



A "Typical" Shamanic Sound Session with Lauri at Hidden Lake

I invite you to a virtual journey into shamanic sound healing at Hidden Lake with me, Lauri Shainsky. I hesitate to use the word "typical" for there is no such thing. People ask me what working in this way of transformation is like. This could be part of your story...

Imagine in your mind's eye entering through the wrought iron gate of Hidden Lake. The drive there through the countryside is a severance from your everyday life, on your way to a new beingness. Immediately, you feel a visceral difference as you enter the land. Your shoulders drop, your face relaxes a bit. This is no ordinary place. Black cherry, red-cedar, apple, and Douglas fir trees bow to you. Buddha stands at your service as you drive down the hill to the Sound Studio.

I greet you with an open heart indicative of the shamanic work we will do. (Shaman comes from the word "Sah a' min", which in Sami means "seeing in the dark with our heart".) I welcome you into the sound studio-- a beautiful large space with vaulted ceilings, elegant sconces, bamboo growing outside the big windows, comfortable couches, singing bowls and drums and rattles everywhere.

You have come with a bit of a heavy heart about something that has been bothering you for quite some time. As we talk (you mostly, me and my council of spirits "co-listening"), we discover that what you have been suffering from has a soul-level root cause. Which is great, because those are the kinds of things shamanic healers and their spiritual partnerships seek to alleviate. There are aspects about this heavy heart you find yourself revealing because you feel safe enough, and surprised that you are compelled, to disclose. Seemingly unrelated events and emotions emerge into your awareness, that are indeed potent ends of the threads into wholeness we will tug on and transform during our session together.

My boxes of items from nature lay open to you. These items have been gifted to me, either by people, or by the Earth—stones, feathers, seed pods, wings, bones, teeth from all kind of animals and continents. I ask you to notice what items call your attention; you then select them and put them on the altar at the center of the room. The spirits are physically honored by our altar; it's a place where our consciousness can be anchored to their coming and going. The items you pick are the physical beacons for the metaphysical power in the spirit world.

We call the spirits in—you decide to participate by using one of my rattles while I sing and chant. We hold the intention the benevolent spirits, seen and unseen, known and unknown, will come in and assist us in your healing process. You speak your intentions for healing outloud. This helps you, me, and the spirits.

You are given a choice of the massage table or the antigravity chair. You chose the latter (this chair will allow me to place singing bowls under you, which is really quite potent). You place a mindfold on, which covers your eyes but still allows you to open your eyes to pitch blackness. Eliminating your visual input helps you go deeply inward, and feel and hear the spirit-guided sounds that are coming into your body, mind, soul.

I begin in the west...I utilize the medicine wheel for building power and interacting with the spirits. I start each direction with a prayer, which usually ends up being a channeled message the spirits want you to hear about your healing process. I call in my bear and Hawaiian spirit to help bring the perfect sounds for their fine-tuned intention that is related to your intentions. My bear shows me that you are harboring shame about how you handled a particular event recently. This event tapped into the vibration of shame that has been interspersed throughout your life. The bear has me send high vibrational sounds with my two dorje (Tibetan bells) in a network across your nervous system and up into one of the parts of your brain that captures and interacts with memory (hypocampus). Grey particles began flying out of your system and my scrubbing bubble spirits direct these into the fire, the candle on the altar; the particles are transmuted by the fire and sent someplace where they can do work.

Bright gold light then pours in along the neurons with the deep Tibetan bowl tones and my voice to raise the vibration of your systems.

I open the gateways to the wisdom and power of the north. A Siberian shaman avails himself to me. He begins throat singing while I rattle. He is showing me that a curse has been placed on your lineage. He summons my curse-unraveling spirits, and we begin journeying into the middle world where my spirits use their power and wisdom to unwind the curse and then fill you with lost life force energy that has been bound up in the curse. This unwinding not only frees up bound energy, but also helps you jump out of a behavior and habitual rut and provides freedom to choose more productive paths.

We swing into the east, and the bells and bowls begin chiming to create a whirlwind of extracting sound that pulls dense energies out of your system. These sounds are guided by a flock of chickadee spirits that are flying in the whirlwind, pulling at little threads in your chakras with their beaks that need pulling. I am narrating this and you find yourself adding your consciousness to the clearing, making it much more potent.

We usher in the compassionate spirits of the south. The singing bowl I am drawn to play and sing with brings the power of fire, encoded with divine help from a dragon spirit (yours, maybe?). The dragon is using its fire to melt away webbing that has been collecting around your muscles and skeletal system that had formerly been keeping you from moving forward with grace and ease. As I describe this to you while its happening, you again add your conscious awareness to this experience, encoding your memory system with knowingness.

Earthward--The spirit direct me to do a family constellation, to help clear some binds held in you lineage about how safe on and nourished by Earth you feel. You have a chance to walk around the room and bit. Then, we bring out the box of stones that know how to do this work. Onto the rug, you place a stone to represent each: your mother, father, siblings, your mother's mother and father, your father's mother and father. There are energetic communications between your body, your soul, your mind, and your family members. An energetic pattern emerges that has been imbedded in the fabric of your family soul. This pattern is now spoken about outloud, faced, thanked, released. All with the help of the Knowing Field, the Akashic records of Constellation work. Wow! Good work.

Above from the Stars--You return to the suspended sublimity of the anti-gravity chair. One last sound bath opens your channels to your birth star. Sounds encoded with information about your original instructions—the blue print you incarnated with infuse into your body. Your DNA becomes reacquainted with these original instructions, and this creates a kind of reset for your system. This communication between you and your birth star will continue.

We move to the comfy couch to talk afterward. We draw connections between what happened in the session, what you noticed, and we feel into how these sound experiences relate to your original intentions for the sessions. Events, emotions of your past that came up to be made aware of, then cleared, resolved. New ways of looking at the gifts of these events, of sitting with and/or dispensing with the emotional imprints of these events. An ah-ha about the origin of a pattern, and its dissolution.

The spirits give advice and guidance for aftercare--what you can do at home, work, an assignment in nature. They recommend that you have your next session: a soul retrieval. To retrieve soul essence lost due to trauma or significantly stressful events. A divine filling of personal energy that has your unique signature. A ceremony you directly participate in, assisted by divine sound and our councils of helping spirits.

We say thank you again, and release the spirits from the ceremony here today. We send them out on your path, as companions, knowing that they will be helping manifest continued wellness and configurations of life that nourish and support you. Aho.