

We Journey How We Live Arvick Baghramian



Indie Shaman is happy to work in partnership with Guid Publications bringing you our new columnist, Arvick Baghramian, who in this series of short articles (with associated videos) discusses her work and insights as a shamanic counsellor.

*In this article Arvick talks about her discovery that our shamanic journeys reflect our real life.
We journey how we live.*

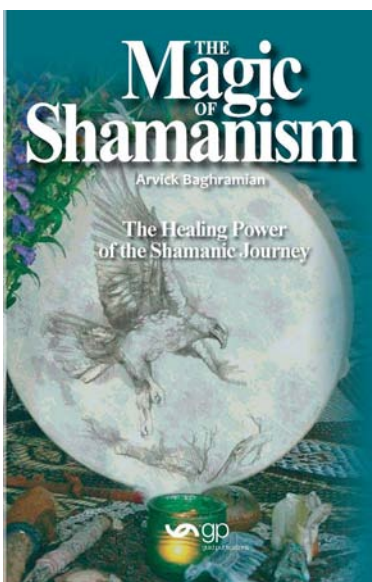
*To see the original video on this article: <https://www.youtube.com/watch?v=ViHEmuO7V0c>
courtesy of www.guid-publicaciones.com*

Today I'd like to talk to you about the subject of 'we journey how we live'. This is a discovery of mine. Over the years I've worked with people from all walks of life. They come for shamanic counselling to work with their issues, whether its personal growth or healing or whatever they feel is lacking in their life. And one of the things I've discovered is that how they communicate in their ordinary reality manifests itself during the journey. For example, if someone has authority issues, or a problem with confrontation, or they lack confidence in speaking clearly, any form of communication issue that they may have, becomes augmented during the journey.

An example that was quite enlightening and surprising for me was a particular lady who came to work with me shamanically. You would never have thought that she had any communication problems. She was very, very articulate. She appeared very confident and explained herself very clearly. But when she went on her first journey, she was reduced to the state of a frightened child. She could barely speak or ask any of the questions that she needed to ask. She came back from the journey and we listened to the tape of it in order to make sense of it. I asked her a few times 'what stopped you from asking the teacher these questions, more deeply?' and she said 'but this is how I am in my life! When I am faced with authority figures I totally lose myself. I become a frightened child. So when I go to the doctor my husband always goes with me and asks the questions for me because I just sit there. I freeze'.

Through working with me and through the journeys she was able to resolve that issue. One of the main journeys was to go and ask the spirits what was the reason, where was the fear of authority coming from. And that was a huge help. And then gradually she started improving her communication during the journey, asking better questions, deeper questions. And what she noticed and later fed back to me was 'do you know, in life I am changing as well, and I'm much better at confronting authority figures and talk to them as if I am talking to my friends or my husband'. And of the issues that she worked on with me, this, for her, was the most important result.

Over the years I've read every book that comes out about the subject of shamanism, because I love this subject very much. And I have never come across this aspect. No-one has mentioned it. And although through journeying we grow and we heal and our quality of our life improves, somehow this is one of the aspects that I find most helpful. People actually becoming aware that the way they live comes out in their journey and they are able to heal that in their ordinary reality.



Author's Bio

Arvick Baghramian, currently living in Spain, received her degree in Applied Social Studies and Social Work from the University of Bradford in England. She specialized in the field of child sexual abuse and has worked with traumatized children and adults for the past twenty years, lecturing extensively on the subject and training professionals around the world. Her work with abused children compelled her to explore different therapeutic techniques, leading her to become a Play Therapist, NLP Practitioner and Eriksonian Hypnotist, and ultimately led her to Reiki, Conscious Breathing, Shamanism and the Personal Totem Pole process, all of which she has been teaching since the mid-1980's.

Arvick leads workshops in the UK, USA, Israel, Spain, Poland, New Zealand and the Scandinavian countries. Her commitment in directing people to achieve their full potential and to discover their true inner selves is an inspiration and her unique way of teaching as well as her personal approach and sincerity make her courses and trainings an unforgettable beginning of a new path in life.

Arvick's book *The Magic of Shamanism* (Guid Publications ISBN: 978-99957-32-15-8) is available in your local Waterstones bookshop or on Amazon. <http://myBook.to/themagicofshamanism>

Guild Publicaciones (<http://guid-publicaciones.com>) have a new company website for their books published in the English language and you can read more about Arvick's work at <http://guid-publicaciones.com/arvick-baghramian/>