



Shamanic Journeying for Spiritual Immunity™

Natural Born Shamans

Imelda Almqvist

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Sandra:

Hi, everybody, I'm really excited about the program that we have today because I feel that the topic of working with children is so valuable right now on so many different levels. One, we have children who are really going through hard times and don't really have a roadmap to get through life. We know through shamanic journeying and through doing shamanic ceremony that so much guidance is given to us about how we can create the tools to work through the challenges that we're going through. What a gift to be able to offer this to our children. Also, our children are our future and they're getting so lost in the material world. And some of them, not all of them, we have this really brilliant psychic kids coming in who are filled with joy and filled with hope. But many children have lost their way and/or in a place of hopelessness. And when we start to look at this generation as our future, we want to give them the best that we can to help them ride the waves of the coming times.

I've really loved working with children. I started practicing shamanism 35 years ago and pretty soon after I started practicing and teaching, parents started to ask me if I would teach their children how to journey. I found it to be a really powerful tool, especially when children were having a hard time with a teacher, a teacher was picking on them but the teacher wasn't acting in illegal fashion so no action could take place. So I've had success helping children feel empowered in school situations, journeying to find a power animal to help them work with nightmares and making little medicine bundles that they could put under their pillow at night to make them feel protected and safe. Then I started branching out into teaching small workshops with kids, and that branched into working with teens.

So many of the practitioners who I've trained, we've all found ways to get into the school system. We might not be able to talk about shamanism and shamanic journeying, but we can bring in drums, make sounds, do artwork, take it though into nature and have them dance with the trees and the flowers. And they naturally start to bring through messages. What's really been incredibly joyful for me is because I started doing this with kids so long ago, I get so many letters from the kids that I worked with at a young age teaching them about shamanism

and shamanic journeying. Now they're married and they have their own kids, and they're teaching their kids shamanic journeying. So it's been really wonderful to see how that circle has really increased and how it's been passed on, and so it's just been really incredible work.

Before I introduce you to Imelda and Imelda might have a different opinion about this, I just wanted to say from a classical point of view, a traditional point of view in shamanism, typically kids at a young age until puberty were not introduced into the practice of shamanic journeying. The reason for that is because they were already journeying all the time. We know when we were children, most of us, we had our imaginary friends, we worked with angels, we worked with hidden folk who took care of us and made us feel comfortable in times when we were scared. So it was at puberty where it was felt in a shamanic culture that those doors started to close. That was when initiations started into introducing kids back into the world of spirit again.

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In my own experience as a psychotherapist and just as a person who lives in these modern times is that the doors are closing earlier and earlier between the worlds. For many kids, there are those kids who come in as natural-born shamans, who are already getting information from the spirits, can keep back going on longer and are not being so affected by the material world. But because of the media, all the devices that kids use and the TV programs that are on now that are pretty adult in content that kids are watching, the doors are starting to close earlier and earlier.

When I teach about working with children, one of the issues that comes up for parents is that their teenagers are already so lost in the material world that there is no way to open them up to shamanic journeying. So for me, it really has been how quickly can we get kids before that door closes down so they have this vital toolbox available to them to help them go through life. Also, the invisible worlds are part of the magic of life and to be able to give them that rich experience that there's so much more than what we can see here, feel and touch in the tangible realms. Much is available for kids to really learn that spiritual guidance of how to be a spiritual person on the planet as children and as they grow up, which only adds to the wealth of their life, the happiness and the joy shining out for their eyes so that that joy and that light doesn't go away.

I'm so excited to introduce you to Imelda, and I'm going to give you a bit of her bio. One of the things that excites me is I've been working with kids for a long time, but I don't have kids of my own. Imelda is right in there with three teenage boys and part of her community in London, and so she really just jumped in and has been bringing to her community so much. Imelda Almqvist is a Dutch shamanic practitioner and she's an amazing painter. She's also a teacher based in London in the UK. She teaches courses in shamanism and sacred art internationally. Her paintings can be found in art collections all over the world.

