

A Shaman's View on Manifesting



There is so much talk these days about the power of intentions. It has become the go-to word for everyone trying to actively

manifest their desires, or direct the course of their lives. Unfortunately, intentions only hit the surface of the vibrational field that aligns us with our experiences. Think of it this way: If there are five people sitting in a room and one of them sets an intention of getting up and leaving, how many people are left sitting there? Five! Nothing has actually happened. That is because an intention is just a thought. Yes, thoughts are energy. And they go out into the collective consciousness and affect our reality, but it is like a whisper in a storm.

The key is to tie that intention to some sort of emotion or action. When you connect with something emotionally the vibration you send into the collective is much louder than a simple thought. It carries much more energy than just a thought would. Likewise, when you take an intention into a form of action, be it direct or indirect, you have dramatically impacted the energies around you. At the moment of action there would only be four people left sitting in the room. Actions truly do speak louder than words when it comes to manifesting.

Picture it: a moonlit night under the stars, drums beating in the background. A sacred dance has just completed, and into the center of the circle of those gathered steps a Shaman. He is dressed in horns and fur robes. His face is painted and his bells and

rattle can be heard piercing through the night, reaching up to Great Mystery/Great Spirit. He begins chanting, and the drums once again begin to swell and pound. He dances and cries out. The entire gathering is completely drawn into the emotion of the moment. Each movement holds meaning, and when the energy is at its highest the Shaman suddenly stops and the drums fall silent. As the crowd hangs between the moment of emotional frenzy and complete silence, the Shaman yells, "Rain," channeling all of that emotion, all of that action, all of that energy into the intention. The next day the clouds come and the droughts end.

In the Shamanic path we understand the role of emotions and actions and the power they have compared to simply trying to think something into being. Everything is energy and everything is tied together. That is certain. The Shaman's way tells us that we can affect our future experiences but only by acting in the now. You cannot simply "pull something out of thin air" because the now has already been created by your previous thoughts, feelings and actions. You must align yourself now with what you wish to experience in the future. As much as it sounds contradictory, the key to this is being fully present. Here and now you must think, believe, talk and act like you want to be. You have to emotionally connect with what you want even if that means borrowing an emotion from memory and tying it to the present intention. Above all, do something toward what you want. Be who and how you want to be in every aspect of yourself and you will become that which you strive to be, and have what you seek to manifest.

When you align what you think, say, do and believe, you have built a



solid foundation on which to build your manifestations. When any of these elements fall out of balance with the others, or do not match, then the manifestation you create will be distorted because you are impacting the collective with mixed signals. Align all aspects of yourself and you will find freedom to live the life you seek.

Form your intentions. Make them clear and strong. Find a way to emotionally connect with what you wish to manifest. Align your inner and outer dialogue to empower you for success. Then get up out of the chair and do something toward what you are wanting. Begin to live as you wish to be, even if it is small or symbolic steps. Realize that you are constantly aligning and realigning yourself with every thought, word and deed. Let that understanding be both a freedom and a responsibility — and honor it accordingly. This is the way to feeling fully connected to and empowered by your experiences.

Shane Knox is the author of *Spirit Message of the Day: 222 Inspirational Passages* and the owner of Sage Studio, a yoga studio in Springfield, MO.

Shane began studying shamanism at the age of 12, and at 15 was named Shadow Hawk by the Medicine woman who set him on the path of Shamanism. Shane has studied and practiced with a wide variety of intuitives, energy workers and wellness facilitators, and has brought many of the ancient teachings into a modern context to fit today's society and its demands. For 32 years Shane has been an intuitive advisor to people all over the world. His mission is to inspire people to find their greatest potential and then to live it. To learn more visit shaneknox.me