

Shamanic Practice

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By definition Covid was a shamanic initiation. Such initiation requires a near death experience resulting in direct accessibility of the extrasensory perception of spiritual authority. The macabre images of bodies strewn about makeshift mortuaries, refrigerator trucks full of the dead and the constant daily reporting of the body count, created a portal to the rich dimension of inner spiritual formation. The enormity of the fear gripping the planet became the object of concentration in this deadly meditation. Being spiritually informed by prayer, transforming fear into a blessing or just being lucky enough to have a sense of humor about it all, continually manifests the power of initiation into compassion and service. This is the new spiritual authority as biodynamic shamanism that permeates the laying-on-of-hands ministry so necessary in this moment of time.

Viruses, pathogens, drugs and unrealistic views, not to mention processed food and added sugar are some of the new elemental entities, so-called “negative energies” along with the inner terror of death lurking around every corner that infect the consciousness of the contemporary client. Technically, no one gets out of this life alive anyway. Thus, a contemporary exorcism, a blessing in disguise is performed by the spiritual authority of such a “fully” initiated shaman.

Being spiritually informed means living by the vow to down regulate and reduce one’s neurosis. Neurotic, compulsive thoughts, and behavior drive the whole wheel of karma. The initiated jump ship and step off the wheel. We make a backward step into the inner terrain of stability and resilience, prayer and blessing, happiness and knowing the source of happiness unique to everyone’s spiritual aptitude. The only way out is in, to a somatic reality of vitality and revery, the instincts of sanity and unfettered exploration of the whole terrain of life without judgement. It is clearly easier said than done to cross through that portal. So, I live my life in the warrior lineage as it is known in the major Eastern traditions, that regardless of what I face, I will never give up. Sacrifice is a necessary component of the healing journey to the freedom I am describing. You never give up your honor and duty to protect your embodied spiritual formation. The biodynamic shaman is more of a poet, a Rumi, a Rilke, a Maya Angelou, an Amanda Gorman. It is the poetry of compassion and tough love from the Big Book of Alcoholics Anonymous.

We must sacrifice our shared global neurosis now. Loss is rampant of mind, of body and of the Holy Spirit. We are perpetually grieving. This is a critical extrasensory perception of the biodynamic shaman. Grieving is the deep repair righting the ship that has keeled over and stranded civilization on the rocks, in quarantine from the Way of the Natural World. We grieve our own losses, our own style of suffering that we share with all of humanity’s unique style. This is now the extrasensory perception of sorrow, always available, always Prime and on-demand. Her brother is humility. You cannot figure out the world as it is. There is only the inner somatic geography to explore and seek answers from. It is the work of a lifetime. As Ikkyu said: “only one koan matters, you.” We bow to our inner spiritual formation. We bow to the client’s inner spiritual formation.

Crow with No Mouth. Ikkyu, Fifteenth Century Zen Master. Versions by Stephen Berg. 1989. Copper Canyon Press.