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# AWAKEN the INNER SHAMAN

A Guide to the Power Path  
of the Heart



**sounds true**  
BOULDER, COLORADO

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# QUANTUM PHYSICS and the INNER SHAMAN

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**B**ecause you are probably like me, you may need a little science to help you understand shamanism. So here we will discuss, in a limited sort of way, what quantum physics has to say about the reality of the Inner Shaman. If you feel you are well acquainted with this topic, you can skip ahead to the next chapter.

As most of quantum physics is either still entirely theoretical or waiting for hard evidence, not all competent physicists agree or even believe in quantum physics. Many spiritually oriented people claim that quantum physics offers proof of their spiritual beliefs, but this is just not so—because the measuring stick of science is too small to prove anything about spirituality. Nevertheless, I will try to explain the Inner Shaman in terms of the theories that quantum physicists currently believe to be correct. Bear in mind that all this could change in a heartbeat.

By now most quantum physicists are in agreement that the entire atomic structure of the known universe exists within a context that they call the quantum field. The quantum field is that out of which everything springs into manifestation and into which everything returns and disappears. According to astrophysicists, a big bang occurred that sent matter rocketing in every direction to form planets, moons, suns, and galaxies; the big bang is said to have sprung from the quantum field, a kind of zero point with no temperature, no time, and no space. Within a millisecond after the big bang, 96 percent of all the matter created was sucked back into the quantum field and seemed to vanish. The other 4 percent went on to make up the structures of our universe. Astrophysicists speculate that the 96 percent that vanished still exists in the form of invisible antimatter—which remains a theoretical construct.

If the entire universe sprang from one point, then the quantum field is misnamed. It is not really a field but, as the Hindus call it, a *bindu* point, which represents what they have called the great void and what the ancient Chinese called the Tao. The void is, paradoxically, nowhere and everywhere, and exists outside of everything known, outside of space and time. It is thus very difficult to discuss. The Chinese say that the Tao that can be named is not the Tao. Given this, the big bang theory, when all is said and done, is probably bogus. According to shamans, the physical universe was dreamed up and may be perpetually changing in form. The truth is, no one knows for sure. Use your intuition here. Does a big bang make sense to you? Does it correspond to anything else that you know to be true? Does anything come from nothing? On the other hand, in dreams anything is possible, including a big bang.

## THE PORTABLE CENTER OF THE UNIVERSE

Quantum physicists say that particles that emerge from the quantum field are affected by observation. Without an observer,

a particle is a wave and may appear anywhere in the universe. The instant the particle is observed, it assumes a fixed position in time and space and is no longer a wave. In other words, the particles that make up every structure in the universe depend on an observer to become something we can perceive. It is not a stretch, therefore, to say that we are dreamers dreaming our world by specifying locations for particles with our consciousness. This is, of course, what shamans and mystics have been saying for thousands of years. The master of ceremonies, the ultimate dreamer, is the Inner Shaman, who wants nothing more than to create harmony, balance, and an experience of utter bliss. The world we experience is not always harmonic, balanced, and blissful because of the distortions created by the false personality, a subject we will cover at length. Erase the fiction of the false personality and what we have left is pure truth, love, and energy.

Quantum physicists have determined that the shape of the universe is a torus, like a huge donut or smoke ring. Imagine that the smoke ring is circulating smoke down through the center, around the bottom, up the sides, and then around the top into the hole and down again. Let us say that the universe is being created when the energy, or smoke, is ejected from the hole at the bottom. Therefore, if you were underneath the smoke ring, it would appear as if all of creation were being ejected from the hole in the sky above you. The ancient Hindus said that all of creation comes from the bindu point, and in sacred geometry creation is seen as the central sun, a dot with a circle around it. Sounds like a torus, doesn't it?

As the energy progresses up the sides of the torus and goes over the top, it sucks everything down the center again, like a giant black hole. Here is where the universe disappears. So the giant torus is at the same time a hole of creation and a hole of destruction, a principle symbolized by Shiva and Shakti, the Hindu gods of creation and destruction.

Now imagine, as quantum physicists speculate, that every photon of light radiating from atoms has a tiny torus at the center of it, where the light appears and disappears infinitely. At the exact center on the inside of the hole is a spot where one set of energy or light disappears and one appears. What exactly is behind it? Physicists don't know. They suggest possible multiple universes or parallel realities, and this may be so. Somewhere, somehow, they will have to account for what is behind all those other universes and realities. Shamans are clear about what is back there. They say it is Spirit, the Source, the Almighty, or simply God. Cross-culturally, shamans also say that the center of the universe is portable and is anywhere we say it is, even multiple places at once. So consequently, according to their view, Spirit is everywhere.