Her students use shamanic tools and the process of direct revelation to make visionary art and arrive at powerful ceremonies and rites of passage. She pioneered a shamanic program for young people called the Time Travelers in 2012. This offers safe sacred space for children and teenagers to share experiences and develop a viable natural toolkit guided by their own spirit allies. Imelda is the author of the forthcoming book *Natural Born Shamans -- A Spiritual Toolkit for Life: Using Shamanism Creatively with Young People of All Ages*, which is what her shamanic work with the children and teenagers is all about. Before we end, we'll definitely let Imelda give her contact information, her website, and I'll mention the name of the book again because I think it's coming out in August, isn't it Imelda?

Imelda: That's right.

Sandra: Yeah, do you want to jump in a little bit and talk about the benefit of using shamanism with young people and being able to receive guidance and support from their own spirit allies at any time, wherever and whenever they find themselves?

Imelda: Well, I think you have already illustrated that beautifully, Sandra, but I think that is still whole thing, because young people, they are in schools where the dominant culture prevails and where having a rich spiritual life is not necessarily encouraged or supported.

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And often, young people today find themselves in situations. There might be bullying or you gave the example of a teacher picking on a student. They might get into a conflict or something may happen. What I've been observing with my Time Travelers is that children who have a viable spiritual toolkit in these kinds of situations, because they have a hotline to spirit, they know what to do and they're guided by their spirit allies. So what could be a nearly impossible situation for some becomes a situation they actually manage really well. When children have a spiritual toolkit, their communication with spirit is 24/7 and it is always going on, it is instant so they don't need to get out a drum and journey first. It's something that's always running. What we then observe is young people are handling very, very tricky situations extremely well because they have the guidance of their own spirit allies.

Sandra: Yeah, and that is such a gift and everybody listening to this program has their own spirit allies and knows what a gift that is, so it's a real opportunity to be able to give it to their children too. I've had people in my courses who actually have their children do the courses as the parent is doing it. They just put the course on speaker phone, and they both do it together which is really been a lot of fun.

Imelda: That's cool.

Sandra: Yeah, and I know that this question might come up from some parents that there are probably some kids who do like the belief in a shamanic culture need more grounding before they're introduced to shamanic journeying. Actually, personally I've been really lucky in teaching children how to journey. I really haven't gotten those kids who I have to worry about are they going to journey too much? Are they going to be able to be grounded? The only thing that we have had to share with children is to use caution in who they talk about their helping spirits with, not to go into school and start to talk about their spirits with others. The bottom line is we live in a world where shamanism is not completely accepted and that can create problems for children in school on their own, so saying to kids that this is their secret world. But have you found in your own experience, have you found kids where you want to shy away a little bit from teaching them too much of the work because they still...?

Imelda: I think that will depend. If you're dealing with a child who has serious mental health problems, then as the practitioner, you need to seek very strong guidance from your own allies on what is going on there. But another thing that I observe is not even so much the issue of grounding, but I have seen a lot of people, this is more in private shamanic practice as a practitioner where young people may not be aware that they are journeying. So they're not doing anything consciously. But in their dreams they are flooded by ancestral issues that haven't been resolved or other things from the family web. Or they're connecting to parts of the spiritual world we would say, middle worlds, where unresolved issues are or people who haven't crossed over, and all of that can come into dreams and daydreams. So what I have more found is that there are children who have been connecting to the world of spirit but who have run into challenges with that, where as the practitioner, you need to help and put boundaries around that. You need to teach them joyful and safe ways of navigating that but also teach them about like where not to go.

Sandra: Is that what you refer to also about when you speak about a generation of young people arriving where they're not shut down but they need safe and sacred space and a community of kindred spirits to feed their spirituality and arrive at that?

Imelda: Well, I actually ran a little bit of market research on that because at the moment I'm interviewing young people. I'm making films of young people themselves talking about their spirituality. I think it is better that people hear it from them rather than from me. I've asked all of them, is it your opinion? If you look around, not just you yourself but say in an inner city school in London. If you look at young people your age, would you say they're shutting down? And I have explained to them what that means. And the answer from all of them is no, I don't think we're shutting down, but we're learning to push it really far away and not to show it to the world. All these children are telling me that they do not think even that other young people who are not exploring spiritual things or

shamanism are shutting down anymore. So this is an issue I'm really questioning it at the moment because I'm not observing a lot of that.

