

The Shaman's Heart Program

The Path of Authentic Power, Purpose and Presence

Created and voiced by Byron Metcalf, Ph.D. in collaboration with Monroe Products

For maximum benefit and understanding, please read this guidance manual before beginning the audio exercises.

Table of Contents

Introduction

Potential benefits

What is Hemi-Sync®?

Cautions and warnings

Notes about using *The Shaman's Heart Program*

Getting started

Creating and opening sacred space

The role of intention

Invocation/Opening Prayer

Introduction to the Chakra system and LEF

Chakra table

About Byron Metcalf Ph.D.

Supporting your exploration

©2008 Monroe Products®

Introduction

The Shaman's Heart Program is a unique and practical integration of shamanic practice, transpersonal psychology, ancient wisdom teachings, and various contemporary methods of spiritual growth, development and personal transformation. Created by Byron Metcalf, Ph.D., *The Shaman's Heart Program* is specifically oriented toward creating the capacity to navigate these challenging times and complex world in a heart-centered and soul-based manner. To the degree that a person commits to ongoing practice, experience has shown that deep, profound and lasting change can occur.

The Shaman's Heart Program is not designed to teach or train you to become a shaman or shamanic practitioner. The program is for people who are truly interested in authentic personal empowerment, and those who are drawn to explore and develop the capacities of the heart from a shamanic and transpersonal perspective. This program is ideal for both seasoned and beginning shamanic practitioners, as well as those who are interested in, or curious about shamanic work in a more general sense. Experienced shamanic practitioners will be able to explore new dimensions and aspects of the heart and may even open into surprisingly new territory. This program is the result of Dr. Metcalf's 20+ years of research, clinical application, spiritual and transpersonal development, and shamanic/holistic healing and transformation. The goal of the program is to support you in developing your authentic power, purpose and presence—your capacity for soul-based and heart-centered living—and from a larger perspective, contributing to the healing and maturity of humanity as a whole. Dr. Metcalf calls this integral process "HoloShamanic," which means to see, recognize, and experience wholeness and completeness.

Potential benefits

- Heart-centered self-empowerment—authentic trust and confidence in one’s capacity to navigate life’s challenges
- Freedom from fear, worry and anxiety
- Increased ability to relax deeply and let go
- Enhanced capacity for intimacy and openness in relationships
- Increased presence, creativity, mental clarity, focus and attention
- Freedom from an excessive need for external approval, respect and recognition
- A sense of basic trust in one’s self-healing capacities
- An expanded experience of one’s true self and true nature

The Shaman’s Heart Program CDs contain verbal guidance, Byron Metcalf’s award winning music, subtle sound effects, and specially blended Hemi-Sync® frequencies to guide you into focused whole-brain states of consciousness. Hemi-Sync® helps you achieve and sustain synchronized brain-wave activity in both hemispheres of your brain.

What Is Hemi-Sync®?

Hemi-Sync® is a patented, scientifically and clinically proven audio-guidance technology refined with 50 years of research. Researchers learned that specific sound patterns could lead the brain to various states of consciousness ranging from deep relaxation or sleep to expanded awareness and other extraordinary states.

The audio-guidance process works through the generation of complex, multilayered audio signals, which act together to create a resonance that is reflected in unique brain-wave forms characteristic of specific states of consciousness. The result is a focused, whole-brain state known as hemispheric synchronization, or Hemi-Sync®, where the left and right hemispheres are working together in a state of coherence. Different Hemi-Sync® signals are used to facilitate deep relaxation, focused attention, or other desired states. As an analogy, lasers produce focused, coherent light. Hemi-Sync® produces a focused, coherent mind, which is an optimal condition for improving human performance.

Music, verbal guidance, or subtle sound effects are combined with Hemi-Sync® signals to strengthen their effectiveness. These recordings contain no subliminal messages. You are always in control.

