Så mye hender i et så høyt tempo. For en tid siden mistet jeg også mine indre bilder, mine visjoner. Kan du forklare hva som skjer? spør en sjamanvenn fra Tyskland.

In december suddenly I lost my inner pictures, my visions. Everything I loved, my inner treasure, everything I had... it was horrible.

I know that the truth is behind the pictures, but to now and to feel and to lose are different things... I was really without everything.

Some days I had the feeling to be only a field of consciousness, that was amazing and than I lost that too.... it comes back, I lose it again and again

I lost my words. I had to ask myself, am I truthful... am I writing for not to have to feel, to give things distance to me ...?

What about my pictures, my visions, where did they go?
Can I trust?

I can (and dont like to) not speak like before.
I do not want to describe, I do not want to explain anymore.

I like to joik with language, to find the words with the right energy to hit the heart.... only some words, coming from the silence.

I experienced, that there is something behind the words and pictures wich was really not in my imaginations, a form of cognition wich was absolutely unknown for me.

Perfectly clearness is maybe the most compatible word for it...

I experienced more and more that my voice is doing something with my klients. I have to sing.

Now I use my voice, I lay my hands at the body and sing and speak what comes to or through me.

Often Asha is with me, my inner teacher, an tibetan ancester, she ist working through my hands. Sometimes I see the body from inside, or I see things or beeings in the body...

Finally I start to find my innate skills...

Sometimes I am confused about to be without pictures and inner journeys - have I to let go also my inner teacher?
Are they pictures too?

Generally I have the feeling I know what is in my heart, but sometimes I am really confused, I do not know nothing

Can you help me with this?

So much is happening with me in such a big tempo...

Christine R