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Sandra: Yeah, I had an experience. I have to say this is one of the most traumatic experiences of my life. Throughout my shamanic teaching, I always just said yes to everything whenever I was asked to do something, never thinking about the consequences or what I was stepping into. It was always I was asked to present somewhere and it's like yes. So I was asked to present at a junior high school conference where kids were being bused from all over New Mexico to a place in Santa Fe and different topics were going to be presented to them. So there were about 300 to 400 kids in this auditorium. I knew I was in trouble. I absolutely knew I was in trouble when the guy who was presenting before me was presenting on climate change and was showing a film about climate change on the planet and animals going extinct and on and on. We know what that lecture was about. And the kids were running around. Nobody was listening to him and they were throwing things at him.

Then it's my turn to come on and start to talk about shamanic journeying. The kids were still running around. There were a few kids that were staring at me, but most of them were running around fighting with each other. So at some point I decide okay, it's time to just jump into a journey. I start to drum and I just closed my eyes. I didn't even want to look to see what the kids were doing. I just closed my eyes. So I taught them how to go to the lower world and how to go to the upper world. Then I tried to get them to share a little bit, and it was really shocking for me. This is a little bit different than what you're sharing. It was really shocking to me when a kid raised his hand and he said to me, "You don't understand. We do not want to hear about this. We are not interested in this." I did finish and I did my time, whatever that was. And then at the end it was three or four kids came up to me and they said to me, "We just want to let you know that you really touched some of us in the group and you really gave us something really valuable. We know that it was not the majority of the group who was willing to listen, who were interested, but we want to let you know how much change you created in our lives," which was really beautiful.

I've heard that from some other of my students who I trained who have gone out there is that there is still a teenage population that is definitely open to the world of spirit and to learning about spiritual practices, but I've heard from parents too who have taken my courses that there's also that population that is rejecting this because the doors did close for them. They got so lost in the material world that this isn't something that interests them anymore. I found, and I know you and I have had some discussions about this, that bringing in more vision questing, taking kids out into nature or you might have found maybe through doing some artwork that the doors open up. But I know that people listening are going to be thinking about their teenagers who wouldn't show up to

a group on shamanic journeying. I think that we're seeing a kind of a polarized generation. As you were saying in your surveying that there is still that wonderful population of kids who may not want to talk about it to their parents but are doing the work, and then there are some that they don't really want to hear about it.

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Imelda: No, but I think those who do not want to hear, what are they doing? They're playing online computer games. Young people today are extremely into online games. The thing is then you have game designers who create these ready-made imaginary worlds. I've explored this in one session with my group about shamans and superheroes. They invited them to bring in and to talk about what are these computer games you are playing. They're all really heavily into that and that is across the board. And yet, if you look at these games and who the characters are, they're all characters taken from like world mythology and a lot of them are shamans. They're like weather shamans, they are magicians or they are wizards.

So what I find is that group of young people, rather than saying to them, "I'm going to teach you how to journey," you need to sort of meet them on their ground. You need to say, "All right, okay, let's sit by the computer. Show me some game that you are playing, that you are into. Now okay, tell me something about these characters. Oh, it's like a weather shaman. What does he do?" And then when they are explaining to you what the weather shaman does, then you've got them. Then you can start a dialogue about "Oh, okay, so there is a shaman in this game. Now what do you think that means in your reality?" So I think you need to meet them at a different point.

Sandra: Yeah, I never even thought about that. That's really, really valuable information. I think that people who are listening to this can find that's something that can easily be integrated into the family system definitely. Also, you had shared how you feel it's touching to observe how a group of children doing shamanism will often share the same things that tribal elders are telling us.

Imelda: Yes.

Sandra: Yeah.