Energetically speaking, shamans conceive of the heart as being in the exact center of what some call a luminous egg but could also be called a torus. In your heart, then, is the bindu point, the creation point, the place where it all happens. Of course, this is where the Inner Shaman is going to be. However, we would do well to remember that at the center of every particle of the universe is a torus, or, in other words, a center of the universe replicated millions and millions of times over. How can there be more than one center of the universe? For shamans this is easy. The universe is a hologram in which every point equals every other point. The whole universe can be produced at any point within it. What gives shamans their power is their ability to be in the exact center of the universe at will. This is what they mean when they say that, when all is said and done, there is only one child of the Great Spirit. It only appears that there are many.

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# HOW the INNER SHAMAN WORKS with DNA

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**I**nformation in almost every field imaginable is exploding—growing and expanding at an unprecedented speed. It has been calculated that our knowledge base is growing so fast that the amount of information that once took 1,000 years to be discovered subsequently was discovered in the next 500 years, then 250 years, then 125 years, until now 1,000 years of information is learned in only a few days. Soon this mathematical progression will diminish to some infinitesimal amount of time, and the amount of information will be infinite.

The linear mind, or left hemisphere of the brain, cannot grasp the implications of this, so we must rely on the right hemisphere, which is capable of multidimensional thought. If we realize that there is no real vacuum in space, that it is filled with infinite information, we can see that we are already surrounded and interpenetrated by information. Through the process of



induction, infinitely overlapping magnetic fields instantly inform our own small biological magnetic field and we become privy to all information everywhere in the universe. This has always been so; we just didn't realize it. This is the knowledge that all the great and enlightened masters discovered: that they had access to all the knowledge in the universe at the tips of their fingers—or, more accurately, in the middle of their chests, where the Inner Shaman resides. Jesus, Buddha, Krishna, and Lao Tzu (to name just a few) knew this.

Let us examine this more deeply, so that you can clearly understand the good fortune of what you have available to you: the tremendous power spoken of in sacred books and by great teachers throughout the ages. When you work on a puzzle, it is often easiest to begin with the frame and then fill in the middle pieces until you have a complete picture. So let us begin at the edges and travel toward the center, bringing the picture together.

Only in the last fifteen years have we been able to map the human genome, and to some extent decode it. Humans have about 23,000 pairs of genes, similar to our cousin the chimpanzee—fewer genes than some plants. In fact, if you look at the early embryos of a turtle, a snake, a monkey, a chicken, and a human being, it is hard to tell them apart. So what is it that happens over time that causes them to turn out so differently?

Only 10 percent of the human genome seems to be in sequence. The other 90 percent was classified as junk DNA, because the researchers could see no use for it. Only recently have they begun to discover that these junk genes are like switches that turn other genes on and off as needed. Human beings have a gene for a tail, but it is switched off; other animals have genes that are switched on in humans but switched off for them. This is why embryos that look so similar grow into entirely different creatures with entirely different capacities.

Scientists are now realizing that there is no junk in the gene pool, only that which was not understood at first.

Why are we talking about genes? Because genes are biological carriers of information, and give us access to an infinite amount of information within our own bodies. The entire history of the human race is to be found in our gene pool, but that is not all. Each gene has a tiny magnetic field, and all together they have a larger magnetic field. Since all magnetic fields in the universe overlap and instantly, totally share information, you have access to all information in the universe via your genes. Your genes carry information about every past life, every lesson learned, every agreement kept, where you think you are now and who you think you are at this moment. Thus your genome is a multidimensional library of personal, global, and spiritual identity. Your genes, embedded in every cell of your body, are your library card to the universe. Your genes are not just *about* you; they are closer to the real you than you can imagine. Your genome is unique to you; at the same time, it is hooked into the same information that the genomes of all other people are hooked into. So, are you really separate from other people? No! The difference among people, beyond their selected physical traits, is that some are more aware of the information they have access to than others. That is all.

What part does the Inner Shaman play in this? In some ways, the Inner Shaman is indistinguishable from your gene pool. You could also say that the Inner Shaman is the organizing principle behind it. Having this powerhouse inside your skin does not necessarily mean that you use all its features. You could; they are available. But you haven't yet. There is no question that at some point you will, because that is where evolution is rapidly taking us all.