Disclaimer

While many of our products contribute to wellness, they are not intended to replace medical diagnosis and treatment. DO NOT listen to Hemi-Sync® while driving or operating heavy equipment, or with other devices that may influence brain-wave activity. If you have a tendency towards seizures, auditory disorders, or adverse mental condition(s), DO NOT listen to Hemi-Sync® without first consulting your physician. In the unlikely event that you experience any unusual physical or mental discomfort, immediately discontinue use. All warranties whether express or implied, including warranties of merchantability and fitness for a particular purpose, are disclaimed.

Notes about using *The Shaman’s Heart Program*

The Shaman’s Heart Program is a comprehensive self-learning method. Optimal benefits require that you sincerely commit to a regular, systematic program that includes doing the verbal guidance exercises on the CDs. Expanded exercises, additional supplemental practices, and detailed information related to

the program's exercises, practices and theoretical components are available online at www.HoloShamanicStrategies.org/shp.

Before using the verbal guidance exercises, please carefully review this booklet and the additional materials available online. It is important to have a good sense of what this program entails before starting with the exercises. Try to do some of the verbal guidance exercises at least two or three times per week; experiment with finding a schedule and pace that works for you. Exercise #1 is a foundational exercise and, if possible, should be practiced daily during the initial two weeks of your program. *The Shaman's Heart Program* is ultimately designed to become a "way of life" that allows you to fully engage and live your life in a heart-centered and soul-based manner.

Using the audio exercises

- Listen over a portable or home stereo system using stereo headphones for best results. Alternatively, you may position yourself between conventional speakers.
- Sit or lay comfortably in a distraction-free environment. Adjust the volume to a comfortable level. Visualize or simply think of doing what the words describe.

Pacing the Exercises

The general guideline is when you feel comfortable and familiar with a specific exercise, move onto the next one. Expanded exercises (described in detail in online materials) build upon each other and are designed to deepen and strengthen individual and combined exercises in a synergistic manner. For example, when you are comfortable and familiar with exercises #1 and #2, an expanded exercise is to do exercises #1 and #2 together as a single exercise.

The Audio CDs

Discs 1, 2 and 3 contain six foundational verbal guidance exercises with special mixes of the music tracks from the award-winning CD *The Shaman's Heart with Hemi-Sync*®. Disc 4 is a new and unique version of the entire CD *The Shaman's Heart with Hemi-Sync*® that you will use with the expanded and extended journey exercises in *The Shaman's Heart Program*. Each music track fades in and fades out so that you won't be distracted by abrupt starts and stops when listening to the various sequences that you will be asked to program into your player. The majority of the expanded/extended exercises will flow much better by using this special version of the CD.

Note: For long, uninterrupted journeys (without fade-in/outs), use the original Shaman's Heart with Hemi-Sync® CD. Each of the first three CDs has three tracks. The first track on each of these CDs is Dr. Metcalf's Invocation/Opening Prayer (see pages 15-16). The Invocation can be very useful for centering and empowering the intention(s) you bring to each exercise. If your CD player has track programming capabilities, just select track 1 and then either track 2 or track 3 to make the Invocation a part of your listening exercise. Exercises 1 thru 6 all have a built in relaxation/preparation time with no verbal guidance after the initial introduction. Use this time to further relax your body, focus your intention(s), and allow the Hemi-Sync® signals to expand your state of awareness. Verbal guidance for each exercise will resume after this initial period.

CD 1

Track 1—Invocation

Track 2—Exercise 1: Strengthen your connection with your heart and its rhythms

Track 3—Exercise 2: Connect and balance the chakra system and align the energy centers with your heart

CD 2

Track 1—Invocation

Track 2—Exercise 3: Activate, connect and align your heart with your physical body and the luminous energy field
Track 3—Exercise 4: Heart focused shamanic journey to practice the skills and capacities you have acquired through using the previous three exercises

CD 3

Track 1—Invocation

Track 2—Exercise 5: Invite and work with animal spirits and other non-physical helpers, guides and allies
Track 3—Exercise 6: Heart-Breathing/Ecstatic Opening— further expand, strengthen and energize your heart center

CD 4

The Shaman's Heart with Hemi-Sync®. As mentioned previously, this is a special version of *The Shaman's Heart with Hemi-Sync®* CD that has fades during the beginning and ending of each track. Use this CD for the expanded and advanced exercises as directed in the online materials. CD 4 does not include verbal guidance.