Imelda: I think that has been one of the amazing things. And I remember in one of the very early sessions with the Time Travelers where I was still finding my feet and I wasn't always sure that I was doing something to them that was going to speak to them or that they would be able to do. So a very early session was about ancestors. I have them journeying to ancestors and offering the ancestors what they need from us today. These were also the Time Travelers has grown up because I've been teaching them for four years. So they were younger at that point. So these children were like 6, 7, 8, 9 and 10 years old. And they came back telling me what the ancestors want and it's exactly what you going to find any

sort of shaman from an indigenous society says about ancestors. They want to be remembered most of all. Ideally, they want to be consulted. They want to be honored on feast days.

I had not told the children anything. I just sent them on a journey and just asked them to go, and they did this really quickly. And the same thing goes for things like healing a relationship with other sentient beings like the planet and the animal kingdom. So children share really, really touching information. And it's like hang on, I love to I hear this when I was listening to an Inuit elder talking about what we need to do. I think it's extraordinary that the parallel between what these young people are saying and what the tribal elders are telling us.

Sandra: Yeah, I found in some of the workshops that I've taught over my years of teaching, a parent will call me beforehand and say, "I have this really precocious seven-year old child and was wondering if I could bring them with me to a workshop and I'd say, "Sure, no problem." I'd explain to them it's going to be a bunch of adults and we're going to be talking, and as long as you know that and you think that your child is going to be fine with that, go ahead and bring them. And at every workshop it was always amazing to me how as soon as that child would speak everybody in the group would just get really silent and listen because of the amazing wisdom that was coming out. I remember I had a seven-year old in an extraction workshop once, teaching how to pull out pains and illnesses from a body. It was almost like she didn't need any training. She was right there and she just had so much valuable information. Like you're saying, it was like listening to an elder speaking. And you could hear a pin drop in a room of 60 or 70 people whenever these kids would raise their hand and would want to say something. And it is true because the kids are bringing back so much wisdom for us as adults right now. In some ways it's the adults that have lost their way which is I think why sometimes they don't have the ability to give a roadmap to their kids because they need that roadmap too. So we learn more from the kids who are practicing shamanism I think than they learn from us.

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Imelda: Absolutely, I would agree with that.

Sandra: You also talked about how children make shamanism fun, easy, accessible and just the speed of which they really can get into the work. I think we've both found similar things. I never drum longer than three minutes for children in journeying, but yet they come back and talk about their journeys for an hour or draw a picture.

Imelda: Except they share with what would be an adult 30-minute journey. That is like my observation as well. I often try to bring in guest teachers who have a different specializations than I have. And then the issue always is that the guest teachers closes their eyes and thinks they're going to be drumming for the next 10 minutes. And after two and a half minutes the children have got what they

need and they start to explode and don't want to go on. So I'm always standing right next to the guest teacher saying, "Okay, hang on. It's done. Open your eyes. Get with the groups." Because the children are moving on like because they're used to adults and they think, "Oh, yeah, this is going to be a 10-minute journey," and it really doesn't need to be like that. I found this with the Time Travelers. I find that I give them some instructions like today we're going to do this or that. I offer to do it for them and they go, "No, no, no. Leave the drumming. While you were talking, we've already seen this. Can we go straight to sharing, please?" So even though the whole question of do we need to do a drum journey a lot of the times doesn't seem to be necessary anymore.

Sandra: And are you bridging your sacred artwork into working with the children and the teens that you're working with?

Imelda: We have done some of that because they like making things. And I always ask them what they want sessions on, then I get the parents to email me if things crop up like nightmares or whatever. Where possible though, I set the sessions in advance, but always, if something really urgent crops up, then I'll go with that instead because it really needs to be led by the needs of the children. So they have done creative writing and really enjoyed it. They've done like pyrography, like there's a guest teacher like burning, receiving symbols from spirits and burring them into wood and they sort of made like a totem pole together. They like baking as well and making things out of bread dough. We sometimes do music like shamanic jamming where they all brought their musical instruments and even making spirit-led music. So in the larger sense, yes, but I tend to go with what the children are asking for.

Sandra: When I talked about in your bio that you started the Time Travelers Program in 2012, how did you birth that into being and can you tell us a little bit? I know it's going to be in your book and we'll mention your book again at the end, but how did you birth that into being? Because that's such an incredibly creative idea.

Imelda: But it wasn't my own idea, Sandra.

