

# The Shift Network - Top 5 Sessions From the Shamanic Wisdom Summit

In the Andes, reciprocity is a cosmic law—it's a belief system that comes all the way from the stars and says, "nothing ever goes one way." Join **Puma Fredy Quispe Singona** as he offers a sacred service with the light of the Sacred Fire and helps us discover this force that we are in constant exchange with, and that we must become consciously present with in this powerful exchange of life.

Listen to **Sandra Ingerman** as she talks about the universal practice of shamanism that dates back tens of thousands of years and has been the spiritual practice that has helped humans live on this planet before there was any technological help. Plants taught shamans and the community healing ways, as did trees, the earth, sun, wind, water & moon. Over time classic shamanic healing methods were developed — soul retrieval, extraction, power animals retrievals, de-possession to help heal people dealing with emotional, physical & spiritual illness.

"Mother Earth, hold us, for this world is hard." **Michael Meade** takes us on a journey to find our own sense of purpose within us in these troubling times of pandemic and modernity, while also looking back to our past and using it as a guide to heal the wounded parts inside of us.

When we strive only for the light, the positive, and the known we cut ourselves off from our very foundation: the wild mystery of night, the lessons of the dark soil, the healing whispers of the dead. Wholeness comes when we embrace the dark and learn to listen to its guidance. In earth-based traditions the darkness is an ally, not an enemy. Incubation, integration, and stillness are vital to not just our bodies and psyches, but to our creative communion with change both personally and globally.

**Angaangaq**, also known as Uncle, has spent his life teaching people how to melt the ice around their hearts and the heart of humanity. In this session, he shares how this task has been handed down to him by his ancestors. Through the shamanic culture of the Kalaallit Inuit, he describes how he became a "runner," a message carrier for his elders and now the last of the shamanic elders of his Greenland tribe. These messages came from the ancient, 6000 years old traditions of his ancestors. Their teachings show how mutuality can bring about the kind of change that is needed today to meet the challenges of climate change, inequality and reconnection with all of nature.