

LightSong News

Cultivating A Thriving Community of Well Beings



May 2008

Welcome to LightSong News Medicine for the Earth!

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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

• **The next Pre-quest class is June 7th @ 1:30.**

No May sweat lodge do to construction on the site.

• **Level I - Basic Journey Skills Class**

Basic Journey Skills provides an excellent introduction to working with Spirit in a shamanic way. Journeying is the foundational tool for shamanic study and healing, and provides the passageway used for centuries to obtain information from other realities. May 30th - June 1st. Click here for more information...

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

• **Medicine for the Earth Class**

See article below for a description of this class.

Prerequisite: Level I Basic Journey Skills and reading *Medicine for the Earth* by Sandra Ingerman.

Begins June 8th. For more information, click here...

www.lightsong.net/Courses/Foundational/medicine.htm

Shamanic Sound Healing Intensive

*A LightSong School of Shamanic Studies Course at
Hidden Lake Retreat - Eagle Creek, Oregon*

May 24-26th, 2008

• 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



Medicine for the Earth

Go Green! Think Green! Build Green! With more and more "green" slogans appearing in our lives, it's apparent that, as a collective, we are seeking a better environment, a healthier place to live, and a more nourishing space to raise our children. From a 21st century shamanic perspective, this healthy environment must start from within.

Our environment is actually a reflection of our own thoughts and beliefs. As we heal within ourselves, the environment also changes, a win-win for everyone. When you gain spiritual health and change your vibration to a higher frequency of well-being, you are literally changing the environment around you. How can we know this is true?

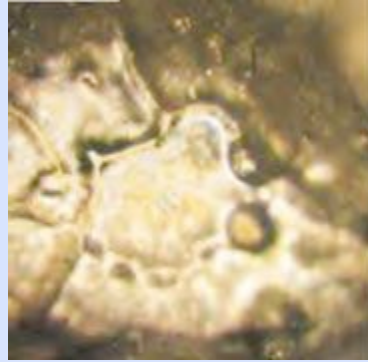
Masaru Emoto, a creative and visionary Japanese scientist researching water, made an astounding discovery that he writes about in his book *The Hidden Messages in Water*. What Emoto found was that human vibrational energy, thoughts, words, ideas, and music affect the molecular structure of water, the very same water that comprises over seventy percent of a mature human body and covers the same amount of our planet.

The malleable makeup of water causes its physical shape to easily adapt to the environment that is present (ice, dew, fog, etc.). What Emoto's observations showed was that the molecular shape also changes when affected by energy or vibrations from external influences.

Because water is the very source of all life on this planet, the quality and integrity are vitally important to all life forms. Our body, like a sponge, is composed of trillions of cells that hold liquid. As a result, the quality of our life is

directly connected to the quality of our water.

If you have any doubt that your thoughts affect everything in, and around you, the information and photographs from Emoto's book (see images below), will change your mind and alter your beliefs, profoundly.



Water Molecule Before Prayer



Water Molecule After Prayer

How can you learn more about how to transform personal and environmental pollution? Medicine for the Earth (created by Sandra Ingerman) teaches how to transmute negative beliefs, attitudes, and energy generated by emotions.

The process continues with learning how to work in cooperation with helping spirits and the spirits of the land, as well as getting in touch with your own internal divine nature to create healing and transmutation. Participants will take part in a ceremony to transmute water that has been contaminated with ammonium hydroxide, which will illustrate how the principle of harmony within creates

harmony without.

The training includes learning about working in cooperation with all the elements of earth, water, air, fire. Other key elements and spiritual practices will also be explored, which can be easily incorporated into daily life. These methods are necessary and helpful for transforming and transmuting environmental and personal toxins. You will literally learn how to change your own molecular structure.

In addition to the ceremony working with polluted water, long distance work will also be done, there will be a ceremony with fire, and an additional ceremony designed to transmute planetary problems.

The great power of visioning will be explored and there will be a powerful ceremony with fire used to manifest visions. In addition to shamanic journeying, meditation, and chanting will be utilized to help change states of consciousness and raise awareness. The work done as a group in collaboration with community and the spirits is truly a life transforming experience.

Come join in a class offered by LightSong School of Shamanic Studies, 21st century shamanism and Energy medicine, and change your life and change your environment.

Think Green, Go Green and BE Green!

[Click here for more information!](#)

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

Heart to Heart!

Jan Engels-Smith
LightSong School