

Drumming Circle

Our Shamanic classes resumed itself with a big bang; we united for a drumming circle. I had never experienced this work or anything like it before, although I love music the last time I can remember picking up an instrument to learn beats and music was maybe at the age of 14 in High School in music class which I wasn't that fond of as I am sure it was the recorder, to be honest I immensely disliked it, I would pretend to play and have my fingers moving up and on the hole but my mind would always be elsewhere or thinking "When is this torture going to end!?".

We were informed at the circle that Shamanic drumming is a time-honored method of healing and helping others and ourselves. Shamanic drumming circles provide opportunities to unite for the attainment of a shared objective and tonight our objective was 2011, release of the past year and negative energies and manifesting goals and resolutions. I had already participated in a lot of work regarding the same objective including a shamanic fire ritual two days earlier in which we chanted and used rattles and drum as well as gave offerings to the fire of white sage and tobacco so that it would help in sending our goals to spirit through its smoke and release our fears and negative energies through its heat and recycle it for the positive.

We gathered around the circle which was eloquently surrounded by altars representing all the directions and elements, North - air, East - Fire, South- Water, West- earth. Each alter carried representations and trinkets of its elemental strength. We began with a dance to the directions one I had learnt in early classes, the dance so calming and beautiful I associate it with the flight of an eagle, to dance it and not feel at peace with all nature and self would be a gross understatement to describe the connection, I always feel as if I am home when I participate in the dance even though at times I am consumed by my ego and lack of coordination. We started with a prayer to spirit and ancestors asking them to help us create and release and to bring forth our manifestations for the upcoming year. It would be false to say at that point that I did not experience a sensation that spirit had already entered our space; spirit has such a soft element in letting one know they are present. After prayer we opened the circle to a chant to bring in the element of the North and air and eagle to help release anything we opted to silently in order to fulfill a deeper connection to our direction and goals in life and for the year, after the chant we began to drum, at first to a rhythm and then we allowed our bodies and soul to cater to the tunes that would be illuminated by our beginning trance state. Drumming to me is like the sound of a mother's heartbeat to babies and children, so peaceful and loving that its immediate essence can put one to sleep, this is true only to the drums made by the Native American, deep but soft sounds and notes, which in actual fact is often played as a heartbeat

when commencing journeys to the worlds far beyond the open eyes. Within minutes I felt as if my trance like state had begun and my hands just moved as my soul desired. I opened my eyes a couple of times to make sure I was still there and watched as the rest of the clan followed the circle in energy. Beautiful colours and lights in blue and yellow energy circled our presence and at the end of that round I could already feel my body vibrating. The second round involved the East and our manifestations for goals were silently requested along with an offering of chanting to the element of fire. As the drums started the sound coming from the circle was even more peaceful and beautiful and my trance state became even deeper, with eyes closed as I engulfed myself into the sound, my mind became blank and still. It was not until our leader began talking that I was suddenly jolted back into my body, I had traveled home to my house in spirit and became aware that I was in my bed with my husband, it was a big shock when I opened my eyes to find myself in a class around a circle. I felt as if I had jumped dimension and I could create a balance in my mind of what had just happened, I got a very heavy sense something was wrong somewhere and began to feel agitated and my concentration fell upon my phone, my eyes would not leave as I expected a call to come through, as the class began to play again to the direction of the South I silently left the circle to call home and make sure all was well, to my satisfaction it was and I returned to my circle with full anticipation of continuing the work I had earlier set out to do. I sat back in my spot and joined back into the circle and allowed the energy to pass into my heart chakra and I breathed it in and allowed my physical body to immerse itself into the drumming and my soul returned into trance automatically as if it had never left. The final set of drumming was targeted towards earth and the West and grounding our requests to spirit and mother earth and father sky. In this set of drumming I just sat and absorbed all of the energies, I allowed my mind to succumb to its every calling and as I did and I opened my eyes I could see spirit surround us and the room, we had a crowd come to visit including our ancestors and the Native American chiefs of many tribes and a couple of shamans too, all watching and smiling and supporting our requests and trance states. I was overjoyed with appreciation for them and all the lessons they taught us in meditation, journeys and sleep and I gave thanks for their help and support and continued to watch as the wind spread our energies in unity around the circle, so intense that I could feel my body swaying each time it passed me. It is a miracle to feel such want, closeness and appreciation for being yourself and not having to hide in everyday synchronicities and adaptations of yourself as an employee, a mother, a wife, a daughter and well just everyday common personalities each of us obtain to get through life and be considered "Normal". I made a pact to open my doors and be myself for all to see, no more hiding, no more closets just me and being proud that I have a gift of connection to spirit and the Divine and that I can close my eyes and sometimes open them and see that far beyond us but yet right next to us, there is still life after death and that our bodies may become old or even young and die but our souls and spirit live on in realms just like ours but with more peace. I was given an opportunity to close the circle with the

