

# Shamanism & Creativity for Healing in a Chaotic Modern World

by Katherine Skaggs

Have you noticed that our world seems more and more chaotic, polarized, and challenging to navigate? The ugliest of humanity is splattered all over the news, our social media feeds, and perhaps in our own lives with the challenges we face personally. In addition to these challenges, you may also be aware of the outpouring of love for righting wrongs, making personal and social change to better humanity, and the awakening of many who can no longer sleep through these experiences.

In this well-predicted, prophetic time of great transformation, we are amidst the transfigurative process of shamanic death and dismemberment. According to various indigenous Creation Myths (from the Hopi to Navajo, Aztecs, and Maya, to name a few), we are in a world-age cycle ending the Fourth World and birthing the Fifth World. The Hindu prophecy of the age of Kali Yuga and the Judai-Christian end-times stories indicate the same message. They signal a cleansing of human transgressions and misunderstandings. Humans have to “Wake UP!”

Shamanism is making a comeback as the “End Times” signals a spiritual awakening. Many intuit the need to return to the healing powers of the natural world and its interwoven spirit web of life. This spiritual evolutionary cycle is dismantling the linear, modern world reality we are accustomed to living in, sounding the call for us to reconnect to what gives life. All things change and evolve whether you like it or not. How you make it through the cycle depends on how you show up within it, what you are willing to let go of, how you might imagine your future, and what you are open to this present moment.

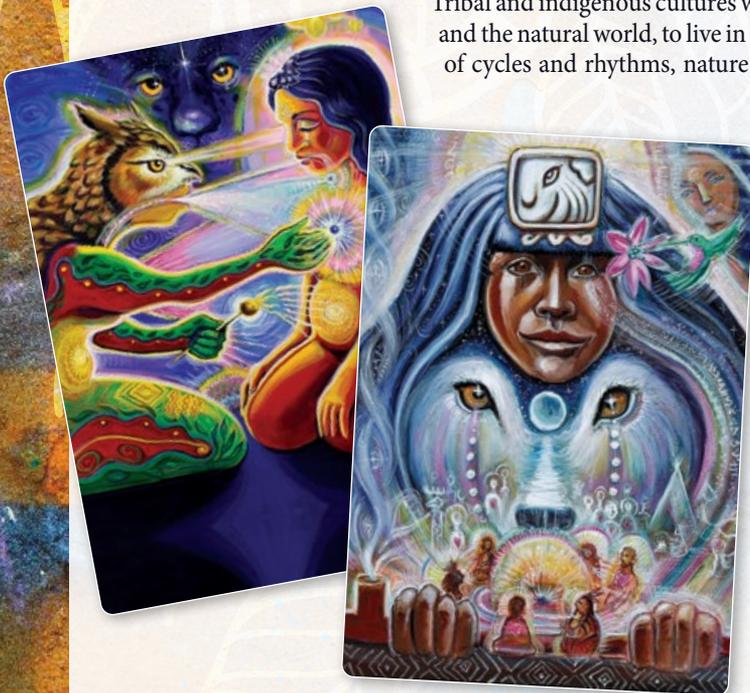
Shamanism is an ancient roadmap for the soul’s Earth Walk, providing practical wisdom, universal truths, and spiritual secrets that are timeless. Within this mapping system, you will find endless practices, rituals, and ceremonies to help you navigate life’s challenges. Regardless of which part of the world these shamanic teachings arise out of, you will find they all teach that YOU are in a Dream and that YOU are the one Dreaming the Dream. I learned this when I began to study metaphysics 25 years earlier. Again, I hear it within the teachings of shamanism, the same ancient wisdom passed on in wisdom cultures for eons.

These teachings, creation stories, and prophecies assure us that collectively humanity is undergoing its death and rebirth as a natural, evolutionary cycle. Change is upon us. We must choose more wisely if we want to stop suffering. Many are beginning to discover the spiritual underpinnings that create this reality.

Tribal and indigenous cultures worldwide use shamanic practices, working with the spirit world and the natural world, to live in balance and harmony. They understand and call upon the power of cycles and rhythms, nature spirits, elemental energies, and ancestral helpers. They are all creative, artisan cultures, empowered as creators themselves.

They use sacred practices founded in mysticism, ritual, and ceremony, combined with dance, singing and chanting, and all things rhythmic and creative to invoke Spirit into their lives. Their work with the invisible worlds of Spirit empowers and gives meaning to their visible, earthly life experience. These practices provide the foundational elements to transform the lack of wisdom in our linear, modern lives.

Modern-day people who are seeking greater spiritual meaning and answers to their lives are looking for direct knowing such as provided in shamanism, and not just faith and belief found in religion. The energies of this end cycle are activating the soul’s inner knowing. I like to say that our inner, spiritual GPS timer has gone off. It is ringing loudly, calling us home to ourselves. The feeling, heart’s desire, and need is deep and telling of someone’s soul awakening. When this happens, you cannot ignore the call of your soul.



