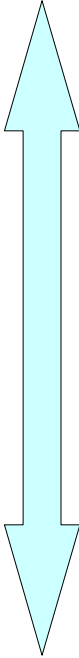


Channels and Senses in Therapeutic Shamanism

Intra-personal channels...

Most Conscious	Sense	Element
	Sight	Fire
	Hearing	Ether
	Sensation/Movement*	Air
	Taste	Water
	Smell	Earth
	Most Unconscious	

*Also known as Proprioception/Kinesthesia

The top three channels are the easiest to access, and where most people work. The top two (sight and hearing) are the commonest, and tend to be about being in Mind (head) rather than body. Sensation/Movement brings people more into body awareness. Taste and smell are hard to 'occupy' for any length of time. They tend to evoke feelings of memories that are then processed in the other channels.

Intra-personal channels...

1. **Relationship.** Relationships with real people, the practitioner, group members, famous people, dream figures, etc., as reflecting one's process.
2. **World.** Synchronicities, meaningful events, relationship with inanimate objects, world events, etc.

Another way of looking at it...

Awareness ⇨	Universe ⇨	World
		Relationship
	Mind ⇨	Sight
		Hearing
	Body ⇨	Sensation
		Movement
	Unconscious ⇨	Taste
		Smell

All channels can be internal-focused or external-focused...

	External	Internal
World		
Relationship		
Sight		
Hearing		
Sensation		
Movement		
Taste		
Smell		