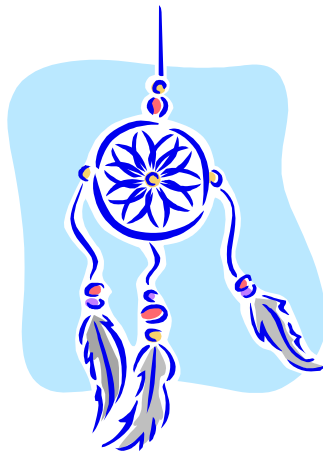


Creating Your Power Song for Healing



By Shaman Elder Maggie Wahls

Creating Your Power Song for Healing

© Copyright 2005 by Maggie Wahls

All rights reserved. No part of this booklet may be reproduced or transmitted in any form, or by any means.

This booklet was downloaded from www.selfhealingexpressions.com
which offers the online course

Discovering the Shaman Healer Within: Apprentice Course
by Shaman Elder Maggie Wahls

Contents

Chapter One ~ Introduction

Chapter Two ~ Understanding Power Songs

Chapter Three ~ Power Song Sounds

Chapter Four ~ Creating Your Own Power Song

Chapter Five ~ Feeling the Intention

Chapter Six ~ Your Prayer to the Universe

Chapter Seven ~ About Shamanism

Chapter One

Introduction

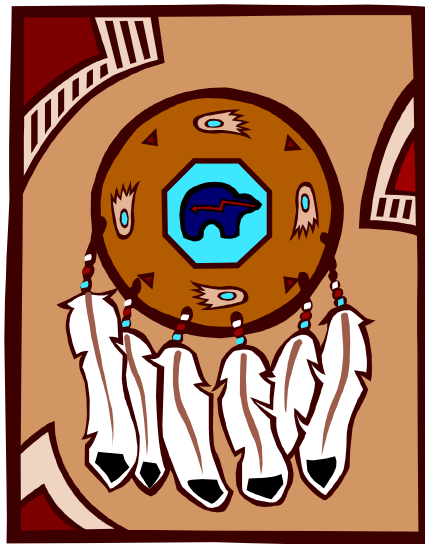
"Each Shaman has at least one power song that he uses to 'wake up' his guardian and other helpers to help him in healing and other work."

~ Michael Harner, *The Way of The Shaman*

Power Songs are oral prayers expressing your true self, your nature, your individuality, your power. All cultures have power songs and you too can find and embrace your own power song. To understand the power behind a *power song*, think of the power in a hymn, an African chant, or in the howling of wolf. Most of us would readily acknowledge there is power in sound.

Power songs can be used in preparation for journeying, healing, offering [Reiki](#), praying, grounding, for protection, for celebration, or for solace. Anytime you want to connect with the Universe in this very special way, you can.

Shamans have several power songs, because the vibrations of the notes in the voice and in the fifth chakra of the throat stimulate sympathetic vibrations, to which the Universe responds. Everything is connected. What you put out comes back to you. When a butterfly flutters his wings in Cost Rica, the winds of Africa are stirred. And when a sound is offered, the Universe responds.



Chapter Two

Understanding Power Songs

When did sound begin to be used for healing?

At some point, all of the ancient mystery schools taught their students the use of sound as a creative and healing force. It is considered the oldest form of healing, and it was a predominant part of the early teachings of the Greeks, Chinese, East Indians, Tibetans, Egyptians, American Indians, Mayas, and the Aztecs.

How does the body respond to sound?

Every cell within our body is a sound resonator. It has the capability of responding to any other sound outside of the body. Every organ, in which cells of like vibration have gathered to form that organ, will respond as a group to particular sound vibrations. The various systems in the body will also respond to sound vibrations, as will various emotional, mental and spiritual states of consciousness.

Can you cause healing with your song?

You can stimulate an immense number of sympathetic vibrations within your body and mind by learning to direct and control your voice, and by using certain musical instruments, tones and forms of music. Where there is imbalance, you can use directed sound to bring the imbalance back into its normal parameters.

Can certain sounds be harmful?

You have a capability of resonating or responding to all sound vibration - positive or negative. You need to be alert to the sounds around you and to strengthen your energies so that only the beneficial sounds can permeate your individual energy fields. If understood and used correctly, forced resonance can bring a body back to balance.

Chapter Three

Power Song Sounds

"The best magic words are those which come to one when one is alone out among the mountains. These are always the most powerful in their effects. The power of solitude is great and beyond understanding."

~ Rasmussen, student of Eskimo life

Each chakra is associated with a different sound – or note on the scale. The fourth chakra is associated with the note FA as in *Do Re Me FA...* Find a piano and discover the sound of this note (or use the bottom below). Use your voice to find your own closest approximation to this sound or note. It is important to learn to find the sound of FA.

FA

The fourth note (or sound of FA) is also the note of manifestation or creation upon this planet. So if you want to manifest healing, you could send your intention out upon the note FA into the Universe. And healing will resonate

with your voice of FA and manifest where you are intending. It really is that simple.

Don't try to complicate it as so many others have. Some people have made millions creating musical tapes based on the sound of FA. Subliminal holosync tapes that offer healing are based on the sound FA, but now you know how to own this yourself. Have you ever listened to a Native American song? There is usually one major tone for the song, isn't there? Now you understand why!

