

Balance Within, *Balance Without*

By Mara Bishop, MS, ThM, CSC

Without balance our systems deteriorate. When we are out of balance physically, we are more vulnerable to disease. When we are out of balance emotionally, “beside ourselves” with feeling, we lack the ability to respond wisely to the events of our lives. If we become spiritually imbalanced, we lose our internal compass, the guiding force that helps us navigate toward truth.

The *Diné* or Navajo people have a saying: *May you walk in beauty*. Although I am not Navajo, my understanding is that it means: *may you lead a harmonious life*. May you have balance within yourself. May your relationships be agreeable. May you be at peace with your surroundings. As you walk through your day, moving within different environments, may you not be pulled too far to one extreme or another. May you create beauty with your words and your deeds, and may that beauty be reflected back to you. May you find peace within and without. The word *hózhó* expresses the idea of balance, harmony, beauty, and order. It forms a basis for sustaining healing, as well as a philosophy about living well.

The practice of shamanic healing can help us achieve this balance, to find physical, emotional, and spiritual equilibrium. Shamanic healing is not a substitute for medical or psychological treatment. Shamanic practitioners, unless they are licensed in other healing modalities, do not diagnose or treat physical or mental health conditions. They do work in concert with other practitioners,

providing spiritually based ways of viewing the self and creating wellness. We are best served by doing our own research, consulting with professionals in both conventional and complementary fields, and making use of the wide range of resources available to us today.

A person may come into my office with a specific complaint, but we need to look at the bigger picture. What is underlying the manifestation of their issue on an energetic level? When we address where the imbalances lie, the results are often surprising.

A client who was struggling with intense pain and had not experienced relief after conventional interventions wrote:

The healing work that you did on my legs and feet recently was totally unexpected. I cannot believe how quickly the pain disappeared after that session. To find out that the pain was not even my own was eye opening.

When we look at the broader picture of creating balance in our lives, frequently the details fall into place in ways we couldn't have anticipated. In addition to the physical pain that left this client after that clearing session, she noticed a new sense of unity with the world around her:

Since starting regular sessions with you, I feel amazingly connected to the vibrancy of life. I notice the miraculous way that I am interacting with nature and I stand in awe, feeling equally blessed that nature finds me worthy of such interaction and that I am able to recognize nature's contribution in guiding me towards my best self.

The give and take that this client describes is a lovely example of walking in beauty. It comes when we clear the energy that isn't ours, reunite with what fundamentally is, and make connecting to our innately wise selves part of our daily lives.



Our energetic immune system, the body's parallel to the physical immune system, enables us to process and defend against energy in the environment that may cause imbalances. The help of a trained practitioner can be invaluable, particularly when it comes to reconnecting with aspects of oneself that can be damaged during trauma, and clearing external energy that can interfere with your body's natural systems. This time of year can be a challenge

for both of our immune systems.

During the holidays, many of us experience overload: from too much time with family and friends or a keen sense of the absence of a close community, pressure to spend money that isn't there, host the perfect party, or buy the perfect presents. The media bombards us with images of what the holidays are supposed to be. We can run ourselves physically, emotionally, and spiritually ragged. As you look to the beginning of the New Year, perhaps think about ways to help create peace and equilibrium in your life, new ways to walk in beauty. ❧

© 2019

SHAMANISM WITHOUT BORDERS 2020

Join a community of practitioners in virtual and call-in ceremonies to help tend our local and global communities in need during times of acute and chronic crisis.

More information coming soon to
www.WholeSpirit.com
 email mara@wholespirit.com
 to be included

For more information:
(919) 419-1074

Mara Bishop is a shamanic practitioner, intuitive consultant, teacher, author, and artist. In her *Personal Evolution Counseling™* practice in Durham, she combines shamanic healing, intuitive consultations, and energetic healing. She works with clients locally, nationally, and internationally. She is the author of *Inner Divinity*, *Crafting Your Life with Sacred Intelligence*, and the companion CD of guided meditations.

She holds master's degrees in Energy Medicine and Theology and a bachelor's degree in Art and Communications. She is a graduate of the Foundation for Shamanic Studies Three-Year Program in Advanced Shamanism and Shamanic Healing, Sandra Ingerman's Shamanic Teacher Training program, and advanced training with Betsy Bergstrom. Mara is the only Harner Certified Shamanic Counselor® in North Carolina.