

LightSong News

Cultivating A Thriving Community of Well Beings



January 2008

Welcome to LightSong News What Does 2008 Hold For You?

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Lodge is held the 3rd Saturday of month at 4 p.m. To receive Sweat Lodge announcements, click on Update Profile link at bottom of this page to join the Prayer Request and Lodge mailing list.

[Join Our Mailing List!](#)

Upcoming Events and Happenings

• **Level I Basic Journey Class**

Start the New Year off with power animals, spiritual teachers, and the wonders of journeying! (Prerequisite for advanced work.)

Feb 22-24, 2008, For more information...

www.lightsong.net/Courses/Core/Lv1Basic.htm

• **Residential Shamanic Training** - LightSong is offering the first residential training for shamanism for those who want to travel from out of state or those who want the richness of a residential experience. The first class is April 8th - 13th. For more information, go to

www.lightsong.net/Courses/Residential/21CenturyS.htm

• **Depossession Class** with Betsy Bergstrom, January 17-19th with Session 2, March 27th-29th. Participants explore beliefs and phenomena of Life, Death, and the Afterworld. Students will explore the nature of possession and the beings involved, and learn the fundamentals of Basic Compassionate Shamanic Depossession. For more information, go to

www.lightson.net/Courses/Core/depossession.htm

• **Sacred Sound & Songs** with Lauri Shainsky
This course is designed to help LightSong students (re)discover and utilize their sacred voice and be a more potent vessel for sound, song, power, and spirit.

Journeying skills are required. For more information, go to www.lightsong.net/Courses/Supplemental/sound.htm

· **Open Unity Drum Sessions**

These Drum Sessions are at the Balanced and Whole Wellness Center-4423 NE Tillamook St PDX 97213. The drum session is free. All LightSong Students are invited. Donations would be appreciated to cover the rental of the space for these sessions. When: Feb 19th, Mar 18, April 15, May 13 from 7 - 10 p.m.

· **Language of Spirit through Nature**

This workshop helps us develop the tools of awareness in partnership with the natural world. We work with plants, animals and minerals on the land and learn how they can become our greatest allies and teachers. Begins January 26, 2008. For further information, go to www.lightsong.net/Courses/Supplemental/spNature.htm

· **My Radio Show: New Broadcast on 21st Century Shamanism Available January 4th!**

You can listen to any broadcast at anytime on the web! You can tune in at any time at www.iamhealthyradio.com or from my web site, www.lightsong.net. Spread the word to your friends around the nation and world!

Private sessions and coaching are available. Contact me at Jan@lightsong.net for more information.



Welcome!

What will 2008 hold for you?

The spirits have taught me intention is everything. What you intend will be a major part of what you create. My blessing to you is that you will intend 2008 to be a year of divine happiness; that you will consciously choose a life filled with joy, peace, and fulfillment.

Once the intention is set, your main goal is to energetically be a match for that intention by consciously and deliberately choosing to see the positive and the goodness. These positive thoughts are an energetic match for happiness, joy, prosperity, success, and fulfillment. The Laws of Attraction will work for you instead of against you.

As a community of like-minded people let's support each other in this intention for 2008. We can change the world by being the change we desire. Let's energetically stand hand in hand, heart to heart, and decide to choose happiness!

I invite you to read the following excerpt about knowing, honoring, and taking care of yourself from my book *Becoming Yourself: The Journey from Head to Heart*.

Enjoy!

Heart to Heart
Jan

Know Yourself, Love Yourself, Become Yourself

Life is a journey of becoming. The goal of the journey is not in its destination- rather, it is the understanding that emerges from the journey. It is through the journey that wisdom is gained.

Those who are interested in experiencing wisdom must change; they must seek healing. They must look at what they believe and examine why they believe it. The care of the soul can have magical results; soul retrievals and healings can be life altering. I have witnessed thousands of healings. They were all miraculous, beautiful, loving, and real. I have also witnessed healings that did not last. Many people do not feel worthy to receive their healings, or they never change bad habits of thinking so the healing seems to dissipate from them. Spirit consistently provides opportunities to heal, but until you make the decision to change your life and to change your thinking, you will find a way to reject the healing.

Our society looks for quick fixes with minimal personal commitment. People schedule healings like they do hair appointments! They expect a new "do," and it becomes the practitioner's job to create it. Miracles can occur in an instant, but sustaining the miracles of life requires a personal commitment to change the faulty patterns that created the woundedness. It is a daily job, but one of joy.

We are at the edge of a new millennium. Change is

upon us. The whole universe supports a new connection for those who choose it. People are seeking their divinity, their connection to Spirit and to God. We are in the transition to the Golden Age-the age in which souls are connected to Source, to God, to Spirit. Heavy veils are lifting.

Our culture historically has not endorsed the magic, the miracles of connection, and Spirit. We have spent hundreds of years out of touch with our own divinity. Many humans have spent lifetimes experiencing the hardships in life-betrayal, doubts, prejudice, abuse, unworthiness, inadequacy, hatred, and war. These lifetimes were not based in love but in fear. Even many who believed in God chose their belief through fear. Judgment, judgment, judgment controlled their behavior and their life. They were either afraid of being judged or they were judging themselves. Many sought connection through another being, someone who had more connection, more worth than they. But this is illusion. Worth is intrinsic, and connection is everyone's birthright. It is through your healing that the world will heal-that life will heal.

Please take heed of these words of advice for success along your spiritual path:

1. Let go of the people, places, and things that block you from your own growth.
2. Forgive.
3. Pray and pray and pray.
4. Develop a relationship with Spirit-journey, meditate, connect in some way, and trust the information that comes to you.
5. Take care of your soul. Contact people who can help you with this care.
6. Scrutinize your belief system. Is your core foundation based on fear or love?
7. Practice random acts of kindness and compassion.
8. Be humble and open.
9. Love yourself and all life.
10. Learn the Laws of Attraction and the Laws of Allowing and practice them.
11. Put your energy into what you want to create for

yourself. Do not Worry!

12. Practice mantras and affirmations.

13. Look closely at yourself, your behaviors, and your beliefs, and then make conscious decisions about change.

14. Pay attention to what you attract to yourself. Understand how this attraction is linked to your thoughts, actions, and words. Determine which core belief is creating your behaviors.

15. Remember that you contribute to the collective consciousness with every thought you have. Are you contributing positive energy or reinforcing negativity?

16. Get clear as to what you would like to create for yourself. What do you ultimately desire? Visualize yourself living this reality. Be in joy about this!

17. Devise ways to remind yourself each day to keep on track with your new way of being.

18. Choose rituals and ceremonies to enhance your spiritual connection.

19. Get with like-minded people and start building a new community. Support each other and yourself.

20. Make a commitment.

21. Talk to the spirits and then "feel" their answer.

22. Love yourself!

Remember the spirits love you; they want you to be happy and fulfilled. Desire the same for yourself, for happiness is a choice.

Know yourself, honor yourself, take care of yourself,
BECOME YOURSELF!

I welcome any comments you might have regarding the content or format of the LightSong Newsletter.

Heart to Heart!



Jan Engels-Smith
LightSong School

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