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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**TheShaman's Journey**

**By Shaman Elder Maggie Wahls**

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Intent + Emotion + Knowledge = Shaman

There are 3 elements to being a Shaman: intent, emotional control and impeccable skills. Here we will look at intent.

"Intent is not a thought, or an object, or a wish. Intent is what can make a man succeed when his thoughts tell him that he is defeated. It operates in spite of the warrior's indulgence. Intent is what makes him invulnerable. Intent is what sends a shaman through a wall, through space, to infinity." - Carlos Castaneda

Intent is the basis of manipulating this reality for anything including healing and manifestation. Reality is quite malleable really. It is just that we don't use our will or intent to make it the best it could be.

"Inflowing thoughts come to an end in those who are ever alert of mind, training themselves night and day, and ever intent on nirvana." – Buddha

Often we say we want something, but deep down in our hearts we really don't want that. And then we cry out in anguish because we don't have that "thing" in our lives.

"Science is nothing but developed perception, interpreted intent, common sense rounded out and minutely articulated." - George Santayana

Our reality is completely and entirely based upon our intent. You say, How can that be? I did not create this world, this country or this house. But you do accept the intentions given to you by your parents, your relatives, your school, your community, and your society. We have been taught as babies to accept the realities of others for generations. This is simple psychosociology 101. We are even taught to fear anything but these realities and so life changes at a very slow pace indeed!

## The Shaman's Journey

So yes, you aligned your intent for housing to that of your relatives. Your idea of social success is the same intention as your society at large. This is not necessarily a bad thing! But it shows the power of intent. One more example is the phrase we hear "If it is not good for me or meant to be then God will not give it to me." I think this is probably a good intent to inherit because you intend only good things for yourself this way. Without intending only good things in some way, you would have to assume responsibility for all the bad things that happen to as well. Get my drift? You are responsible.

"It is a sign of considerable advance when a man begins to be moved by the will, by his own energy self-determined, instead of being moved by desire, i.e. by a response to an external attraction or repulsion" Annie Besant, *The Ancient Wisdom*.

So how do we bring more good things into our lives?

By intending only good things. Dwell only on good things. Whenever you think a negative thought, immediately replace it with a good intention. Picture abundance in your life. Practice looking for goodness around you. Intent creates your reality—what are you intending for yourself? For others? You know the phrase, "Be careful what you wish for, you might just get it" I guarantee you will get what you really wish for.

First, you must be in touch with your real wishes, not just your fantasies. Your real wishes are the ones with emotional buttons on them. The wishes that make you cry or scare you enough to make you cringe, or bring a huge smile across your face just thinking about them. They are buried deep inside and sometimes are really echoes of other people's intentions for you. If your father intended for you to be a doctor but you didn't want to do that, you may still walk through your life without a purpose because you accepted your father's intent for you all along. This is the stuff counseling is made of.

But for a Shaman, it is using intent properly now that can heal issues of soul loss like that for others. All healing begins with intent. Unless the patient himself intends to get well, the reality will be his own intent of illness.

This knowledge can be very frustrating to the healer who knows that complete healing is just a change of mind away. But intent is free will and no one has the right to usurp another's free will. Many times I have wept bitterly before the campfire for those people who chose to suffer rather than to heal. There is only one reason for the intent to not heal and that is fear.

Isn't it odd that people fear change more than anything else in life? And yet, that is the one thing that is guaranteed with your passage! I invite you all to embrace change. Embrace each new day, each gray hair, each meal, each encounter, and each tiny adventure of every day. Learn to enjoy the most natural thing in life - change. And learn to use it to your advantage.

Shaman Elder Maggie Wahls has been a practicing Shaman for over 50 years. She recently received a dispensation to reach out to those who have a desire to learn about a Shaman's path and now offers an online course at [www.shamanelder.com](http://www.shamanelder.com). She has published numerous articles nationally and is the author of two unpublished books on Shamanism. Please write her an email for a free consultation at [shaman@shamanelder.com](mailto:shaman@shamanelder.com)

## **Going far, doing great...**

**By Harish Dhingra**

### **Going far, doing great... by Harish Dhingra**

In this article I am not taking you far but your thoughts. It's all about a journey of thoughts. Your concentration is ticket for this journey.

Now all of us will ride for our Mission called success. Just hold your thoughts and smile. We will go faster and so far.

Completion of this journey totally depends on your thoughts. You shape your thoughts and you paint your thoughts. Now you get a new color image of your dreams.

Coloring your dreams is not enough to get them. Now start working on them. You have to make them a reality. Just put your brain and heart to achieve them. Learn to stand, whenever and wherever you fall. Falling is not must but standing needs desire and you have it.

Just look at sun and then within you if you need energy. Sun daily comes for you and you work daily. Both of you belong to nature. Sun is also scared of clouds but always defeats them to retain his identity. If he can, so you can do this too.

Let's go far...we are already getting late...

Wish you happy journey :)

I am 25 year old guy from India. I can almost write about any of the topic. I am exploring new markets to make some money. Please give me your feedback and suggestions for it. You can contact me at [innovativegemini@yahoo.com](mailto:innovativegemini@yahoo.com). Thanks in advance.



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