Cards Shamanism-to-go-box November 2021 first edition

Meaning and Symbols of the photo collages ©Carolina Visser
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1. **How to use this box**

2. **The Shamanic Path**

All life is sacred the little tree that is held symbolizes the responsibility we have for taking care of the earth and all our relations- the animals, plants, trees, stones, waters.. because all in life is like a tapestry of interconnected twines. Shamanism and sustainability go hand in hand – shamans know, that if one person or aspect of life is severely out of balance, hurt of exploited it has an effect on all of us.
Feathers these feathers represent all ceremonial objects used in shamanism, in cleansing, healing, divination and fore saying. All over the world feathers are connected to the element air. Feathers help you connect to the bird they belong to and to its specific qualities. Other ceremonial objects can be a drum, rattle, mirror, crystal, candle, a water bowl, herbs for smudging or medicine bundles. And many more.
Drums at sunset or sunrise drums are vital in shamanism, each drumbeat symbolizes a heartbeat of mother earth. Sunset and dawn are magic and powerful times of transition - a good time to connect to your soul, to your helpers, to journey beyond the veil, between the south (linear time) and the north (circular time) of the wheel of life.

3. **Wheel of Life**

The colors express the different qualities of the directions.
Yellow symbolizes the start of a new day, a new beginning, and the Spirit of the East.
Red symbolizes the vital energy of life, body, community, and the Spirit of the South.
Black symbolizes the moment of relaxation, reflection & essence, and the Spirit of the West.
White symbolizes the light that unites All as One, soul, spirit world, and the Spirit of the North.
Indigo symbolizes the universe, the stars & all planets, and the Great Spirit.
The tree symbolizes the Tree of Life, the center of the wheel, the alignment with our soul (branches and crown of the tree) while walking in a body on this earth in this body (the roots of the tree).

4. **Shamanic journeying and trance**

The clock symbolizes linear time as we know it in every days life. It offers a structure to life and divides our life in past, present, and future as separate aspects of time. The ancient Greeks called it Chronos.
The brain can alter its brainwaves in trance. Slower brainwaves enable us to experience a deeper awareness of the interconnectedness of all life. Our past, present, and future can

appear all at once. It is called sacred time, or circular time, it has no beginning and no end. In this state, we are creative and open to possibilities that our linear minds can't even begin to imagine.
The butterflies represent the transformation that becomes possible when we enter this creative realm.
The drums represent the rhythmic and repetitive sounds that help the brain enter trance and a broadened awareness.
The horse symbolizes the animal on which you can travel while in trance. It can also be another animal who carries you into and through the invisible realms of spirit world. This can be experienced as 'flying'.
The fern leaves resemble a ladder, in old German tradition it is also called 'Hexenleiter' the "witch ladder'. It symbolizes the steps you take to get into a different state of consciousness.

5. **Power Animals**

The animals on this card are meant as an inspiration for our own exploration. They are linked to the qualities of the directions of the wheel of life. It is not an absolute classification or power animal description as there is no such thing. The real question is what does your Spirit animal mean and symbolize for you? If you want to find out more about the medicine and qualities of your animal ally in the Spirit world, invite them for a journey.
East Eagle and Salamander. The eagle in the east represents the many birds that are at home in the east. They share their vision with us and bring the medicine of looking at life from a higher perspective.
The salamander is placed in the east for its renewing capacities. When a toe, leg or even an eye is lost, it is rebuilt according to the energetic blueprint. Salamander shares the medicine of repairing, rebuilding, and healing what is broken in alignment with your soul's blueprint.
South Snake and Donkey. The snake is a 'wheel wanderer', its qualities touch more than one direction. In the wheel of life, it represents the Kundalini, the creative life force that underlies all manifestations.
The donkey represents the four-legged animal allies who share the medicine of vitality, being in the body, being grounded and stable, and living in a community (herds).
West Bear and Woodpecker. The bear represents healing in many shamanic cultures. It shares its medicine of protecting and holding you, taking care of you like a parent or grandparent, when there is emotional pain or soul loss.
The woodpecker shares the medicine of bringing your body and life in harmony again with your inner rhythm. It represents the cycles of regeneration and renewal that can take place if you listen to your intuition, your inner voice and take time to relax. These are qualities of the West.
North Whale and Swan. The Whale swims between west and north. Whale medicine combines the depth of the oceans (compassion and pure essence) with the infinite cosmic wisdom that is reflected in the whales' eyes when it comes to the surface.
The swan in this card represents all-white animals that are at home in the north. It swims and flies between the visible and invisible realms and can foresee the road ahead. It invites you to dream, breath, think and move with the flow of life knowing you are guided by their pure angelic-like light.
Center Turtle. As one of the oldest animals, the turtle represents mother earth herself. She also symbolizes the Elders, the wisdom of the wise old ones. The Turtle on this card is facing south, showing it is actively taking part in life while still being at home in Spirit World.

