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# NEW Spirit FREE JOURNAL

Volume 3, Issue 2 JUNE 2007  
Locally owned and published in the Northwest

Helping You Create Abundance in Your Relationships, Finances, Health, Career, and Spiritual Life

## Practical Shamanism

### David Thomson: Native Teachings Are For Everyone

by Krysta Gibson

Over 20 years ago David Thomson walked away from his family, church, and job because he felt compelled to follow guidance which was leading him to the Southwest and to the study of the shamanic path.

"I had a great job and a great family, but I knew something was up," David says. "I left family, church, a first-class job and went to Taos, New Mexico. This was much to the horror of my wife and children, but the guidance was so strong I had to go."

David is a white man of German and Scottish descent and he walks this path with the blessings and guidance of Native American elders. This path has nothing to do with making money and everything to do with fulfilling one's purpose in life. The classic definition of a shaman is one who travels between the worlds and goes into other dimensions — whether physical, mental, emotional, or spiritual worlds — and brings back understanding. Ultimately, shamans help people learn how to go to those worlds themselves. Traditionally, they have been healers and seers.

David's path has taken him through fire-

**David Thomson has been walking a shamanic path for over 20 years and teaches people how to use these techniques to make their daily lives better. He and his wife Mattie offer classes and groups in the Everett area.**

walking, the Sun Dance, and many other traditional Native American ceremonies and teachings. There was a time in the 1990s when shamanism was being practiced by a lot of non-native people, some of whom used the information commercially. "White shamanism" was a good sell and some people used it to make money.

But how can a white guy teach Native American ideas? Is he just "playing Indian," and taking advantage of native culture?

David says many Native Americans have been opening their teachings to people of all races because they have been told that it is time to be open to all people: white, red, yellow, and black. And some have opened their dance ground to everyone. David has danced and studied with men and women of all races.

"I have great respect for these teachings and several Native American elders have given me the rights to participate in and conduct certain ceremonies. One of the leaders told me 'I have given these to you and if anyone has a problem let them talk to me and I will tell them.'" David says this is comforting because this medicine needs to go out to more people.

David has also worked with some native people in the Amazon who said that their ways are open to those who want to learn and heal. "If you are respectful and have a good heart, they are often willing to share their ways with you," David says.

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## Attract 100% Available Relationships

by Gianna Moriah Rosewood,  
MA, CCHT, LMP

"What is life all about!?"

In the depths of despair, I felt as though life was not worth living. I looked at my surroundings through blurred vision as tears ran down my red, swollen face.

"What is contentment?"

"What will ever make me feel happy and fulfilled?"

My second divorce had become final two days before. I had almost every material thing that would make most people envious. I wouldn't have to struggle financially. Soon I would graduate from college. I was 32 years old, single, no children, and without any major responsibilities. In a hot rage I screamed, "I have every material thing a person could want, but I'm so dammed miserable!"

Despite the excruciating pain of a failed second marriage, I continued to experience failure in my intimate relationships for the next five years. Finally, I hit rock bottom. I sought out help from a rebirthing therapist in California. In one particular session, I expressed the pain of having contracted genital herpes. She responded by telling me that I had a pattern of attracting unavailable men.

What!? I had never examined my intimate relationships from this point-of-view. My rebirthing therapist then handed me specific homework to follow in order to clear my attraction to unavailable partners. Over the next 20 years, this homework, along with my own research, sparked new beginnings in the way I approach any relationship; my relationship with career, family, friends, intimate partners, animals, and most importantly, my relationship with myself.

Eventually, my passion for attracting 100% available relationships spilled over into my career

and I began to teach classes. These classes focus on three central concepts. Of these three concepts, I would like to share the one concept that I feel is fundamentally necessary in attracting 100% available relationships. This concept involves defining and recording exactly what a 100% available relationship means.

Initially, I began my process of defining and recording by listing what absolutely did not work in previous relationships. Then I recorded the flip-side of what did

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