

## Healing Through Shamanism and Metaphor

Working with a young man in his twenties, his main complaint is a collection of symptoms referred to as Chronic Fatigue Syndrome. Paul is experiencing tiredness, depression, muscle aches, digestive problems. His body feels like it is failing.

“Generally,” I relate. “Chronic fatigue has to do with exhaustion - continually trying to do something, or feeling like you’ve got to do something to the exclusion of many, if not all, other things. The body is always in a state of readiness, excited and nervous. Thoughts and feelings are continually directed to possible future events. Energy reserves are quickly used up, leaving you in a state of exhaustion.”

Not immediately relating to what I say, he gives me a quizzical look. Immediately, I tell him what we’ll be doing. “We’ll try a Shamanic technique called ‘merging’. I’ll be going into your body, becoming one with you, and performing the healing from within.” He nods his acceptance, and becomes receptive...

He lies on the mat. I’m sitting cross-legged beside him, with my knees butting against his side. Breathing deeply, stating aloud the invocation to Spirit, I breathe deeply to relax. I breathe the Love and Light in my head, my crown Chakra, down to my navel. Breathing it out my navel, I project the Light into his navel. Channeling him the Love and Light, I enter his body, gradually becoming one with it. Breathing myself into his being, I can finally look down and see my hands. But they are not my hands, they are his. I am him, he is me. We are one.

*“Spirit, please guide me. Help me to do this healing. Where is the problem? How can I help?”* I silently pray.

I am attracted to the abdominal cavity. I am in a cave. There is an irritated spot above me, but my legs carry me forward. I look around. Aloud, I start to speak. “I feel this enormous nervousness. There’s something I need to do. I need to move. I need to be somewhere else. I need to find a home, another home, and another one, always another place to be, I can’t be here.” I see his (my) history, living here, living there, living in Europe, going from place to place, never being at home anywhere. And now I’m back in the States. “I need to move on, going, going, going, never a place to rest, when can I rest, I just want to rest, but I need to, want to, move on. I’ve got to go. I’ve got to keep moving...”

Catching myself, I am reminded of the one percent of me that is still ME. I am not Paul. I am NOT to be caught up in this constant conflict. I need to do the healing, before I get as tired as he is. The spot above me flares brightly with Light. *“This is it. This is where to do the healing,”* Guidance whispers to me.

“I see the problem. There’s a hole here, where home is supposed to be. My home was stolen from me earlier in life. I’m sad. I lost my home. I want it back. I need it back. I am reaching into Spirit and grabbing a small, comfortable log cabin from the ethers.” I breathe it into my heart. “I collect the strength and focus of Spirit within that home and bring it back.” I breathe it out my hands into his abdominal cavity, filling the hole left there by his homelessness.

“We give you this home, filled with Spirit. The true home is within. A place to rest. A place of refuge. See the sunshine warming it, filling it. See the wildflowers growing in abundance around it. Feel it. Fill it with the Light. Rest. Know that you can take this home wherever you go. The search is over. The urgency to find it is over. Rest, rest...”

I breathe myself back from his body, into my navel. Centering once again on my own energies, I breathe my awareness up to my head, my Crown Chakra, my Spiritual Center. *“Great Creator, Thank you for helping me to help him. Thank you for the gift you’ve given us both. My true home is within me. I honor it, bless it, cherish it. Thank you.”*

Relating to what I had said during the healing, Paul decided to commit to being here, for now. He could relax and be here 100%. There may be other avenues of healing, but he’ll use them to help himself here and now, not merely to collect the resources for his next move.

**Positive Thought to Manifest:** I am in the perfect place, at the perfect time. My true home is in Spirit, and Spirit is within me! I am here now.