

The Power of Nature To Heal



And while I stood there I saw more than I can tell and understood more than I saw; for I was seeing in a sacred manner the shapes of all things in the spirit, and the shape of all shapes as they must live together like one being. And I saw that the sacred hoop of my people was one of many hoops that made one circle, wide as daylight and as starlight, and in the center grew one mighty flowering tree to shelter all the children of one mother and one father. And I saw that it was holy. **Black Elk**

Black Elk's words point us so clearly to the mystery, and the circle. We *ARE* a circle, with no beginning and no end, *and that is a mystery.*

I receive so many beautiful questions about the shamanic apprenticeship, sound healing, private healing sessions, moon ceremony, shamanic journey, and other ancient healing ceremonies, and spiritual happenings. I thought it might be the time to share with a little more depth.

All who know me have heard me quote one of the rules of energy that my teacher and friend, Grandmother Pathweaver, often reminds me of – “as we believe, so shall it be.” Take a moment to consider the truth of that simple rule of energy.

When I share the concepts of shamanism in the one-year shamanic apprenticeship circles, I remind my students that in my humble *belief*, everything in nature has something to teach us, something about *connection*. Water reminds us to stay in the flow of life, and the birds inspire us to fly high and effortlessly inside of ourselves. The earth reminds us to take care of her, because she provides all that we need to live. The sound of the wind blowing through the trees provides calm, comfort when we are experiencing intense currents of change. The four-legged ones remind us to walk in a grounded manner, with hearts filled with unconditional love. Fire reminds us of the passion of purpose, and to transform what no longer serves us, so we have room for Spirit. These concepts cannot be measured, but they seem undeniably real to me. How do they resonate with you?



In *The Shack*, William Paul Young says, “There are times when you choose to believe something that would normally be considered absolutely irrational. It doesn't mean that it is actually irrational, but it surely is not rational. Perhaps there is suprarationality: reason beyond the normal definitions of fact or data-based logic; something that makes sense only if you can see a bigger picture of reality. Maybe that is where faith fits in.”



When I have questions in my life, I have tremendous faith in Spirit and nature to provide me with experiences that have me sit in what I consider to be truth. In the doings of the natural world, I *see and feel* unequivocal authenticity. I may go to bed in the dark feeling uncertain about the mystery of life – about what I cannot see – but when I notice the stunning sunrise in my window, I feel certain of the circle of life. I *know* that in that moment, I am

okay, and if I step into churning about the past or the future (and believe me, I can do that with the best of them), something in nature will stir and bring me back to that perfect sunrise (a blue bird, a lovely song from a finch, a squirrel performing acrobats trying to gain access to the bird feeder). The happenings in nature connect me to Spirit and provide me with a constant example of the dance of surrender and allowing.

Hence, my unwavering belief in the power of nature and loving vibrations, to transform my life, my family, my community, and ultimately the planet. Consider another of Grandmother's rules of energy – "energy never dies." So, it naturally follows that when I play my drum with love in my heart, the energy of my love never dies, and the vibrations of the people on the planet are changed by the inclusion of my love in the flow of energy.



About Cyndy

Cyndy "Snake Dancer" Paige received her name from Great Spirit in a profound Vision Quest experience, and knew it was a call to a healing path. Snake is universally regarded as a healer and teacher in spiritual traditions throughout the world and has a special place in the Native American medicine tradition. Cyndy is a Council member of the Buffalo Trace Society. Over the course of three decades, she has completed multi-year initiatory apprenticeships with numerous Rainbow Medicine Teachers, a master drummer, a Grammy nominated sound healer, a pioneer in the world of past life regression, and numerous healers. Cyndy founded Rhythm of the Earth in 2013 to share her knowledge of healing and earth-based spirituality through a private healing practice, one-year and two-year shamanic apprenticeships, vision quest experiences, solstice and equinox retreats, and frequent workshops. Cyndy has been invited as a guest speaker at conferences and independent schools. Cyndy also creates, and assists others to create, personal medicine tools such as drums, rattles, medicine bags and other ceremonial objects. She humbly honors her teachers, both seen and unseen.