

# LightSong News

Cultivating A Thriving Community of Well Beings



December 2007

## Welcome to LightSong News

### In This Issue

[Upcoming Events and Happenings](#)

[My Own Firewalk](#)

### Quick Links

[www.LightSong.net](http://www.LightSong.net)

[Lightsong Calendar](#)

[LightSong Classes](#)

[Books & CDs](#)

[Sweat Lodge Information](#)

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

#### • A Thank You Celebration to the Spirits and Firewalking Ceremony on New Year's Day

Begin (bring forth) the New Year with a Consciousness.

Acknowledging the miracles upon miracles that we have all witnessed and received. This is a divine time for giving back and saying thank you to: The helping spirits, power animals, faerie's, weather beings, light beings, ancestors, descendents, counsels, star and earth beings and teachers. Come and participate in this sacred event.

After the Thank You Ceremony, those who wish to walk across the fire will receive guidance and then the invitation to strengthen trust in "I can" through the sacred rite of firewalking.

The Firewalk is, of course, optional. The firewalking part of the ceremony will be led by a professional firewalking instructor. Fees for the firewalk will be collected prior to or at the door. The Thank You Ceremony is donation-based for land use, fire material, and food provided. For more information, go to [www.lightsong.net](http://www.lightsong.net).

#### • Shamanic Sound Healing Intensive: December 7th-9th

Find and utilize your sacred voice; hold witness and be a

vessel for sound, energy, and spirit; work with pure vibration for the purpose of healing self and others. Join Lauri Shainsky, Associate Teacher of LightSong School, and Judith Crop, Licensed Professional Counselor, as they lead this weekend retreat. Participants will use a variety of experiences, exercises, sound instruments, and healing modalities, including shamanism, Reiki, toning, and soundings with nature.

For more information or to register, contact Lauri at [lauris@lightsong.net](mailto:lauris@lightsong.net).

• **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](http://www.lightsong.net/Courses/Residential/21CenturyS.htm)

• **Depossession Class** with Betsy Bergstrom, January 17-19th with Session 2, March 27th-29th. **This class is a must for the serious practitioner!** In this class, students will learn more about the Middleworld, with an emphasis on safe navigation of ordinary and non-ordinary reality. Participants explore beliefs and phenomena of Life, Death, and the Afterworld. Key to this work is empowering ourselves through our Shamanic Allies, personal experience, development of compassion and becoming well-grounded in our True Self. 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](http://www.lightson.net/Courses/Core/depossession.htm)

• **My Radio Show: New Broadcast December 7th, on self-care, soul retrieval, and shamanism.** You can listen to any broadcast at anytime on the web! You can tune in at any time at [www.iamhealthyradio.com](http://www.iamhealthyradio.com) or from my web site, [www.lightsong.net](http://www.lightsong.net). A new broadcast will be posted on Friday, December 7th. Spread the word to your friends around the nation and world!

Private sessions and coaching are available. Contact me at [Jan@lightsong.net](mailto:Jan@lightsong.net) for more information.



Welcome!

The last month of 2007 is here! December is laden with celebration and festivities. There is much to be thankful for. This is time to reflect and to notice yourself, what you have

gained, what you have decided to move away from, for the universe is always providing us with opportunities to change and to grow. There is a constant evolution of the soul. The question is how are you choosing to move through these experiences? Are you CONSCIOUSLY creating your life or are you being tossed and turned by the intentions of others?

Come join us on NEW YEAR'S DAY and CONSCIOUSLY INTEND what you desire to give away, and step boldly into the new year.

On New Year's Day we have three ceremonies: a thank you ceremony, a talisman burn ceremony, and a fire walk ceremony. All of these are explained on my web page, [www.lightsong.net](http://www.lightsong.net). Come and join us in the excitement of putting intentions in motion in a dynamic way! You can participate in all three or just one or two. No one is required to walk on fire; it is provided as an incredible experience---one that you will never forget!

I invite you to read the following excerpt about my own firewalk experience from my book *Becoming Yourself: The Journey from Head to Heart*.

Enjoy!

Heart to Heart  
Jan

## My Own Firewalk

"Earth, my body,  
Water, my blood,  
Air, my breath,  
And fire, my spirit."

This tune rhythmically repeated over and over in my mind. The excitement and energy swirled around the others and me. I felt connected to nature, to the fire, and to my spirit allies. My bare feet were tingling from the immense amount of energy running through my body. I felt a force vibrating in my muscles and deep within my being.

