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BREAKING FREE FROM
OUR SHADOWS

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IN THIS VIDEO YOU LEARNED:



- ◇ The shaman's maps of the Upper World
- ◇ Generational curses
- ◇ Tools to cut energetic cords
- ◇ How cords and feeding tubes are connected to chakras and organs



"BECOME A TERRAIN WHERE ONLY BEAUTY CAN GROW IN."

- ALBERTO VILLOLDO

The more conscious you become of your shadow, the more you will be able to clear up the energies that are attracted to you. In the West, we have separated our psychological and physiological shadows, but the shamans of the Amazon understood that they're deeply intertwined and that generational curses are passed down generally from mother to daughter, father to son. We can spend decades trying to heal our emotions when they may be related to an ancestor curse.

In this lesson you learn about the shamans' tools to cut those energetic cords and how to change the affinities. If you only deal with these cords psychologically, you might miss out on working on the energetics, thus feelings will not be resolved. The shamans of the Americas and of Tibet were consummate mapmakers. They created the maps to journey beyond death realms to learn what was on the other side of life. In this lesson you learn what it means to be a cartographer.



EXERCISE: SELF-REFLECTION

Use the space on the following pages to reflect upon your own shadows. Describe them, and give them a name. It can be anything from fears, to negative traits that you might have, negative situations or people that you often attract. What are your shadows that hold you back? Can you identify their origins? Are some of your shadows 'generational curses'? Something that your parents or grandparents passed onto you? Take some time to reflect deeply. Putting your shadows down on paper, can help to get them out of your system, look them in the face and work on eliminating them. If you wish to, you can also burn the paper with your shadows on it, just make sure you do it safely, in the sink or somewhere you have water ready to put the flame out.

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This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.