Sandra: Okay.

Imelda: It was just like waking up one morning and the spirits coming in the night and saying "Right, okay, it's all very well you're offering individual sessions with children, and that's like healing sessions that's really powerful." But they said, "Those children needs community, it's not good enough to own this even in individual sessions." So they said, "What you need to do is you need to start a shamanic program for children and for teenagers." I am a mother of three children who are now teenagers, but there were still moments where I was not at all planning to do that. And in truth I have a lot of fears on that, like would anyone would even want to come and who says that I am up to the task of doing

this? So I had to work through a lot of fear around it, like shamanic for teenagers, yes, right! But I also know that when the spirits asked for a thing like it's for very good reasons, so I thought okay, the only thing for it is to actually write to all of the parents who brought me their children and float the idea, then I will find out. So I sent an email to all of the parents whose children I had worked with explaining what the spirits had guided me to do, and I asked them to give me feedback and to tell me if their children would be interested. I got a very, very positive response on that, many families saying "Right, fantastic, when are you starting? We'll be right there with our children."

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So at that moment, what has had only been an idea became a reality. I was also fortunate to have a male colleague called Nick Taylor who helped me getting started. And that felt very, very good to have a male teacher as well as a woman teacher to balance the energies between us. So I was lucky to have his input and he's a very close friend. We still work together and today he offers rites of passage and initiations for children. It was very, very useful having him on board for that. It was just to get started, to put together a session, have the children there and ask them what they wanted next. It evolved very, very naturally.

Sandra: Yes, that's really great. I've been saying for a really long time that so much of the gang activity that we see in the United States is really young adults and teenagers who never had the opportunity to go through a rite of passage. In tribal cultures, when kids reaching puberty went through rites of passages, they formed such a strong community with each other because they help each other go through those rites of passages, grow together and learn spiritual knowledge together. The lack of that, how we really don't have that in the western world anymore, kids are still naturally seeking that. They're naturally pushing the limits between life and death and wanting to be in community with others their age. I think that that's why we're seeing so much gang activity happening. I'm aware of it in the US I'm sure.

Imelda: It's happening in London as well unfortunately.

Sandra: Yes, so bringing in rites of passage again I think has always been really crucial because it really does bring kids to terms with what the preciousness of life. When you're going through a rite of passage where you're actually facing your own death and you have to pull on spirit to really bring you through, you're never the same again after that.

Imelda: No, there is also the element of being touched by the divine and of being touched by something larger than yourself, and children sort of need that. They're going to be pushing the boundary and they're going to do riskier things until they have that experience. I feel we're really letting our young people down by not commonly offering that anymore is cause for making them very, very vulnerable. As you say, children have that built-in need and they have that drive.

They are not conscious of what they are doing. They don't realize they're doing it. But they're going to be trying to create initiations, rites of passage for themselves, and they're not going to be doing it in safe, sacred and supervised ways. And young people actually die having these kinds of experiences. I think as collective we need to take responsibility for the fact that that is happening and we need to do our work on that.

Sandra: Absolutely, I think it's not only the terrible tragedies that come from children dying doing their way of doing rites of passages, but I love what you said that during a rite of passage, the teenager is touched by the divine. I think that isn't happening is that what we're seeing here is that there's no preciousness. There's no understanding about the preciousness of life. So it's nothing to just go into school or go up to somebody sitting in a car and just pull a gun and shoot another person. But I think that if you have been touched by the divine that would be an unconscionable thought to take another person's life whether it's another kid or an adult's life, and not even think about it.

Imelda: Yeah, but then they'll say you have of course to look at why people would be doing that and why we as collectives are creating young people performing, say, school shootings. We need to look both on an individual level and a collective level at what is going wrong there, how we collectively and individually are failing young people.

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Sandra: Yeah, we're definitely. I always say when I talk about shamanic cultures that I don't want to over-romanticize shamanic cultures.

Imelda: I don't think we should. There are some very unpleasant shadowy things as well in these cultures.

