may also wish to sit by a fire place or fire pit releasing, manifesting, just being. Simply gathering around a fire feels like it is embedded in our DNA and connects us with our ancestors through the universal consciousness.

Practice Stillness



DO NOTHING for a few moments. Repeat. If this is a challenge you know there is a need to learn to just be...we are not just humans doings but human beings! I find this technique makes more sense outdoors. Nature welcomes you to just be.



THREE QUESTIONS

I am going to ask you three questions and I want you to answer from your heart in 1-2 sentence answers. Be honest with yourself, hone in and decide what action you will take to heal what comes up.

1. What is the number one issue/fear/habit/belief or similar that I have to address?
2. How can I treat myself more lovingly mentally, physically & spiritually?
3. What am I ready to release and transmute (bring it to the fire as we say)?

Your Notes



CONCLUSION

GUIDE TO WELLNESS

I hope this little guide has served you well. Remember, reading it is not going to change anything, change requires you to take action. :)

If you wish to check out my podcast, Instagram or book a session with me, you can access everything via www.shamanicsoulwork.com

With love, Tessa



DIVING DEEP

FREE SELF-HEALING PROGRAM

These are just SOME of the contents....

MIDDLE WORLD

Audio + PDF: Time with Spirit - 30-Day Initiative

Audio: Shamanic Journey - Find a Helping Animal Spirit

Audio: Shamanic Journey - Stone, Plant & Animal Realms

Video: Shadow work IS Healing

INTO THE UNDERWORLD

Guided Meditation: Meet Your Shadow Self

Audio: Shamanic Journey - Find the Wound

Has Resistance/Fear sneaked up on you yet?

Audio: Shamanic Journey - Down to the Bone

Support Sheet

...and MUCH MORE including a bonus meditation with Inca Priest Giuliano Salas.

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Questions?

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