6. **Shamanic Prayer**

The pictures show 3 different ways of bringing the intent of your prayer into cloth – Mongolian/Siberian prayer scarfs, Native Indian American prayer ties, and a modern version of "weaving prayer' that has its roots in the North-West of Europe. All prayers -when finished- are given into the hands of the Spirits of the Sky, the Earth, and our Ancestors. This way, for instance hanging in a special Prayer Tree, the Spirits of Wind, Water, Sun, and Earth can spread your prayers to be heard.. and answered.

7. **Dreams and Visions**

Night sky the milky way symbolizes the path you can follow at night when you journey in your dreams. Another word for shaman is 'the one who dreams strong'. The night sky is infinite and shows the endless possibilities that can be found here, for guidance, information, and inspiration for your next steps.
Deer is a wonderful animal companion. Its antlers – like an antenna -symbolise the connection to Spirit world. Deer, reindeer, elk, roe deer, cow, buffalo and ox .. they all have antlers and horns that rise up to heaven and are highly valued in ancient shamanic culture.
Spiral symbolizes the concepts of evolution, life, consciousness and creation. Spirals appear on animals like snails and shells and in natural phenomena like whirling waters, tornados and galaxies. The spiral as a spiritual symbol represents the Goddess, fertility, the womb and Creation itself. Spirals remind us, life is an everchanging reality to which we have to adapt. The images and messages in our dreams and visions can help us find new ways in this creative process of adaptation.

8. **Ceremony and Ritual**

Altar the altar symbolizes the center of the universe, during the time of your ceremonial shamanic work. It helps you to focus your energy while praying or performing a healing or ceremony. For each ritual or ceremony, you can create a new alter and place objects that have meaning for you. These objects can become a body for the spirits. The altar in the collage was made to invite the Bear Spirit while creating this shamanism-to-go-box. It is formed by an oval reindeer-drum on which a bear rattle, polar bearskin, red kite and swan feathers, mugwort for smudging, and some other ceremonial objects are placed.
The elements the 3 pictures on the right symbolize the elements you can invite into your ceremonial work. Honor them by bringing offerings and gratitude. Wind and Fire (symbolized by a fire), Earth (symbolized by a Honeymoon cake), Water and Earth (symbolized by a dewdrop in the Alchemilla).

9. **The Light Body**

This image expresses the energy of the light field or biofield in and around our physical form, you could call it an energy matrix. The natural way energy flows in and out of our body (flowing through the portals of the chakras) is that of a spiral. The human energy field is made up of several layers. The terms etheric body, emotional body, mental body and spiritual body are all aspects of the light body. The light body teachings are crucially important at this time for humanity. It's in this concept we're reminded we're more than

physical, more than what we think and what we do. We're extraordinary manifestations of a universe so much bigger than our limited scope can comprehend.

10. Physical and etheric light body

This face full of color symbolizes the uniqueness of each human being. The colors mirror the imprint of our soul and life experiences on our being. They represent our personality, our treasures, and our flaws, they show who we have become, what we identify with. But that is not absolute, we can always adapt, transform, grow and add new colors. We can always stretch our identities and let the light of our soul in, more and more each day.
This fruit bowl represents all foods that vitalize and nourish our physical cells and etheric body. Food that is high in nutrients and that is easy to absorb by our organs and cells.
The hands that radiate light symbolize our etheric body, the first layer of white light that surrounds our skin. It is like a battery that passes on light energy into the physical body. And out through our hands, like a ball of light. This etheric battery is uploaded automatically every time we sleep, breathe deeply, eat food that is fresh and pure.
The 3 little diva's show how your etheric body can be regenerated by simply slowing down regularly - moving or dancing slowly, doing yoga, Qi Gong or other slow physical exercises. Shamanic prayer (or any heartfelt prayer) and meditation also give an energy boost to the etheric body.

11. Emotional and mental light body

The colorful bubbles of light and red tulips symbolize the vividness and sparkling energy of the emotional body. We can be like the weather, sunny – shining, radiating joy, passion, playfulness, compassion, love, and laughter. Or cloudy - showing other emotions like sadness, anger, frustration, fear. All these emotions are a part of life and life is constantly flowing and changing. The bottom line is to keep your emotions moving as well, as the bubbles of light, and be aware not to 'freeze' them. Emotions usually stay around for a couple of minutes before they change again. If you are still angry after 2 minutes, it is your own choice to feel like that.
The morning dew and different layers of felt represent the somewhat cooler energy of the mental body. Here, the energy frequency is more subtle, the waves are longer, it becomes less personal and emotional. Thus it becomes easier to look at your life from a higher point of view. You see the structure underneath the surface, like the veins of a leaf. The broader picture becomes clearer, emotions and experiences are sorted out in order to understand what is going on and to decide on your next steps.

12. The soul

Blue butterflies and the spiraling pearlescent white of a shell symbolize the soul. Blue birds or butterflies are often used as symbols for the soul. The white shell with the shiny mother of pearl symbolizes that all of life is born out of the sea, from the water.
All cards in this shamanism-to-go- box speak through their images on a direct energetic level. Still, it is impossible to choose images for the soul, as this is the most unique reflection of you, who is looking at this card right now. So we invite you to create your own soul card with 3 images that come closest to how you perceive your soul's energy, its divine light, and your unique blueprint.