Sandra: Yeah, absolutely, but the one thing that they did do is they did raise their children to be conscious. And they raised their children to understand that they were born with the gift, the talent and a strength that they were contributing to the health of the community. In our culture, we oftentimes don't know our soul's purpose or what we have to contribute. And we don't have the same kind of community living. So that was the positive side of the community living was everybody had such a brilliant piece to share, and the community was dependent on whether it was a young adult, an older person or an elder. The community, it was a whole, it was one organism. And so everybody kind had to step up and really bring forth their gifts so that the whole community could survive.

Imelda: But I think there is also an issue here around passing through developmental windows because that is a thing that I observed as well. Here with young people, if you do not offer rites of passage, two things could happen. We've talked about young people who test the boundaries and bring initiations upon themselves,

but you also have a group of people who maybe do not feel so compelled to do that but who freeze at an earlier stage of development. So in our culture we also see women who are in their late 30s behaving like teenagers all night out. Or you have the cliché of the men who is a commitment-phobic and they'll not commit to a relationship. Now, there may be other reasons for that as well, like there will be more coming on these people than only that.

But I think one of the things that is going wrong is that we live in a society that is very youth-obsessed. Collectively there is a great fear around death. We do not learn how to come to terms with our own death anymore, so we're obsessed with youth, beauty and things like that. So we're raising a generation of young people who is not being assisted in stepping through these developmental windows where you take your role in society and you shoulder the responsibilities of that. I think that's one of the things I observed going wrong.

Sandra: And the positive side of that, I mean to bring this around to the positive, is that when we do start to bring shamanism into our youth, and I believe as quickly as possible, then we do start to bring through more positive spiritual principles of how to live a good way of life. So as not to get lost in the material world. But again, as I said in the beginning, to really understand that there's so much more than what we tangibly understand from when we only look at what we can see, what we can touch and what we can hear in the tangible realm. It's almost like that's how the light goes out in people's eyes because it's like there's so much more. The invisible realms which is the realm of spirit really brings us into such a wealthy part of our own inner landscape. And when we lose working with those spiritual practices that go back over 100,000 years, we lose developing an inner landscape where joy, meaning and soul's purpose comes from.

So what a gift that we can give that to our children so that they don't have to lose it, but they can carry on with a life full of meaning. That then ends up changing the negative effects of the collective that we're seeing in the world right now because we have a new generation coming in being seeded with a different way of life. That's what really what needs to happen right now is, as you said, not to fear death and not to look in the mirror and just see your wrinkles but to see that inner landscape that's being shown in your wrinkles. And to see the depth and the wealth of your life and what that's brought you to. So we have a real opportunity right now to bring that to kids so that they don't lose it.

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Imelda: Exactly, they say that the Chinese word for crisis mean opportunity. So I think in order to be seeing what we're seeing, every time such a crisis occurs, really I see it as a request for healing and a request for being taken to the next level of consciousness. So if we only we can see that, then as a culture we have a lot of

material to work with. There a lot of requests for healing, learning and raising consciousness cropping up right now.

Sandra: Yes, absolutely, so are we missing anything that you would really like to talk about? Your work or your feelings about working with kids and teens right now, anything that you would like to in your heart of hearts share with those who are listening to this call?

Imelda: Yes, I think there's one more thing I want to say, and it's a negative subject but it's ultimately uplifting. About a year ago there was a filmmaker who made a film about the Time Travelers receiving guidance from spirits on how to deal with bullying. It sounds like a really negative subject where you think like more negative stuff. I was talking to that filmmaker just a few days ago and she said that she had run into a situation at work recently where things go tricky so she had actually decided to watch the film that she made all over again. Then she had listened to the guidance that the children were sharing. Then she had put some of that into practice for resolving the situation she found herself in. And the thing she was telling me very proudly was she says, "The only thing I have found that works was what the children were sharing in that film. All other things I tried to do, they make no difference at all." I thought it was incredibly uplifting.

Sandra: And is that film still available?

Imelda: Yes, it is on Vimeo and there's a link for that. So anyone can click on that and watch that anytime.

