

Balanced Horizons



Oriental Medicine; Craniosacral Therapy; Shamanic Healing
Berta C. Kühnel, L.Ac. Dipl. O.M.; CLP

Perceptual States --Levels of Engagement

We change our world by changing our Perception

Our Assemblage point is the lens we perceive the world from
It is what moves to different positions

Bridge- Shamans Seeing State- Clear Waters

- See through 8th chakra- *anchor point index finger upper knuckle*
- Where Spirit lives within you
- Place of still waters- no assumptions
- Can set intention for track

Literal/ Physical—We call Serpent

- See through 1st chakra- *anchor point index finger lower knuckle*
- What is happening in the literal physical world, body ?

Mental /Emotional—We call Jaguar

- See through 2nd chakra – *anchor point middle finger lower knuckle*
- What is happening in the mental or emotional aspect?

Souls Journey / Mythic / Ceremony -- We call Hummingbird

- See through 6th chakra – *anchor point ring finger lower knuckle*
- What is happening on the Souls journey?

Energetic -- We call Eagle

- See through the 9th chakra-(center of the universe)- *anchor point pinky*
- Where you live within spirit
- What is happening at the energetic?
 - Could be energetic in general
 - C/B blueprint of the body
 - Could be expansive perception of light

Ways to use Perceptual States:

- **To obtain/track information—need stillness and clean question**
 - Bridge/Shamans seeing state- step into stillness
 - Questions examples: ask at each level
 - How is this work transforming my "*literal*" world
 - How is issue limiting my "*literal*" world"
 - What is out of ayni in my "*literal*" world"
- **For transformation**
 - As you shift levels you open the density holding you
 - Can transform your energy field and/ or an issue
- **To change the level of engagement with another**
 - Shifting to the next higher level of engagement opens the communication