I had participated in the building of the fire, embellishing each log with my prayers. I ignited the corn oil soaked logs and watched a blaze leap and dance fifteen feet into the air. We danced and sang for two hours as the heat intensified, burning the wood to its hottest point. I participated in raking the burning embers into the sculptured runway that we would walk across. My hands burned from the intense heat rising up from the sizzling wood and the rake handle grew hot to the touch. My face was flushed and hot, sweltering from the heat. The whole process brought me intimately close to the intensity of the heat, to the fire, and to the reality of my quest. I had become invested in the fire and felt a kinship with it.

As I stood there ready to walk, I called to my spirit allies and felt them swirling around me. I set my intention; it was simple and precise: "I am walking to the other side."

I stood at the threshold of a moment of truth. The heat of the embers and the smell of the smoke intruded momentarily into my senses, but they seemed overwhelmed by the faith that had built within me. I found all the scientific laws I had learned being replaced by the natural laws of the universe I had come to know. What was to prove true in this moment was not a part of the "truths" I had been taught by the world, but those I had been taught by Spirit.

When I raised my foot from the coolness of the dirt edging the pit, I did so without hesitation or trepidation. I had anticipated a test of wills between the fire and myself. I had expected to draw on my inner and physical strength to resist the intensity of the heat. It was to prove otherwise.

I stepped out onto the burning wood and started across. I was immediately surprised that I felt no heat on my feet; not just an absence of burning, but actually an absence of any heat at all. The only physical sensation was a hard, crunchy feeling as I placed each foot one before the other as I moved across the burning wood. I was not competing or resisting the fire---our strong spirits honored and respected each other. There was no contest of wills, only a merging of the fire's powerful spirit with my own.

A fire capable of consuming flesh did not deny me. It invited and understood the changes in my soul---the vanishing of learned fears and the growth of courage and confidence. What the spirits had been teaching me about

faith, about transcending physical law, about willingness, had just become a physical reality. Concepts became real and tangible and set into my cells as experience.

Unexplainable perhaps to the mental mind, but real just the same. The walk was exhilarating, an empowering journey without fear or pain. I made it to the other side.

My faith soared in the process. I was elated and high on life from what I had just done. I had to do it again. That night I went over the fire several times. With each experience, I built tremendous trust in the process. At the end of the night I was completely empowered.

I thought, "Just look at what I have done!"

I felt that anything was now within my grasp.

These feelings held true for everyone in my group. A buzz of conversation ensued. Everyone laughed easily and shared the excitement and sense of accomplishment. There was giddiness to the occasion---all earlier efforts at focus and preparation were now replaced by giggles and laughter. The energy remained high, and there was an almost audible release of tension. It was like moving from holding one's breath to squeals of delight. The initial sense of apprehension was replaced by elation at having mastered one's fear. All were ecstatic.

Fire-walking is about love, intention, willingness, and mystery. The outcomes of this experience were happiness, trust, faith, and empowerment. Not a bad set of results! Fire-walking is just one way the spirits have physically taught me that all things are possible. I learned firsthand that fire-walking cannot be explained by the rational mind, and to attempt to do so is a waste of energy. I also learned that intention and belief alter physical law, even the law that says, "Fire burns, fire kills, fire disfigures."

The spirits again brought home the fact that we, as humans, are only limited by our own minds, our belief systems, and our fears.

Since this experience, Spirit has taught me much about manmade laws and physical laws. We need them to help us understand our world and to explain why things work the way they do. They provide a tremendous amount of safety to our frail humanness. However, when working with Spirit, we are capable of altering any of our frailties. Spirit is not limited by gravity, fire, the speed of light, time, or locality. All is possible. Belief in such feats is non-rational, requiring that one be able to move beyond rational thought to understand that the universal consciousness dwarfs our rational minds.

The Native Americans have a term that is used for Spirit, for All. They refer to the Great Mystery. It is a perfect expression. Spirit is a mystery and should stay that way. Some things are not to be explained. When we explain, we limit. When we believe in the Great Mystery, we see the possible in the impossible and understand that

which cannot be explained. The rational mind limits possibilities, growth, discoveries---it limits you.

Spirit wants us to change from the question, "How can that be done?" to the statement, "I can do that."

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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