13. Ancestral power

Trees at the stone circle in Avebury/ England symbolize the Tree of Life as an ongoing cycle of life and death. The 4 beeches show their beautiful intertwined roots that represent the past generations, your Foremothers and Forefathers. The trunk symbolizes your life here and now. The crown in the wintertime is a second symbol for your ancestors. The branches reach high into the World of Soul and Family soul.
Northern Light over Callanish' stone circle Isle of Lewis / Scotland Old wisdom in Nordic shamanism and other parts of Northwestern Europe tells about the soul going home into the Northern Light at the moment of death. In Nordic tradition, it is told our ancestors dance with joy in the Northern Light every time we remember and honor them in our stories and prayers.
The stone circle symbolizes ancient places of power. When we go back in time far enough, we all may have ancestors we took part in for instance a Spring celebration, welcoming back the life-bringing sun in the east after a long winter.
Nautilus shell symbolizes the wisdom of the beginning of time and the beautiful perfection of sacred geometry. This living fossil has existed for over 500 million years. Every 30 days when a new chamber is added to the shell, the nautilus moves forward into the new chamber leaving the old one behind that has become too small. This is a metaphor for our soul which keeps on learning and growing spiritually after it has left the physical body.

14. Rituals for the ancestors

The stone steps are a symbol for the generations behind us and those still to come. You can use the steps to go on a journey, ascending to the highest point, journeying to the Great Spirit represented by the Eagle. You can place little stones on each step and visit each generation. You can also imagine feeling the peaceful ancestors (including aunts and uncles) in your backbone while you keep standing at the bottom of the steps, facing your life.
The 3rd. step you can take is imagining yourself standing in the middle of the steps - with about 7 generations of ancestors holding your back and about 7 generations before you, whose back you are holding one day (when they ask for your guidance and protection). Standing in the middle, while still alive, makes you very aware of the kind of world you want to leave behind. You might even get a vision of a strong feeling of how you can contribute to the lives of your children and their children, starting right now, while still walking on this earth.
7 Stones piled up on the beach this image can be used in the same way as the stone steps. But it adds the Spirit of Water and Ocean while you are doing your ritual. You can create a simple altar in your garden, on the balcony, or even in a flowerpot. Look for 7 flat stones to represent 7 (or more) generations. Pile them up or position them one after another on the ground. Find out what works best for you and be creative when you connect to your ancestors.
Candles spread messages of romance, passion, security, warmth, hope, spirituality, mystery, to name just a few. Lighting a candle is deeply rooted in almost every religious and spiritual practice. The flame offers warmth and light and both help to connect to our soul. A candle speaks beyond words. It enlightens, enlivens, inspires, whispers secrets, comforts, and ultimately connects. No matter how thick the darkness, the light of one candle lightens it up. From the first blazing of a candle on a birthday cake (to help our wish come true) to every possible ritual and initiation, candle flames have been our constant companion. This

image invites you to light candles on your altar and create a space for light, health, protection, and blessing. And space for the loving memory of those who are beyond the veil.

15. Protection

The wooden gate symbolizes a clear boundary in your shamanic work and in your life in general. Others may enter with your permission. Taking care of your boundaries empowers your protection. That goes for your life here as well as for the helpers and spirits you invite in ceremonial work. Think of it as a dinner party…you would not invite everyone to dinner and the same goes for spirits. Be clear and focused on who you let in, with which intent, and for how long. Be sure to thank them afterward and show them clearly, the work has finished. You can use a gate as a metaphor or a door you can close.
A wood owl hiding in a trunk symbolizes the capacity to make yourself invisible at times. To withdraw in a safe place where you can cleanse your energy field and regenerate and can take care of raising your energy level again which is the basis of protection. Like the owl, you can stay connected to the outside world, observing but not acting. Regenerating until the right time has come and you go out again and act.
A cloak symbolizes protection. You can wear a special cloak (or alternately a large scarf) while practicing shamanism. But mostly a cloak is worn for protection in the Spirit world while going on a shamanic journey. Know, that if you wear an (imaginative) energetic cloak it is just as effective as a real one. The more you visualize your cloak, the more protected you feel, as soon as you put it on.
Underneath the cloak, you can wear whatever makes you feel protected. An amulet or a medicine bundle. Or you can carry an (energetic) knife or sword to connect to your inner (light)warrior. Metal, in general, is a great protector, and when sharp it can cut through the darkness, cut energetic threads that bind you, reflect energy back to its sender or simply serve as a very effective energy battery. The interesting thing is, you already feel more protected and clear in your boundaries while simply knowing a sharp metal object is there. Invisible underneath your cloak or in your mental shamanic toolkit.
The torch symbolizes as well the light inside as outside of yourself. The latter can come from many spirit helper you are connected with. Your Soul light has great protective energy, right now and more with each time you pray or connect to your Soul and your Spirits.

May there always be enough light on your path to enlighten the first steps right in front of you. And from there, may you see the next steps. And so on..
May you be blessed.