

LightSong News

Cultivating A Thriving Community of Well Beings



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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.

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Upcoming Events and Happenings

• Residential Shamanic Training: Level II Intensive

Are you interested in enveloping and immersing yourself in shamanic techniques, skills, healings, and ceremony? If you have taken the a Basic Journey Class and are eager to continue your studies at an accelerated pace instead of an 18-month commitment, LightSong is now offering the Level II class as a residential intensive.

During this week-long immersion of learning you will be surrounded by the open-heartedness from the LightSong staff, as well as the spirits that dwell at the retreat center. You will find yourself glowing and your spirit soaring.

For more information, go to www.lightsong.net

• Look what is available to you "free" through LightSong School of Shamanic Studies and Energy Medicine. Get involved and join the fun!

LightSong offers a place to practice skills already learned and to receive healing for free...

Click here for more information...www.lightsong.net/free.htm

• **Jan's Radio Show: New Broadcast on 21st Century Shamanism and Energy Medicine.** You can listen to any broadcast at anytime on the web! You can tune in at any time at www.iamhealthyradio.com or from Jan's 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.

• Find out about upcoming events throughout the Pacific Northwest: Subscribe to New Connexion's eMinder

To receive emails on enlightening events near you, sign up for New Connexion's MAIL to receive information and special coupons for holistic products and services. To subscribe, visit www.newconnexionjournal.com



Orbs: The Veil is Lifting

I found this article by Hope Mead in the Prophets Conference January 2008 Newsletter. It explains something that I have been studying myself and am excited to share with you. Here is what Hope writes...

There is a shift happening. The ancients told us this time would come . . . the time is here. Things are different in our bodies, our emotions, the very core of our beings seem to be opening to new possibilities.

And so we find ourselves in new territory, needing tools to help us navigate and explore our new paradigm of existence. There are many well-known tools for exploring the nature of existence, such as: shamanism, meditation, yoga, and prayer. Yet I never imagined that my digital camera would become just such a tool. It has done this by allowing me to capture, in a photograph, a glimpse of a greater reality that is peeking through the veil of our three-dimensional limited way of seeing.

What does that mean? It means that cameras (especially digital) are now picking up phenomena that exist in different parts of the light spectrum than are normally seen with the naked eye.

These phenomena are manifesting in different forms, but one of the most commonly seen in photographs are round glowing spheres of light called "Orbs".

Orbs have been photographed around sacred sites for many years and are now showing up everywhere. I have seen them swarm in photos when live music is played, children are laughing, or friends are joined together. I have seen them appear en masse while someone meditates or sends them love. I have photographed them in nature as well as inside convention halls. The commonality of their appearances is the presence of strong emotion, be it: joy, love, bliss, and even grief.

Many of us have felt that there is more to existence than what we could readily perceive with our eyes. Yet we live in a "seeing is believing" world that has, for the most part, denied the reality of other worlds and dimensions that are unseen and not easily explained. This is one reason the Orb phenomenon is so exciting . . . We are actually able to "see" the unseen!

My advice for anyone wanting to experience Orbs for themselves is: find a location that feels sacred or joyous to you, a church or a healing spot, an outdoor party or celebration, a special place in nature . . . anywhere that positive energy or vibrations are felt. Get together with a group of people and plan to have fun. Singing or playing instruments works well, as music brings in higher frequencies. Be sure to use your flash as it seems the Orbs are usually seen better with its aid. I suggest starting your Orb questing by photographing at dusk or when it's already dark. Orbs have been photographed in daylight, with or without a flash, but it's rare. Frame the shots so that subjects are toward the bottom of the frame; i.e. more sky than ground. Be prepared to shoot and shoot (which is easy with a digital camera) and to revisit a location several times to cultivate the area.

A small percentage of people see Orbs with the naked eye, yet it is generally through the photographic medium that they are seen. But most importantly, it is through our hearts that they are felt.

~ Hope Mead

Jan here again. To give you an example of orbs here are two pictures from LightSong's talisman/firewalk ceremony that took place on New Year's Day. You will see for yourself the activity of spirit.

The first photo shows beautiful orbs in their most common form.



The violet light in the next photo is approaching Colleen Benelli as she stands praying before throwing her talisman into the fire. This violet light showed up in many of the photos taken that night. First as a violet mass up in the sky and then intermingling with the group.



I have taken many photos through the years and find that spirits show up not only on digital film, but also 35 mm, and also at any time of the day. It is time that we start noticing and interacting with spirits like they are a natural part of our world, because they are. As our desire is heard by them, they become more interactive with us. Could this interaction be part of the changing consciousness that is happening? As we call to the spirit world, the spirits show up, as they show up we call to them more. A beautiful cycle of a changing consciousness.

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

Heart to Heart!

Jan Engels-Smith
LightSong School