

Shamanic visit : meetings and perspectives

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Katia and Hervé, Swiss shamans from The Traveler's Wings, who were organizing this visit, greeted me in Cuenca. What a joy it was to meet them in person! Then I met Fanny and Sonia with whom I was to share some intense experiences during this shamanic visit at the edge of the Amazonian forest.

After a six-hour bus journey, across beautiful scenery, we arrive at a wooden bridge that separates the sacred Shaman space from the rest of **the village of the Shuars, an indigenous people of southern Ecuador.**

I stayed for 10 days in the family, in a green area between the river and the forest, with permanent houses as well as wooden shacks. **Amazonian shamanism uses ayahuasca, the soul vine, as one of the means of healing.** This bitter-tasting brew is the “medicine” of these people. **It induces visions – not hallucinations.** Before drinking this plant beverage, it is very important to go through a diet, both before and after the stay. **Ceremonies took place around seven in the evening in the medicine lodge.** We laid our blankets on the mattresses so as to be able to rest after drinking the brew.



During the stay, we all ended up sleeping in the lodge, which we shared with other Shuars who had come to be healed. **The simplicity and symbolism of these meetings between two cultures in a sacred space moved me.** The ceremony starts by thanking the ancestors for assisting the shaman in his healing ministrations; we swallow a tobacco brew which **allows the upper chakras to open, and we drink the ayahuasca.** Then silence settles in, everyone goes deep in their inner self. This is when the shaman carries out his energy work and sings. **Besides the visions that guide us on our evolution path, our senses are enhanced.** We can hear sounds that would normally be imperceptible. **I lived moment of intense connection with nature.**



At the mid-point of our stay, we had our baptism, Natemamu. A sacred rite for the Shuars, which can be done at any age. **One of the goals is to reconnect to our state of being upon our birth, unburdened with any emotional or traumatic baggage.** There was a nice synchronicity for me: it was the day of the first full moon of spring, of Easter and of Passover, very symbolic of **the path towards oneself, towards one's rebirth, one's freedom.**

This stay transported me towards **an unknown sense of letting go, another outlook on life, on its priorities and on the more subtle aspects that the Universe offers us.**