## WHY SHAMANISM? WHAT IS SO HEALING ABOUT IT?

The wisdom teachings of shamanism give you direct wisdom and guidelines to live your life by. They help you weave the spiritual and physical into a harmonious and unified reality. The soul and the earthly life are transformed and harmonized through down-to-earth practices, rituals, and ceremonies.

Here are a few shamanic wisdom teachings to help you upon the path:

1. You, the Soul, are the Dreamer of Your Reality.
2. Everything in the Dream is Alive and full of Spirit.
3. Everything is Energy, Vibration, and Frequency.
4. Ordinary Reality is the physical, material world. Non-Ordinary Reality is the invisible, Spirit world full of life-force and potential. Spirit animates all of Ordinary Reality.
5. Your Thoughts, Beliefs, Emotions, Words, and Actions Create.
6. All is Well, No Matter the Appearances of Things.
7. We are all kin. All life is connected.

The Q'ero from the Andes in Peru will tell you that everything is energy and is neither good nor bad. It can be 'medicine' or can be 'toxic.' Shamanic medicine comes from the natural world, full of life force and the essence of Spirit. The Q'ero call this 'medicine' Sami (also known as life-force, chi, or prana.) The 'toxic' energy is called Hucha. This Hucha is the expression of fear and trauma through our thoughts, emotions, and actions. They consider Hucha man-made energy. Hucha can also be associated with greed and all that is devoid of Spirit or heart. It is imperative to clean Hucha if we desire to live in balance. Hucha is what sucks our life force and kills us. It sucks the life-force right out of us and moves us into 'toxic' states of expression. Anger, sadness, depression, resentment, jealousy, and lack are all imbalances that lead to mental, emotional, and physical illness.

Shamanic practices help clean the Hucha (the fear), and restore the life force of Spirit, the Sami. You can see the fear expressing in our world today and understand why we have so much chaos and suffering. We need deep cleaning and restoration so we can come back into balance. It requires individual and cultural work to restore our heart spaces.

## SHAMANIC HEALING AND CREATIVITY

Creativity is a foundational aspect of shamanic life. Every shamanic culture I am aware of is an artisan culture. They are highly creative and expressive through the arts. Creativity naturally flows through everything from visioning to healing. They use color, symbol, song, story, and metaphor to pass on teachings to living a harmonious life. They use trance dance, rhythmic sound (chanting, clapping, drumming, and other expressions) to move into the shamanic journey trance states that give spiritual guidance and create healing states. Shamanic practices, rituals, and ceremonies use creativity, imagination, and intention to achieve journey/trance spaces that shapeshift reality and affect change. The Shipibo from the jungles of Peru will tell you that you are born as a 'song.' If you get sick or out of balance, it is because trauma and fear have distorted your 'song.' The shamans will assist you in healing by singing into you to clear the fear and to restore balance.

As an artist my entire life, I resonate deeply with the use of creativity to harmonize my spiritual world and physical reality. As I set upon my spiritual path, I began to channel paintings to heal, shapeshifting energy through intention, pigment, and energy onto canvas.

In 2007 I was led to the shamanic pathway after a relationship breakup that left me shocked and needing healing. Though I had many spiritual tools, something deep in me

## WHAT OTHERS ARE SAYING ABOUT ARTIST SHAMAN HEALER SAGE:

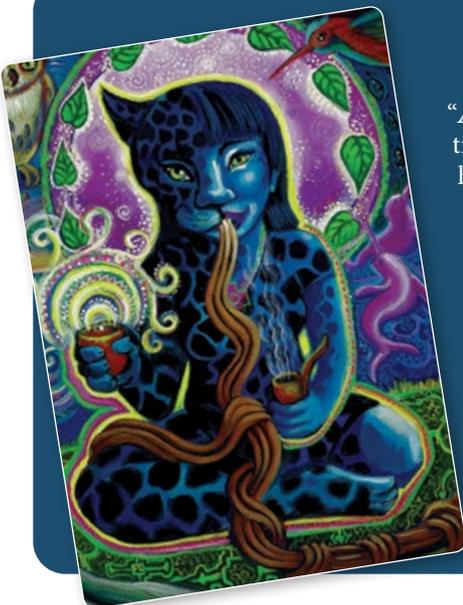
*"Artist Shaman Healer Sage is a treasure and a blessing. Katherine has gathered timeless wisdom from ancient wisdom keepers into a sacred bundle that she has shaped into the form of this wonderful book. Her wisdom is shared in clear language and easy-to-understand explanations. She has woven a sacred hoop with her simple but powerful teachings that can anchor us to earth and sky and help us navigate these long-expected times of challenge and transformation."*

— **JULIE LOAR**, *Author of Goddesses for Every Day*

*"Artist Shaman Healer Sage is the book you want to buy, not only for the extraordinary beauty and power of the paintings but for the life-giving messages. Katherine Skaggs is a true healer, one who wants to help us lead better, happier, and more purposeful lives."*

— **ANN E. FELDMAN, Ph.D.**

*Director, Nonprofit Artistic Circles Visiting Scholar, Gender Studies, Northwestern University*



called to find Sandra Ingerman. Fortunately, I found an opportunity to join her at a shamanic healing retreat where she was co-teaching with two other well-known U.S. shamanic teachers and two Shipibo shamans from the jungles of Peru.