Getting started

Please use this basic preparation for all of *The Shaman's Heart Program* exercises:

- Begin each session by Creating and opening sacred space. Then take a few moments to reflect on the intention of the exercise.
- When you feel ready for an exercise, read aloud the Invocation/Opening Prayer or listen to the recording. If you choose to use a different Invocation, prayer or similar ritual as part of opening sacred space, simply start the CD playback at the exercise track number that you wish to work on.
- After completing the Invocation/Opening Prayer, begin each exercise with this heart-oriented relaxation: With your eyes closed, connect with your breathing, and take a few deep breaths, expanding your lungs fully. Notice that this is also expanding your heart space. Breathe into your solar plexus and your entire belly, making sure to also stay connected to your heart. After consciously breathing this way for a few moments, return to the normal rhythm and pattern of your breath.

Slowly scan your entire body to see if there are any areas of tension or discomfort, starting with your feet and moving up to your head. If you notice any discomfort, gently breathe into the area to help relax and soften any tension or discomfort, making sure to retain an awareness of your heart center and your heart while you do this. The goal here is to relax your heart, your breath and your body.

Creating and opening sacred space

Serious shamanic work is always done in an atmosphere and environment that is sacred and safe. Ideally this would be a special room or area in your living space that is designed for spiritual practice such as meditation, prayer, quiet reflection and other types of inner exploration. However, any space will suffice as long as you can insure that you will be free of interruptions and distractions from the outside world for an hour or two for each session. By creating and opening sacred space, you are intentionally stepping out of your normal, ordinary activities into the world of the sacred. *The Shaman's Heart Program* invites you into the sacred domain of the heart, the spirit, and the soul.

You are encouraged to create a physical space that supports shamanic work as well as working with Hemi-Sync®. For *The Shaman's Heart Program* exercises, this requires a place to lie down comfortably, or a chair that reclines. Most people like to place some spiritual, sacred or ritual items in the space such

as photos, drums, rattles, feathers, rocks, stones or crystals, candles, plants, special books, altar cloths or shawls, etc. Anything that feels personal and supportive is appropriate. It is very important to always enter the space with an attitude of respect, reverence, openness, and humility. Cleanse and clear the space with sage, incense or by other means that you may be familiar with.

Closing sacred space—It is important to close sacred space before ending a session. This can be something as simple as bowing with an expression of gratitude. Often, when closing sacred space, people offer gratitude to non-physical helpers, guides and allies, the spirits of the directions and other archetypal support that have been invoked or experienced in a session or ceremony. It is common to then burn some incense or sage, blowing some of the smoke in the cardinal directions and to the sky and the earth with the intention of clearing away any toxic residue or negative energies that may be lingering in the space.

The role of intention

Intention is of crucial importance when working in the domains of the heart, the spirit and the soul. Each exercise is oriented around a clear, precise intention, and a vital component of your preparation includes spending some time reflecting on the intention of the exercise(s). For example, the primary intention of Exercise #1 is to strengthen your connection with your heart and its rhythm. After you have created and opened sacred space, you should sit or lie quietly in a contemplative or prayerful state, considering and reflecting on your will, desire, openness and commitment to fully engage the exercise as instructed. Please do not skip this process. You will be greatly rewarded for any extra time you spend with this aspect of your work. It will also help prepare you for advanced exercises that involve developing your own intention for specific goals and objectives of *The Shaman's Heart Program*.

