



FREE SPIRIT **MESSAGES**

VOL. 2011: Issue #5 (September, 2011)

Inspirational Offerings *You Requested* from THE SACRED AERIE

Welcome back to *FREE SPIRIT...*
An uplifting *Wind Beneath Your Wings* to carry
you through these challenging times!

Please scroll down to enjoy...

***“RATTLE YOUR
SHAMANIC BONES!”***

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RATTLE YOUR **SHAMANIC** **BONES!**

*“Look deeply into nature
and you will understand everything better.”*

— Albert Einstein

**“WE ALL CARRY ‘ORIGINAL MEDICINE’
STRAIGHT FROM THE SOURCE— AWAKENING THIS,
SHARING THIS, WE CAN HEAL THE WORLD!”**

— Teryl “T” Johansson

On September 13th, 70+ folks nearly lifted the roof off The Old Historic Redmond Church. We drummed to honor the ancient ways of bringing individuals, communities, and the world back into sacred balance. It was quite a night... wish you were there!

Tracing any heritage back far enough, we’ll find that we are all descendants of ancient indigenous, shamanic people. God has always worked in *mysterious ways*...

Ancient people first recognized The Divine in the world around them— in the animals, stones, plants, trees, rivers, mountains, & stars— for them, *everything* vibrated with spirit and consciousness. They *knew* what quantum physics is finally proving (again) to us now— that everything is inter-connected, everything carries Source energy, everything is sacred and worthy of respect. Our ancestors honored the Sacred Laws that Nature taught them, understood *sacred signs*, and lived in respectful balance.

But as modern humans, increasingly enamored by our own intellect, we slowly separated ourselves from Nature’s wisdom and direct, moment by moment communion with “God.” You might say we got a little *too smart for our sacred britches*. We ignored the Sacred Laws that have always governed the Universe, and began writing our own laws instead. Considering the current state of the world, my friends— how’s that working out for us?

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Perhaps it's time to reclaim our humility and get back to basics. Shamanism isn't some "weird religion" like many assume. It's actually the oldest spiritual perspective & healing tradition known to humankind.

Because modern shamanism still honors Sacred Law and the *Original Medicine* in all things, it can heal body, mind, heart, and spirit as powerfully today as it once healed our ancestors thousands of years ago. Recovering *shamanically* from a life-threatening illness after modern medicine pronounced me "terminal," I have very personal proof.

Are you fully embracing your Original Medicine?— your unique sacred gifts, talents, *and challenges*— for without life's challenges, we never discover our Original Medicine or build enough "spiritual muscle" to live our highest truth.

We actually NEED sizeable obstacles to push against, to learn our own strength. With two fierce cancer battles behind me, I've learned something about spiritual muscle, and so gratefully found my true Life Work...

No matter what spiritual path you walk, your journey will be vastly enriched by reclaiming the simple, ancient shamanic wisdom still *rattling in your bones*.

*"There are only two ways to live your life...
As if nothing is a miracle, or everything is a miracle."*

— Albert Einstein

*"The most beautiful thing we can experience
is the mysterious..."*

— Albert Einstein

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May this humble offering inspire
The Extraordinary Being
You already are...

Many Blessings,
Teryl "T" Johansson
The Sacred Aerie

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