



How to Write a Shamanic Song

Mary Tyrle Rooker ♦ tyrtle@ShamanicSpring.com ♦ www.ShamanicSpring.com

© 2006 REV. 5/19/18

Shamanic “power” songs can be written for any reason, such as helping you connect with and honor your helping spirit or the spirits/energies of a place or to remind you to fill yourself with your own infinite soul-self’s beauty and power. You can create songs for additional purposes, such as feeling at peace with yourself and others, greeting the morning with gratitude, preparing yourself for sleep, healing from a trauma, blessing the land, a meal, or a baby; bringing consciousness to any daily activity (even washing dishes!) or ceremony; honoring a person on their birthday, enhancing the power of affirmations and thoughts of gratitude ... the list is endless! Create yours in three easy steps: get the image, get the phrasing, and get the tune.

1. Getting the Images



Sit normally or rattle to go within until you get a simple phrase or answer to each of the following questions.

A. For a Helping Spirit

1. Pick one Helping Spirit (Power Animal or Teacher); what do they most often do when you’re with them? Pick a common scene, such as Crow cawing, Turtle walking slowly, Doe looking at you with her big brown eyes, Hawk soaring. Write it down!
2. What do you do in response? (Examples: when Crow caws to me, I listen closely, we fly off together, I know that I am loved ...) Write it down! (Note: You may not get anything for this one, and that’s okay.)
3. What is the main message you most often get (or pick a favorite) from this Power Animal or Teacher? (My example from Turtle is to remember that the strength is within.) Write it down!
4. Anything else coming to you immediately? Images, sounds, thoughts, emotions? (Examples: Bear’s laughing belly, Lion’s strong heart) Write it down! Then go on to the “Getting the Phrasing” section.

B. For Your True Soul-Self

1. Start by writing down your gift word(s).
2. Look at your notes from either the Restoration Ceremony or the earlier True Soul-Self meditation and underline 1-5 important words or phrases. These can be movements or words of your True Soul-Self or something about the landscape, etc.
3. What scene or image arises when you reflect on your True Soul-Self and gifts? Write down the phrases that capture that scene. *Example: for staying in your power, you might see yourself standing like a tree, with deep roots that anchor you and outstretched limbs that open to the sky.*
4. What sensations did this image/scene invoke in you? Write it down. *Example: you feel a quiet strength.*
5. What is the main message you get from this scene or image? Write it down! *Example: you can see the big picture and you “just know” that, no matter what happens, you are okay.*
6. Do any other images, sounds, thoughts, or emotions come to you immediately? Write them down! Then go on to the “Getting the Phrasing” section.

C. For All Other Purposes (incl. healing trauma, releasing the past)

1. What scene or image arises when you reflect on what you want this chant for? Write down the phrases that capture that scene. *Example: for staying calm in adversity, you might see yourself standing like a tree, with deep roots that anchor you and outstretched limbs that open to the sky.*

2. What sensations did this image/scene invoke in you? What, if anything, did you do in response? You may not get anything; that's okay. If you do, write it down. Example: you feel a quiet strength.
3. What is the main message you get from this scene or image? Write it down! Example: you can see the big picture and you "just know" that, no matter what happens, you'll be okay in the end.
4. Do any other images, sounds, thoughts, or emotions come to you immediately? Write them down!

You now have all the elements of your song except the sequence of the phrasing and the tune. Go on to the "Getting the Phrasing" section.

2. Getting the Phrasing

Take a few moments to string your phrases together; it doesn't have to rhyme! It can be full sentences or just phrases.



3. Getting the Tune



1. Start speaking these words over and over until a melody "comes" naturally.
2. Or listen silently for one note in the air. When you hear it, listen for the next one, and then the next one. Continue until you have enough notes for your words.



- Feel free to use an existing, familiar tune, even the chorus of a favorite song.
- Let the cadence match the overall feeling. If quiet strength and calmness is the overall feeling, so you might pick a slow, lullaby-like cadence. If you were looking to evoke joy or energy, you would probably want a faster, more upbeat cadence.

My Samples—private songs are examples only, not to be sung

HELPING SPIRIT: Lion Honor Song (private song, Mary Tyrte)

Lion, Lion, seated before me (repeat as long as image holds).
 Lion, Lion, pouring throughout me (repeat as long as image holds).
 Lions, Lions, gathered around me (repeat as long as image holds).
 Lion, Lion, purring in my heart (repeat as long as image holds).

HELPING SPIRIT: Crow Honor Song (private song, Mary Tyrte)

When I hear Crow caw, when I hear Crow caw, when I hear Crow caw, I listen and I watch.
 When Crow caws to me, when Crow caws to me, when Crow caws to me, I answer and we fly.

HEALING: I Heal You (by Jeanne Mackey, public song for anyone to sing)

I'm healing with the smoothness of a river stone
 I'm healing with the heart of a doe
 I'm healing with the waters of the ocean
 I'm healing with the bark of a tree

HEALING: River Sounds (by Jeanne Mackey, adapted by Mary Tyrte; public song)

River sounds all around, inside and outside; River sounds all around, inside and outside;
 A-washing me; a-washing me.

SONG FOR COURAGE: Bear Nudges Me (from Mary Tyrte's helping spirits; public song)

Bear nudges me, says "Go deeper, it's okay, don't fight."
 "Some things, like sparkling stars, you can only see at night.
 Only see at night; only see at night."