

The Path of Knowledge: A Course In Shamanism

ABOUT LUCID EARTH

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ELEPHANT SYMBOLISM
LUCID APPROACH TO SHAMANISM

What does "Lucid Earth Education" stand for?

Lucid:

- Awake / Aware
- Clear / Transparent
- Illuminated

Earth:

- Home
- Mother Earth
- Pacha Mama

Education:

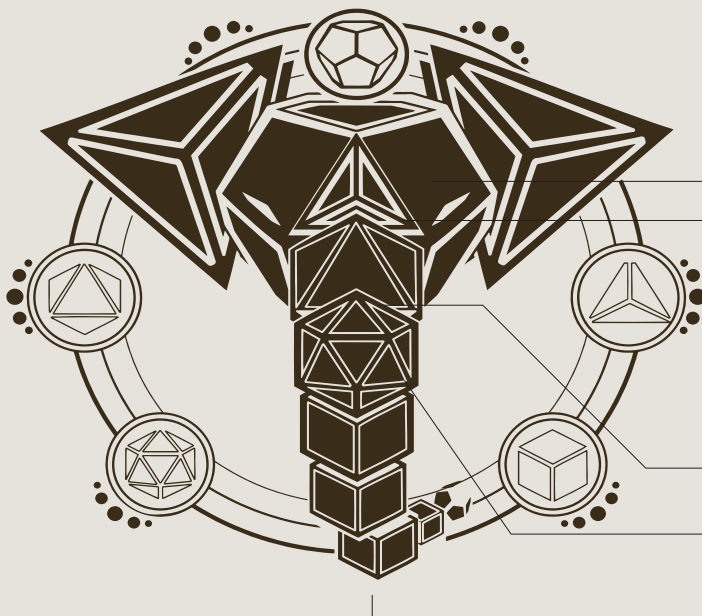
- To bring forth outward that which lives from within

The Lucid Earth Education vision is to create a school of philosophy and practice which brings about clarity and illuminated path of awakening. Our goal is to remind those of who they are, igniting their inner flame, and bringing about a healed world for our generation and generations to come.

Elephant Spirit Animal Symbolism

The Elephant is a noble creature who symbolizes a balance between power and wisdom, nobility and humility. They are a matriarchal system and are very protective of their young. Elephants stop to show respect to the bones of their predecessors, and even protect other species.

Lucid Earth Education



Geometric Symbolism / The Five Elements

Platonic Symbol / Element / Form it Takes

In order of dense to light...

Dodecahedron / Aether / Prana / The Universe

Tetrahedron / Fire / The Sun

Octahedron / Air / Atmosphere

Icosahedron / Water / Ocean

Cube / Earth / Rock

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Step 1. Learn the traditions

Step 2. Uphold the traditions

Step 3. Dissolve the attachment to the traditions

Step 4. Honor, respect and give thanks to those who made the traditions

Step 5: Create traditions

Step 6: Rinse and Repeat

Traditional vs. Non-Traditional Shamanic Philosophies

Universal Practices (across many tribes)

- Communication with Spirit
- Honoring Ancestors
- Walking
- Journeys
- Singing
- Dancing
- Shamanic Trance
- Service to others
- Protection of Mother Earth

Traditional Practices

- Initiated by an authority based on signs by Tribe, Tribe Leader or Current Shaman
- Taught by word and shown how to perform rites and rituals
- In some cases up to 30 different rituals had to be learned
- Practices were kept inside the tribe

Non-Traditional Practices - includes the above but can vary in these ways...

- Initiated by life trial without an authority in human form
- Blends different styles, healing modalities and philosophies from other sources
- May include written word / books
- May include sciences
- Teaching "outsiders"

Learn as much as you can, then choose your unique path. If you find you are the type to follow a strict tradition, then your path is perfect for you. If you find you can't follow the strict traditions due to circumstances and must make a shift in your practice in order to continue, then that is for you to decide. If you find you respect tradition, but have never been a traditionalist but more focused on evolution then you already know your path. One can balance both. One can practice tradition AND shift and evolve their practice to suit the current environment AND honor those who came before us. There's no "right" or "wrong" way to practice, but there is traditional vs. non-traditional. It is part of our journey to discover what is harmful or healing, what is conscious or reckless, working and not working, love or fear. Safety and love for the Pathwalker, and honor and respect for those who came before us above all else. Please meditate on this message today. Simply ask your guides for support and answers, and your messages will come at the perfect time in perfect ways.