Singing a baby to sleep is a power song. But you can also sing to your houseplants, animals, family, and friends. Find and embrace the power you have in your voice to heal.



The Symbol for the Universe

The visual symbol for the Universe made manifest is the square. This symbolizes the power of thought and vibration becoming solid and material in this apparent world. So to create your power song, you combine the sound of FA with the visualization of a square.

Chapter Four

Creating Your Own Power Song

Get yourself someplace comfortable where you will not be disturbed for a while. Close your eyes and visualize a square. Intone the sound FA and watch the square and see what image appears there.

You can also do this backwards by visualizing the person you want to heal in the square and intoning the sound of FA. You can do this with anything that you would like to manifest for the good of yourself and the world. Shamans use this technique all the time.

Buy or make a rattle for yourself.

It can be as simple as a box of macaroni or a box of buttons. Be creative and express your true self in its creation. Then sit in a quiet place where you will not be disturbed and shake your rattler as you sing this power song... Keep rattling and repeating your power song until you see an image of a person, place or thing.

An Example of a Power Song

This is me combining my flute with the below words.



Power of the eagle have I - power of air.

Power of serpent have I - power of fire,

Power of dolphin have I - power of water,

Power of mole have I - power of earth,

Power of lineage have I - power of the ancestors,

Power of spirits have I - power of the gods.

Power of truth have I - power of the inmost soul,

Seven powers about me to veil and support me,

On my journey without fear I go

Chapter Five

Feeling the Intention

The last ingredient the **Shaman** uses with his or her power song is desire or strong will. He or she really wants this healing to happen. They can really feel the wish. They put all their emotional energy into the intention.



I often get to dancing and rattling while I intone my power song and bring my whole body into the act of intending a healing for someone. The more feeling you put into it, the stronger the vibration.

Chapter Six

Your Prayer to the Universe

Like a mantra or chant in other spiritual traditions, a power song is often just a line or two repeated over and over. You can use words or vowels or an imaginary language. As long as you create it with FA as your base and emotion – and you sing it with intent, it will be perfect. Power songs are usually kept private and seldom sung in public. The only time they are sung in public is when a group of Shamans have gathered to do a combined healing. Your power song is your personal prayer to the Universe. Honor it.

Chapter Seven

About Shamanism

"Part priest, part sorcerer, magician and seer, healer, prophet, male or female, shamans can enter into a state of trance, travel beneath the sea or among the stars to the northern lights, transform themselves into wolves, seals or monsters, call upon benevolent spirits and fight to the death against malevolent ones, exercise justice, heal the body and save the soul, condemn, forgive, take or give life. Mediums, sages and sorcerers, they act as intermediaries between the world of the living and the supernatural world of shadows and spirits"

~ Web definitions for Shaman

Shamanism is a spiritual way of life, not a religion. It's a practice that shapes all forms of spiritual healing. If you decide to walk the path of the Shaman, you will re-member many skills, talents, places and people from your past that you have forgotten. You will reconnect to your purpose as healer.

Signs You are being Called to Your Shamanic Roots

1. Body aches and pains, especially in the neck, shoulder and back
2. Feeling of deep inner sadness for no apparent reason.

3. Crying for no apparent reason.
4. Bouts of nervous energy.
5. Sudden change in job or career.
6. Withdrawal from family relationships.
7. Heart palpitations or anomalies for which doctors can find no cause.
8. Unusual sleep patterns.
9. Intense dreams.
10. Physical disorientation; increased "self talk."
11. Feelings of loneliness, even when in the company of others.
12. Loss of passion.
13. A deep longing to go Home.
14. Feeling rushed or finding yourself rushing through each day.

Do You Feel The Call?

The call is a temporary rift between realities that the apprentice experiences, and is usually brought under control once he or she accepts *the call*. Refusing or delaying the call

may force this rift to continue. The resulting mental and physical imbalance can result in a mental or physical illness if the call is avoided or delayed long enough. *The call* can also be marked by being attacked by an animal, struck by lightning or some other near death experience.

If you are feeling *the call* to Shamanism or the desire to learn more about it, you are invited to [explore Shamanism](#). Let the Shaman Elder take the talking stick and listen to her words.

About the Author



Shaman Elder Maggie Jean Wahls, telepathic from birth, has studied Shamanism for 50 years practicing the teachings and traditions of her European heritage. Maggie has studied with Shamans from around the world. Although the teaching of Shamanism has traditionally been reserved for those of direct lineage, today there are fewer and fewer practicing Shamans in the modern world. In an effort to preserve her heritage and keep the powerful healing skills of Shamanism alive, special dispensation has been granted to Shaman Elder Maggie Wahls to help others re-member their own innate Shamanic skills that may have been forgotten. Maggie is a *Course In Miracles Study* Facilitator, Animal Communicator, [Reiki Master](#), and artist. Her Web site is www.shamanelder.com.

Her Self-Healing Expressions courses are...

[Discovering the Shaman Healer Within: Apprentice Course](#),

[Reiki for Healing: Level I](#)

[Reiki for Healing: Level II](#)