Invocation/Opening Prayer (Four Directions)

Spirit of the East—Place of the rising sun—Spirit of new beginnings—Grandfather Fire—Life-energy, vital spark—The Power to see far and to imagine with boldness—Power to purify our senses, our hearts and our minds. We offer thanksgiving for your solar graces, for faithfully and tenaciously giving forth the light of day, new energy, and abundance to support us along our way. Thank you for all that you give. Ho!

Spirit of the South—Place of the Greening Spirit—Protector of the fruitful land and of all green and growing things—Grandmother Earth, Soul of Nature—You who nurtures and endures. We offer thanksgiving for your flowing powers of life, for always acting on our behalf, filling us with life-force, helping us to maintain our vital link to life. Thank you for helping us to grow. Ho!

Spirit of the West—Place of water, lightning and thunder— of rain, rivers, lakes and springs—Grandmother Ocean, womb of all life—the power to dissolve boundaries—to let go and release attachments—to cleanse and to heal, to shed the past so we can remember the truth—teach us the ways to step beyond death, to walk with dignity and integrity. We offer thanksgiving for your power to remind us, for always carrying us into the tides of true memory, making us look into the mirror of our soul at what is most true. Thank you for helping us to remember. Ho!

Spirit of the North—Place of the Quiet Earth Sleeping and the invisible Spirit of the Air and Winds—Grandfather Sky, living breath—Yours is the power of strength and clarity—the power to hear the inner sounds. We offer thanksgiving for your slower rhythms, for the deep rest of winter's grasp, and the power you have to stretch us beyond what we thought possible. Thank you for testing us—tempering us— and healing us. Ho!

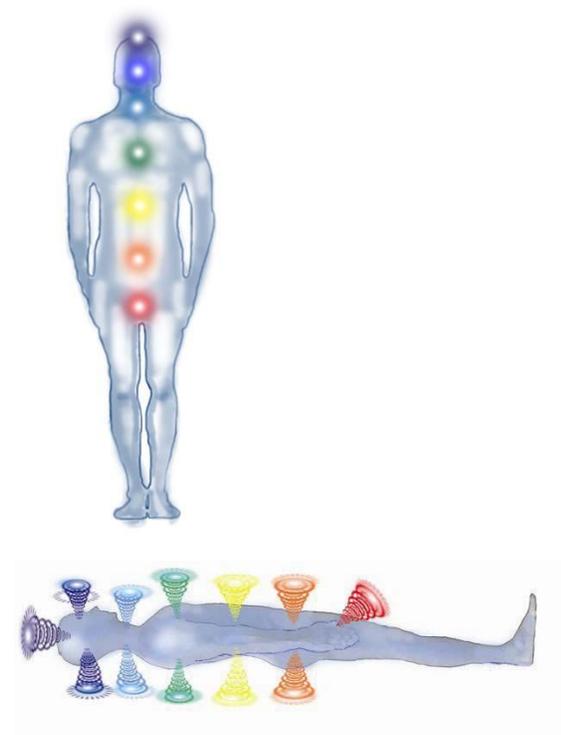
And we now call upon the spirits of all our helpers, guides, allies and teachers—the spirits of the animals—the spirits of the plants—and the spirits of the ancestors, the elders, the wise ones. We call you with an attitude of respect and reciprocity, and we affirm our intention to maintain our relationship in a balanced way, conscious of our interdependence, always and ever balancing the giving and receiving, the receiving and giving. We stand in awareness of the luminous grid of energy that binds us all together. May we journey deep and strong—for ourselves, and for all sentient beings. Ho!

Deep gratitude to Ralph Metzner for use of favorite Invocation phrases (www.greeneearthfound.org).