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ABOUT SHAMAN ZO

BRIEF PERSONAL HISTORY
CHALLENGES AND GIFTS

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BRIEF PERSONAL HISTORY

Personal Life Challenges:

Shaman Zo is a retired trouble maker. At age five he took public transit to and from school. With both parents working coming home to an empty house was normal. He began experimenting with alcohol at thirteen and drugs at sixteen. This would result in his battle with addiction that would span nearly two decades. Raised in a strict religious and abusive home, he left never to return traveling the country side and living in a van ski resort hopping from seventeen to twenty.

Some of his experiences include being a snowboard instructor, a rave DJ, being ejected from two moving vehicles, two avalanches, near drowning, and being released from jail twice by eighteen. At twenty four he would learn the pains of young marriage, divorce, and the loss of his unborn son Dominic. At thirty he won the battle over pills and alcohol. At thirty four, lost his father to cancer. The universe has tested him to his limits on three separate occasions, losing the house, the business, the family, the car, and the partner all at once. Twelve years ago he had a major spiritual awakening in a form of a dream where the Metatron's cube taught him the foundations of sacred geometry as well as the instructions to share it to the world. One week later he left his job and set off on the journey of becoming a metaphysical / spiritual teacher. As part of his dedication to his work, knowing he must heal himself before he can assist others in their healing, he has dived into his own shadow, his own childhood trauma, ancestral trauma, complex PTSD, and as a result experienced more than one mental/emotional/spiritual deaths and rebirths.

In an attempt to understand his own inner workings, why he kept manifesting these challenges, and how he could take back the wheel of his own life, Zo chose to study Shamanism, Astrology, Numerology, Sacred Geometry, Buddhism, Taoism, Geometry, Physics, Metaphysics and more.

Now at age 43, he is grateful for his experiences and what they have taught him. He now dedicates his life to service to others.

Sacred Life Gifts:

- 20+ years of accumulative Shamanic Practice
- 20+ years of owning and operating businesses
- 10 years of teaching Soul Root Alchemy
- 8 years of teaching Sacred Geometry / creating Sacred Geometry products
- 6 years of offering Reiki Attunements
- 2 years of one-on-one coaching
- 1.5 years sitting with 100+ people in medicine service

The sacred gifts were the rewards for overcoming the personal life challenges.



Hawk Feather Symbolism

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The shaft is the inside, the core strong and supportive.

The barbs are the outside, the expression, soft and uplifting.

Together they balance the divine masculine and feminine.

The feather extends outside of the box, grounding to Mother Earth and reaching up to Father Sky.

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My Teaching Style

Shamanism is presumed to be the world's oldest spiritual practice. Meaning there have been a billion different paths laid in its name, here is but one more.

The purpose of this specific course is to first introduce the universal truths about Shamanic practice, so that you may learn what you can in a short amount of time. Then to see whether or not you truly want to continue on this path (The Path of Knowledge) for a short time, a long time, or even possibly, the rest of your life. Every continent, every nation, every tribe, and every teacher has their own unique characteristics. In addition to that, Shamanism has traditionally been passed down from the teacher to the student verbally, and through first-person instruction only, so there is little to no documentation around it. As much as I would love to learn and honor all of the world's unique traditions, that is near impossible, so I've created this course using my own unique blueprint based on what I've learned, and the path that was laid before me.

To follow this path one has to grasp the idea of going against the grain of western society and instead of going with the flow of nature. One of my favorite rebels (besides Ghandi and Martin Luther King, Jr.) is Bruce Lee. Not only a hero of mine, but also laid a path I follow. He honored traditional Gong Fu (Kung Fu in the west), but also blended it with multiple styles of fighting, such as boxing and fencing, to accentuate and enhance it. He was a rebel by traditionalist's standards, for teaching "Gweilo" aka Westerners. It was forbidden to add to Gong Fu, and teach outsiders. Regardless, he stood his ground, in fact, his spine was shattered in his fight to defend it. He taught his method the "style of no style" that was both strong and flowing, like water.

