

# The Shamanic View of Illness: What Causes Soul and Power Loss?

## Yep, Soul Loss Happens ...

You may be whole at birth or come in with some wounding from a previous existence or from trauma experienced in utero. Once you are born, family members, others, and culture itself exert influences and experiences that can be limiting or distance you from who you really are. You may experience traumas and injuries. You may be taught to express emotions and to process thoughts in unhealthy ways. You may learn to become attached to thoughts and feelings, causing the thoughts to loop or repeat and preventing the feelings from flowing. You may learn to falsely identify with those thoughts, feelings, and experiences, but they are not you, they are only your ego. These physical, mental, and emotional experiences and the ego-identification with them instead of with your “true self” results in loss of soul and power.

## ... Causing Emptiness

The resulting soul and power loss can create emptiness inside you, which you may try to fill with addictions or try to avoid with distractions. These provide momentary relief only, so you have to continue engaging in the addiction or distraction to avoid the feeling of emptiness. Also, the addiction or distraction may give you the feeling of momentary relief, but this is an illusion: it doesn't really change anything.

## ... Which Causes Other Stuff to Move In

Because “nature abhors a vacuum,” any emptiness inside you allows other energies to move in. These other energies may be “negative” words, thoughts, or feelings, whether your own or someone else's. The spirits of lost souls may also move into your body or auric field; most do not have a strong positive or negative influence over you, though it's best for both of you that they be assisted on their own journey (cross over) and not stay with you.

## ... Which Creates Energy Blocks and Negative Influences

Anything inside you that isn't you doesn't belong and can block your energy, cause localized pain or illness, influence your thoughts and feelings negatively, and so on.

## The Shamanic Solution!

The shamanic solution is to heal the emptiness by restoring what's missing (lost soul and power) and to remove what moved in that doesn't belong to you. Fully experiencing and maintaining this restored health requires that you learn and practice healthy physical, mental, emotional, and spiritual habits. Making such changes takes awareness, focus, and (lots of) repetition. My role as a shamanic practitioner is to get you started and support you with your follow-up work: walking more powerfully as your true self and cultivating that self, not the ego, as the one in charge of your mind, emotions, and physical body.