

POWER ANIMALS

FREE ONLINE TRAINING
WITH ALBERTO VILLOLDO



POWER ANIMALS

WELCOME TO THE FREE ONLINE TRAINING

Power animals are the soul of the mother, Pachamanca. The word animal comes from anima, the word for soul, meaning that animals are sacred. The shamans work with four great power animals of the four directions: Serpent, Jaguar, Hummingbird, and Condor/Eagle. When we are in right relationship with them — ayni, they bring us into right relationship with nature, our past, present, and future. Power animals are spirit helpers and allies that we can call on when we need assistance.

A power animal is born at the same time we are and brings the gifts and attributes we have the potential to develop during our youth. During our lives, we can find other power animals that bring us resources as we need them or during particular times in our lives. When we call for a power animal, Spirit provides us with whatever we need—we do not get to choose. In fact, we may retrieve one that is entirely unforeseen, or actively disliked. The animal that comes to us represents an instinctual part of ourselves that we may have become disconnected from or even find distasteful.

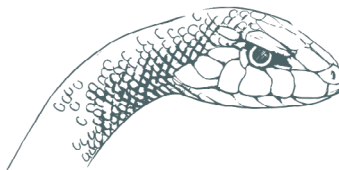
Working with a power animal is an instinctual process about who we are becoming, not about who we would prefer to be. It is up to us to learn its attributes as it reveals its wisdom.



JAGUAR
WEST DIRECTION



HUMMINGBIRD
NORTH DIRECTION



SERPENT
SOUTH DIRECTION



EAGLE
EAST DIRECTION



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THE FOUR FORCES OF
CREATION



THE FORCES OF CREATION

IN THIS VIDEO YOU LEARNED:



- ◇ the four fundamental forces of nature
- ◇ the characteristics of the four great archetypes associated with the medicine wheel
- ◇ the dark side of each of the four great archetypes

Power animals associated with the four cardinal directions of the medicine wheel can be seen as representing one of the four fundamental forces of nature. By physics, they are described as the forces of gravity, electromagnetism and the strong and the weak nuclear forces. Biologists also recognize that all the poetry of life is written with an alphabet containing only four letters: the four letters or base pairs of DNA. The only difference between the shamanistic view and the physics and biological view is that sages believe they can summon and interact with these forces of nature, effectively communing with the biosphere.



EXERCISE:

PRACTICE OPENING SACRED SPACE AND CONNECTING WITH EACH ARCHETYPE

Shamans always begin their meditations and ceremonies by creating sacred space. Even if you do not use the words in the prayer below, turn to each of the four directions and feel a connection to each of the animal archetypes. Help your educated, logical brain understand that these are ancient personifications of the forces of nature. As you give yourself permission to connect with the four cardinal directions and heaven and earth, imagine the luminous web that connects you with nature and all of life.

Sacred space is holy and safe. You might imagine it as a shimmering cupola over the room you are in. This is a palpable space where you can lower the defenses of your older brain, a place where you can raise above its predatory consciousness. You might notice that others feel the calm and beauty of this space, too, as it defuses conflict and makes conversation easy and significant.

Creating sacred space is an experiment in the power of intention that enables you to summon the healing faculties of nature and come into right relationship with all the forces of creation.

The opening of sacred space consists of an invocation, calling on the four cardinal directions of South, West, North and East and on mother earth and father sky. An invocation such as this is used by shamans around the world to connect with the living energies of the biosphere. Use this invocation until your own prayer reveals itself to you.



INVOCATION

OF THE FOUR GREAT ARCHETYPES

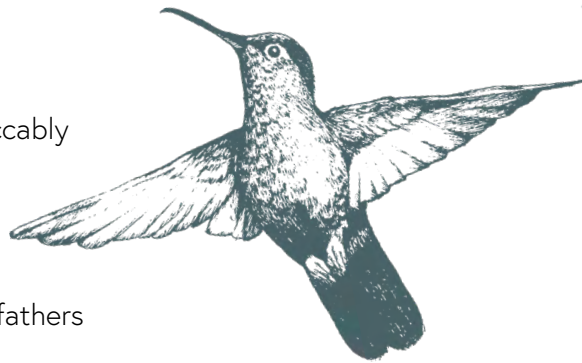


SOUTH

To the winds of the South
Great Serpent
Wrap your coils of light around us
Teach us to shed the past the way you shed your skin
To walk softly on the Earth
Teach us the Beauty Way

WEST

To the winds of the West
Mother Jaguar
Protect our medicine space
Teach us the way of peace, to live impeccably
Show us the way beyond death



NORTH

To the winds of the North
Hummingbird, Grandmothers and Grandfathers
Ancient Ones
Come and warm your hands by our fires
Whisper to us in the wind
We honor you who have come before us
And you who will come after us, our children's children

EAST

To the winds of the East
Great Eagle, Condor
Come to us from the place of the rising Sun
Keep us under your wing
Show us the mountains we only dare to dream of
Teach us to fly wing to wing with the Great Spirit

MOTHER EARTH

We've gathered for the honoring of all of your children
The Stone People, the Plant People
The four-legged, the two-legged, the creepy crawlers
The finned, the furred, and the winged ones
All our relations

FATHER SUN

Father Sun, Grandmother Moon, to the Star Nations
Great Spirit, you who are known by a thousand names
And you who are the unnamable One
Thank you for bringing us together
And allowing us to sing the Song of Life