You may have heard his quote "be like water", which was a nod to his overarching philosophy about Gong Fu and, as a result, became a highly successful teacher of his own style, "Jeet Kun Do". I too blend styles, and teach whomever is brave enough to step up. Bruce Lee, and his story, is an inspiration, and a model, to my own overarching philosophy of life.

This is the way I learn, and the way I teach.

As a side note, this is how "Mixed-Metaphysics" came to be. On my own spiritual path, after studying a few different healing and spiritual modalities, I came to realize I wasn't going to find all of my truth in one place, so I created my own space to learn, experiment, nurture and grow my spiritual side. Mixed Metaphysics blends old with new and spirituality with logic. It takes practical knowledge and applies it to the ever-changing ebb and flow of life. It is rooted only in personal experience but outside feedback from fellow teachers, and students (making sure it's not 100% personal bias), all resulting in a usable format. I don't teach that there is "a single book" that holds all the truth, but rather, that all books hold at least one single truth. It is a "Shamans Task" to learn those truths, and piece them together in a practical way that works for them. If it also works for others also, then that would be considered a wonderful side-effect. No one taught me this, it has always just been my way.

The difference between "Shamanic Practice" and becoming a "Shaman" is the difference between being a student and becoming a teacher. It is the difference between going to church and becoming a priest. It is the difference between meditating occasionally, and becoming a Tibetan Monk, dedicating your life to meditation. I do not share this to scare you away, I share this only to help you understand the power of this path and the responsibility it may entail if you so choose to make this your life path.

If you take this course and find that you just want to stay a student for the rest of your life, even taking breaks at times, that is entirely understandable and okay. There is nothing wrong with that, I myself stayed in that space from age 16 to age 41, and had no intention of becoming a Shaman. In fact, I held that position so high in my own mind, that I never thought I'd be qualified. That was the story I told myself, that turned out to be untrue.

That was my personal intention on this path for many years, and it was perfect for me. At a certain point (and after 3 Shamanic Initiatory Crisis' at ages 23, 30 and 40), I was told by my Ancestors and guides that it was time for me to graduate. There is no set schedule when it comes to Spirit, there is only "the perfect time", and when that time comes, no one can tell you that that time has come.

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When you know, you'll know.

Both have their benefits, both come with great challenges.

Next we'll start out with some common myths about Shamanism, followed by signs that you are predestined to become a Shaman.

Beyond the Label

To me "Shaman" is not a noun, it's a verb.

It goes beyond the label.

It's an action, it's a being, it's an embodiment.

A label takes a moment, and practice takes a lifetime.

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Here's an intimate and vulnerable comparison for me...

I may be my child's "biological parent", but that doesn't necessarily mean I always showed up as a "Dad".

One is a title anyone can take on (sometimes accidentally), the other is the act of showing up, and it's challenging.

In my past somedays I showed up as "Dad" other times, I showed up as the "biological parent".

It's because of this that being "Dad", is sacred to me.

It takes practice over time, and according to my own values, must be earned.

I also know that being "Dad" will continue to be earned, as I get to show up for my children, for the rest of our lives.

It is a powerful responsibility, an act of service, a sacred duty to fulfill.

One is a label one can take on casually, the other is the act of showing up, deliberately.

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THIS is how I regard being "Shaman".

Sure I can adopt the label "Shaman" but it's the BEing of one, showing up, and doing so over time, that allows my heart to open and accept myself as such.

It takes practice over time, and according to my own values, must be earned.

I also know that being "Shaman" will continue to be earned, as I get to show up for those whom I serve, for the rest of my life.

It is a powerful responsibility, an act of service, a sacred duty to fulfill.

One is a label one can take on casually, the other is the act of showing up, deliberately.

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The goal is never to be "the best in the world", the goal is to be the best I can be, deliver a message, and do so humbly.

To be impeccable, day to day, knowing each day that will look different.

A label takes a moment, and a practice takes a lifetime.

- Shaman Zo