mother drum, I felt proud and happy as our leader directed me to it, I played as if I had played many lives and I engulfed my soul into it, I felt power but not controlling power but power over myself, my mind and who I am, for I am Anna and I am a connected spirit who is seeking her path to enlightenment, I am Anna and I am a clairvoyant, I am Anna and I am happy to be Anna and I accept every little obstacle that finds its way towards me and I'll find away to break it down with guidance from spirit and help from the Divine. I didn't have time to stay after our session as I usually do for tea and biscuits or the yummy homemade treats as I had another class that evening, a Clairvoyant practice class which I was looking forward to doing. As I got into the car I felt a great presence around me and I noticed it was a dear friend of mine who had recently passed away. I found myself changing the radio station to one I wasn't used to listening to and it had on Eternal Flame, I laughed and began to sing at the loudest that I could and dance and move around. I felt such joy and love and the company felt stronger. I moved my bag and books off of the passenger seat and invited him to sit and join me. At first I began to feel as if I was going insanely mad and asked him three songs later if he was really sitting next to me as I hear and feel him to have the radio station play "Fireworks" by Katie Perry, a song I have grown to love immensely for its lyrics and beat. I approached a gas station right after asking and had gone in to grab something's and I felt a push and a whisper in my ear to hurry up I am wasting time and to get back in the car. As I turned the key, low and behold to my satisfaction the song I requested my friend to have play came on. It had already begun and was half way through. I sat there and tears began to roll down my cheeks and I was so happy that he was there sitting right next to me and smiling with me. Well I was already on a high from drumming and trance and I sang like I had never sang before, it was then that I realized tiny miracles take place when spirit is around, he was still around even though he had passed a month earlier, he was still in our realm and had not passed on. For reasons at that point that were not clear although he had visited many nights passed and had conversations with me as well. The night of his death he had come to visit, I did not know at the time that he had passed and I confused the feelings that I felt to be one of a growth period. I had just gotten home from being initiated into the clan and I had picked up a book by Tom Kenyon call "The Magdalene Manuscript" incredible literature based on the channeling messages of Mary Magdalene herself and her accounts of her life with Yeshua, Jesus as we know him. As I opened the book I felt myself being pulled up, spiritually I was dizzy and shaken, my body felt excess energy and I began to feel lightheaded, I continued to read passing it off as perhaps a growth or just maybe the effects of the books energy, but felt a deep urge to pray and so I spent the night in prayers and running energy. It was confirmed the next day he had passed which filled my night and days after in tears. He would visit me in spirit, I could not see him but felt his presence almost every day and he began to send me communication. He showed up in my room in spirit one morning at 3 am, he stood next to my bed in a blue buttoned down shirt and slacks, but I was startled and I think I may have scared him away. That night he played the song

I asked him to I went home and as I started with the reading group I accounted my experience with our teacher and received validation by speaking. As we started our meditation to get into our reading space the teacher asked if it would be alright to read him as he was begging her to be read. Two of the most difficult readings I have experienced is of birth and death. The information flow is not as easy and this creates many blocks energetically. In this reading I found it difficult to be clairvoyant and found myself constantly in a clairsentient space and barring clairaudient. My hands went cold and as my eyes were closed I began to feel a shaking, my reading screen was being shaken as if to catch my attention and I began to feel my body being turned to the right forcefully. I begged for him to slow down and talk and try to communicate but it proved difficult as he really wanted this information to come out. The effort he was making so strong and loud but yet I felt deaf and useless to receiving it. I cannot share publicly the reading as it is a private conversation we had but I share what I did in essence to show that spirit does feel and does sense the way we do. Their presence is just as ours but in energy form and not body.