Imagine a computer loaded with powerful software. In order to access these programs, you would have to give the computer

the proper commands; then whole new dimensions would open up to you. If you don't know the programs are there, they remain dormant and you may never be aware of anything beyond the simple programs you use every day.

Right now, 95 percent of human beings do not consciously use their genes to capacity. This is a shame, because everyone has within themselves the tools to solve most of their problems, especially health problems. Most people use less than one-third of their gene potential. For the most part, humans have not been mature enough to use all these features until now. Now is the great turning point; we are currently shifting from young soul to mature soul awareness. Puberty is all about learning to use a much greater set of tools, isn't it?

Let us now turn toward another part of the puzzle. Several of the world's most sacred books make reference to "the Word." In the Bible, the Gospel according to John starts, "In the beginning was the Word." The Word is sound: a specific vibration that with intention causes something to rise up out of the quantum field and become manifest. All the great shamanic traditions refer to this concept: the power of utterance, of sound, of vibration, of creation. Sound, or vibration, exists everywhere we look in this universe. The Inner Shaman is sound, vibration, word, and this is how it interfaces with the great chorus of humming DNA that not only makes up your cells but the field all around you.

The Word refers to action, the male aspect of God. The void is the feminine face of God. It has everything but specifies nothing. It is utter peace or chaos. To be specific, to differentiate one aspect of the void from another, requires the masculine face of God: thought, intention, creation, action. It has been said that human beings are made in the likeness of their creator. Human beings are capable of creating intention through concentration and focus, are able to voice their intentions, and have access to the knowledge base of the universe through their gene pool.

The genes need communication in order to come to life. On the biological layer, they act from instinct and play out without our conscious awareness; the program is already embedded and activated by the time we are born. We grow into men or women with particular physical characteristics. This instinctive level of gene activation is the one that most people are using. It is very basic—like the primitive software that is bundled into an inexpensive computer.

Downloading more software requires both the knowledge that you can do so and the desire to do so. To be motivated, you usually have to be curious and also have a need. If your life has no meaning, you will have no curiosity and no need. If you feel worthless or martyred, you won't follow up. If you are afraid of change, you will not follow through. If you are arrogant and judgmental, you will be led astray. If you are greedy or impatient, you will not be efficient and won't get the job done. But if you have a desire to evolve and grow and discover the secrets of the universe, if you feel worthy, and if you have a burning need, you will be motivated to do so. In the past, these were the people who became the great masters. This could be you, as well—or, we should say, this will be you! Perhaps this is you now. It is only a matter of time. The window of opportunity is now open.

Let us now put this all together to build the whole picture. You come fully equipped from birth to go way beyond your instincts. You have the power of the word, the action component of Spirit or God. The word is the command you need to activate the programs in your gene pool. You have access to the Inner Shaman, who coordinates your genes. You have free will, so you can decide to proceed any time you want. You have the capacity for vast and rapid change, unlike the plants and animals who are more hooked into instinct. They are here to serve and evolve rather slowly. You are here to evolve rapidly, as in sudden transformation. You are here to work with both ends of the spectrum: the sheer infinity of the quantum field and your

fleshy biological base. You are here to exercise choice and go where no woman or man has gone before.

Remember, your genes respond to your intentions and your commands: your word. You need to talk to your genes. Your body is an elemental, a force of nature, and designed to take instructions. Through your genes, your body has access to information that can inform it and remind it of more effective ways of functioning. The Inner Shaman resides in your heart space and is that part of you that is in complete communication with your gene pool at all times. However, your Inner Shaman will not act on your gene pool without your permission. That is why having a relationship with the beloved Inner Shaman is so important: you speak to your genes and the cells of your body via the catalyst that is your Inner Shaman. Everyone has one, no exceptions. It is what makes you unique among the creatures on this planet—not better, just unique. It gives you access to Spirit or, as the shamans call it, the spirit world, where all power resides. It is your pipeline to the universe.

### EXERCISE ACTIVATING THE DNA THROUGH THE INNER SHAMAN

1. Find a private, quiet space and get comfortable. You may sit or stand.
2. You may address your Inner Shaman or you may address your genes directly, whichever feels right. In the end, it is the same. You can read this statement or read it over and paraphrase it yourself:  
“Inner Shaman: I know you are connected to all aspects of my gene pool that is actively interfacing with the quantum field at this very moment. I am so grateful and thankful for all you have done for me throughout my life, for providing for me even when