

Karmen

A story told by Kelly Marie

Driving to Coeur d' Alene, Idaho to meet with Karmen who was hosting a small gathering for those of us who were curious about healing. My spiritual journey in 2012 offered new ways to connect with myself, seeking to heal the trauma and heartache I had experienced during my life. I had no expectations, as my ignorance assisted my mind to be open in receiving whatever Karmen was going to share with me and the others joining in this experience. I was eager to find answers to my grieving. Karmen was highly recommended to me, and I trusted that the universe was opening up to share in the magic that has been practiced for generations.

Karmen is a woman who struggled with her health and wanted to heal herself through Shamanic Journeywork. Her path as an artist took her through new worlds to discover what was within. Her Medicine uses contemporary meditation where a person can receive revelation from our own helping spirits. The journey is aided most often by a specific drumbeat or rattling. The benefits of this type of healing will increase a sense of empowerment, tapping into healing energies for others, the Earth, and yourself, and connecting to the wisdom, love, guidance, support, and protection of your ancestors. Traveling into the shamanic realm of the lower, upper, and middle worlds can bring new insights and manifestations that can contribute to new outcomes in your life.

When I arrived, Karmen greeted me at the door. Her long messy brown hair draped over her purple shawl matched the flowy skirt she was wearing. Her feet were bare and her eyes were the most dynamic green I have ever seen. She welcomed me and guided me through the house where others were sitting down on blankets that were placed on the hardwood floor. She graciously showed me where the water, tea, and associated snacks were located. She then held out her hands and brought them to prayer position in front of her heart, and said to me, "Kelly I am glad you are here, I am going to be your guide for the next two hours, and I am honored to share with you the magic through Shamanic Journaling." I bowed my head in appreciation, replying, "Thank you." She then politely asked me to find a place on the floor and we would begin the meditation.

For the next two hours, I learned so much. I journeyed to the lower world and found my spirit animal, then journeyed to the upper world and connected with my master teacher. Karmen was such a wonderful teacher, explaining the process so that I had an enjoyable experience. Her skills and wisdom gave me hope that I will one day overcome my struggles, and find the joy and delight that life has to offer.

Karmen made a difference in my life that day. I journeyed with her many times after that day, and each experience became more profound, as I became deeper into my Shamanic practice. I went to Ecuador in 2019 to study Tantra Yoga and Shamanism and was grateful for the teachings Karmen had shared with me many years ago.

