

**Thoughts from "Big Bear Lodge"**  
***Shamanistic Healing***  
**By Paul "Big Bear" Underwood**  
***Shamanic Practitioner & Healer***

**Paul is an experienced Shamanic Practitioner & Spiritual Healer who also teaches about Shamanism and produces some beautiful craftwork using traditional ceremonial methods. His craftwork includes Dream Catchers, Medicine Pouches & Crystals and Healing Wands & Crystals.**

**Or see his Web pages at <http://www.spiritwise.freeserve.co.uk>**

Good health is a great gift. If any of us were given the chance of having three wishes fulfilled, good health would be high on the list for many of us. However, as we know all too well, from time to time our sense of being healthy and enjoying life to the full seems to have "gone walkabout". For some of us there may be chronic, ongoing illness to cope with, for others it may be a case of recovering from the lingering effects of a virus or infection, or even an accident of some sort, and some may spend years fighting a sense of lacking even the energy to face the demands of waking up in the morning.

Years ago, there seemed to be quite a few people who took pride in saying that they had "never once been to the Doctor's" in the whole of their life. Nowadays, such people seem to be in short supply and all of us spend a considerable amount of thought and effort in trying to eat the right foods and do the right things to stay healthy. Health is appropriately a major concern in all areas of the world, and a major industry in civilised society.

At such a time as this, when the Health Service has vast demands made upon it, it is perhaps no surprise to find people in their thousands looking for guidance and help from alternative therapies both old and new, in addition to the medical expertise of allopathic medicine available from their local G.Ps and hospital services. Many of the alternative practices are themselves thousands of years old, tried and tested and *not* found wanting. They come from all over the planet, both East and West, and many work not only for human beings, but for the animal and vegetable kingdoms also. Life is One. We all need harmony and acceptance to reach our full potential, and such things are very much part of a healthy body and a healthy mind.

Practitioners of many kinds abound in our society, therapists working with skills of many kinds from various forms of touch to alternative remedies such as homeopathy, counselling, colour, crystals and visualisation work. In every case, the energies of the patient are being adjusted to bring balance and harmony where, for one reason or another, they have been out of alignment.

Energies can be adjusted....even where those energies are functioning as dense physical matter such as bones and tissue.

Shamanistic healing works on all these levels.....body, mind and soul. It also has a particular part to play in "soul retrieval" work. That is to say that, when we experience trauma of various kinds, some of our soul energy becomes trapped and lost to us; we move on in our lives feeling as if part of us has died and we have less energy than before. When we successfully learn to "call our soul back home", we are capable of living dramatically differently with a joy and a passion that cannot but be noticed and which can inspire others to live colourfully and in tune with life's full potential.

The Shaman works at this level. He practises moving onto different energy frequencies and aligns his energy with that of different life-forms. Paul (Big Bear), for instance, has done a considerable amount of healing work with animals. He is a Registered Healer as well as a Shamanic Practitioner and, at one time, local children would frequently arrive at his bungalow, rushing in to bring injured and dying birds for his attention, knowing that many who looked as if they had already left this world, might be enabled to fly away again the next morning, having spent time in his care.

The healer offers us access to energy with which to heal ourselves. He also offers us the benefits of his skill to enable us to see what we need and why we need it. Whatever we have done with our depleted energies, he enables us to understand what we have lost, where to find it and how to absorb it once again ..... and in the process to truly become what we were originally designed to be ..... whole .... beings of light, love and beauty. That truly is healing, and it benefits not only us individually but the great and wonderful Cosmos of which we all are part.

With the help of shamanistic healing, we can help all the kingdoms of Earth to live together in tune with the loving heartbeat of our Father-Mother-God. Life has demanded much from Paul (Big Bear), but it has taught him to understand himself and others very different from him, as well as enabling him to commune both with Nature and with Spirit. It has been the way of the Shaman for centuries and we need its wisdom now as much as ever.