Following this guidance led me to the adventure of a lifetime. I fell in love with the practices, teachings, and healings I received during the retreat. Next, I took a 10-day training with the Power Path School of Shamanism. That training led me to take a 2-year international, advanced shamanic training with in-depth ceremonial work. I immersed myself in multi-cultural shamanic teachings, practices, ceremonies, and rituals for my personal healing. (These teachings include but are not limited to the following lineages: assorted North American Native; the Shipibo from the Amazon jungle regions in Peru; the Q'ero from the Andes in Peru; and the Huichols in Central Mexico.)

By 2010, I developed a solid personal shamanic practice, as well as a shamanic healing practice, moon ceremonies, and healing circles. I began to develop creative, shamanic coursework to pass along these teachings to my local community, resulting

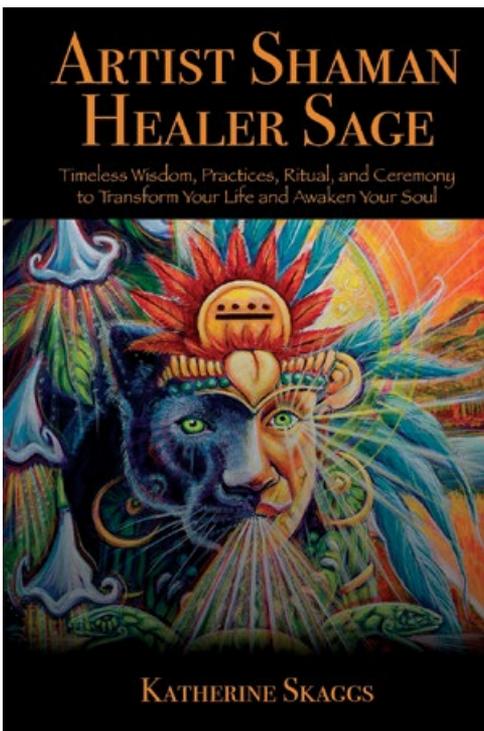
in the six-month *Artist Shaman Healer Sage course* in 2011. The course included all I had been learning to date. It evolved and expanded as my personal experiences in shamanism grew and expanded year by year. Weekend workshops and healing circles were offered to those who couldn't take the six-month course.

The most exciting part I enjoyed was watching my students grow through the course each year. People living in a modern world, struggling with work, personal relationships, self-esteem, and the workings of ordinary reality were breaking free and breaking open. People all across the U.S., who will never do a vision quest in the remote woods of northern New Mexico, or a plant dieta in the jungles of Peru, were developing shamanic practices in the towns and cities where they lived, from Chicago, Illinois to Norfolk, Nebraska.

For years I promised students across the U.S. that I would write a book with the depth of material I taught in the *Artist Shaman Healer Sage course*. Finally, that book is here and ready to assist people worldwide who are prepared to learn about the benefits, practices, rituals, and ceremonies of a multi-cultural shamanic lineage.



**KATHERINE SKAGGS** is an intuitive, visionary artist, author, spiritual guide and teacher, shamanic practitioner, and painter of souls. Katherine found the world of metaphysics, energy work, and all things spiritual in the early 80s, and ultimately the symbiotic path of shamanism in 2007. Katherine has studied, apprenticed, and sat in many years of healing ceremonies with shamans around the world, from the Andes to the Amazon, from the US to Peru and Mexico. She now brings these universal, multi-cultural teachings and practices to you from her heart-centered voice of personal experience.



**ARTIST SHAMAN HEALER SAGE: Timeless Wisdom, Practices, Ritual, and Ceremony to Transform Your Life and Awaken Your Soul**

by Katherine Skaggs  
 Publisher: Star Chalice Sisters Publishing  
 \$24.95, ISBN: 9780982103340

The *Artist Shaman Healer Sage* book is a foundational shamanic guidebook to help the beginner, intermediate, and even advanced practitioner better navigate a modern world. The *Artist Shaman Healer Sage* book ignites your curiosity, creativity, and passion to dream your life with intention, clarity, and purpose. It is a sacred medicine bundle of gathered timeless wisdom handed down from ancient wisdom keepers.

Within this beautifully illustrated, full-color 264-page book, you will enjoy:

- Powerful stories and wisdom teachings, rituals, prayers, and ceremonies to transform your life.
- Shamanic art to awaken your soul's remembering.

You will learn to:

- Clean your energy and the energy of your environment.
- Ground and to connect to the healing powers of the natural world.
- Speak to and invoke the support of your allies, ancestors, totem animals, plant spirits, mineral kingdom, heavenly guides, and elementals.
- Work with the medicine wheel, the directions, and the power of cycles in your life.
- Awaken the archetypal forces of the Artist, the Shaman, the Healer, and the Sage that live within your very being.
- Make personal shamanic tools.
- Develop a personal shamanic practice.

Whether you need deep healing or just a little clean-up, you will find the *Artist Shaman Healer Sage* book as the perfect shamanic guidebook filled with priceless, ancient wisdom.