Sandra: So do you want to talk about some links to your own website and to the work that you're doing? I know that this conversation is going to stimulate people to want to know more because I know in your book *Natural Born Shamans - A Spiritual Toolkit for Life: Using Shamanism Creatively With Young People of All Ages* is going to be something of great interest not just to parents but to relatives. We sure have a lot of grandparents who are studying shamanism right now and who are going to be really interested. So how do people find out more information about your work, what's your website and is there anything else that you want to share?

Imelda: I have two websites. One is an art website and the other is my shamanic practitioner website. Is the easiest thing to say what those website addresses are or is that a bit cumbersome?

Sandra: I would go ahead and say that because that's where that information is going to be. It's going to be on an auditory level.

Imelda: Okay, so my shamanic practitioner website where I list courses and also pictures of the work with children and everything else that's going on is www.shaman-healer-painter.co.uk. Once people are on there, there are links that will take them to other places. I also have an art website. This may be less interesting but that is www.imelda-almqvist-art.com. And yes, I started a Facebook group recently called Natural Born Shamans, so I hope that the people reading the book who are interested in talking to kindred spirits and other people involved with children really can start talking. There is a Facebook page called Natural Born Shamans. You can request to join and let people in. I'm encouraging people to start discussions and ask questions and things like that. I'm also involved in another initiative that's in cooperation with the Alliance for Childhood and that's called Inspiring Youth and that has its own Facebook page as well. So you can type in Inspiring Youth and ask to join that group as well. There's plenty going on.

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Sandra: For people who were not able to get that website, I just wanted to spell Imelda's names for you because you could always do a search. It's Imelda, I-M-E-L-D-A and then A-L-M as in mother Q-V as in Victor I-S-T. Also, another place where you can find Imelda and click in to just getting into her world is if you want to get onto my website shamanicteachers.com. Imelda is a brilliant teacher on many different levels in shamanism and offers so many different courses. I have her on my website shamanicteachers.com under the UK. So you could look for Imelda Almqvist and there will be a link that will at least get you into her world. And then from there you'll be able to find all the other links that can give you access to some of the different things that Imelda is doing. I don't know Imelda if you have a closing statement for us as we start to move into ending this call.

Imelda: Yeah, I think people often think that information about doing shamanic work with children is for parents, teachers or grandparents. I think another concept that's really important is that all young people need mentors and often not people who are their parents or in their family group. So even people who do not have children still can become much needed mentors for young people. That's like another idea I just wanted to throw out there.

Sandra: That's great. There are so many practitioners who I've trained including myself who don't have kids. I did have that experience I talked about it in the junior high school meeting, but all my experiences over 30 years have been so positive of being invited into schools and being able to bring in drums and rattles. And I could either teach kids how to find their helping spirits through some kind of a guided experience or going out into nature. So it's just such a gift, whether it's a family member of yours or, as Imelda said, wanting to be a mentor. It's just such a gift to be able to bring this work to children and teens right now. My line is always our children are our future. We really owe it to our children to show them that there's so much more to life than all the doom and gloom that is being shown on the media right now. There are so many different waves that we can

ride in life and that's really our choice. When we bring children into spiritual practices, we not only give them a toolkit for how to have a roadmap to live life in a conscious way and a joyful way, but we also give them a toolkit of how to ride the turbulent waves which since we're in such a deep time of change right now that's not naturally occurring all over the world right now as we speak. Also, as we give kids that toolkit, then they can teach us how to ride the waves and they can teach us how to hold a positive attitude and to hold an optimistic viewpoint in life too. And as Imelda said, the crises open us up to opportunity. There's so much that we can give to our children right now but there's also so much that we can learn from them right now too.

Imelda, I really want to thank you and for taking the time. You're talking to a group of people who are really hungry to bring this work to a younger generation, so I really want to thank you for taking the time to do that. I know that your book and your work is just going to be highly successful. I have deep, deep gratitude for you working with your spirits and listening to the call to bring this work to all of us, so thanks.

Imelda: Thank you very much, Sandra. I really hope that a lot of people are going to be doing this work. That will be my dream come true.

Sandra: Yeah, I think for all of us, I think that would be great. So thank you again, Imelda. Look for Imelda's book, *Natural Born Shamans*. So thanks, everybody, for listening.

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