Introduction to the Chakra system and Luminous Energy Field

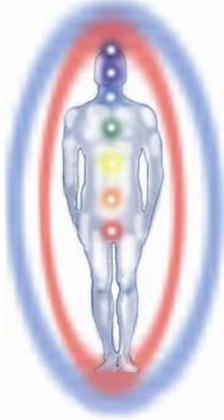
Developing authentic power, purpose and presence involves working with the entire bio-energetic field of human experience. Accordingly, some of the exercises in *The Shaman's Heart Program* focus on activating, balancing and energizing the chakra system and the luminous energy field that surrounds the body. Many ancient and modern spiritual systems and healing traditions include specific theories and practices for working with the chakra system and the luminous energy field. Some basic information about the chakra system and the luminous energy field is included here. You are encouraged to review more detailed information online at www.HoloShamanicStrategies.org/shp.

The chakra system refers to the basic, primary energy centers in the body. The word chakra is a Sanskrit term that means “wheel” or “circle.” The chakras are in the form of swirling discs of radiating energy that rotate clockwise, beginning at the nerve centers at the base of the spine, continuing up to the crown of the head. They are shaped like funnels or cones connected to the spine and central nervous system, and extend three to four inches from the body (both the front and back) as spinning vortices.



The chakra system serves as the central processing center of our being—digesting and metabolizing life energies from our daily lives and the world around us. Each chakra has a specific location; a pure frequency, a classic element, a specific color, certain aspects and attributes of psychological and physical functioning, and levels of consciousness. The most familiar model of the chakra system consists of seven chakras, although some traditions and spiritual systems describe as many as eight or nine. *The Shaman’s Heart Program* utilizes the more common seven chakra model.

The Luminous Energy Field (LEF) has also been referred to as the human aura, the light body, the human energy field, and other similar terms. It is a complex multi-layered system of energy patterns which define the unique physical, emotional, mental, and spiritual characteristics of an individual.



The LEF is egg-shaped and extends from the body about the length of our arms extended straight out. The radiating motion of the LEF cycles up through the body, interacting with the chakras, and out through the crown, continuing around the outer body and down into the earth a few inches before returning back up into the feet. Exercises in *The Shaman’s Heart Program* that focus on the chakra system and the LEF will help you gain better awareness of the unique patterns, problems and potentials within your bio-energetic field.

Chakra	Element	Location
First	Earth	Base of spine (Root) Associated with survival, physical identity
Second	Water	Lower abdomen (below navel) Associated with emotions, sexuality, desire
Third	Fire	Solar plexus Associated with power, will, ego identity
Fourth	Air	Center of chest (Heart Chakra) Associated with love, compassion, forgiveness
Fifth	Sound	Throat Associated with communication, creativity, expression
Sixth	Light	Center of forehead (“3rd Eye”) Associated with intuition, imagination, spiritual vision
Seventh	Thought	Top of head (Crown) Associated with knowledge, understanding, transcendence



About Byron Metcalf, Ph.D.

Byron Metcalf is also a transpersonal guide and educator, shamanic practitioner, researcher, and teacher. He holds a Ph.D. in transpersonal psychology, a master's degree in counseling psychology, and is a certified graduate of Grof Transpersonal Training and Eupsychia Institute's Psycho-Spiritual Integration programs. Byron has studied and worked with shamans, healers, and psycho-spiritual teachers from many parts of the world including Stan Grof, Jack Kornfield, Hameed Ali, John Davis, Ph.D., Angeles Arrien, Ph.D., Jose and Lena Stevens, Sandra Ingerman, and Don Americo Yabar. For more than two decades Byron has been intensely involved in consciousness research and spiritual development, specializing in the transformative potential of alternative states of consciousness. As a drummer, percussionist and recording engineer, Byron produces music for deep inner exploration, breathwork, shamanic journeywork, body-oriented therapies, various meditation practices and the healing arts.

Supporting your exploration

To use this program effectively, it is crucial to utilize the support materials available online. These are not optional materials; they are an integral part of the program that should be used along with the content contained on the CDs and in this booklet.

All the necessary information is available at Dr. Metcalf's website, created specifically for this purpose:
www.HoloShamanicStrategies.org

Those who do not have internet access or download capabilities may obtain copies by telephone: 928-445-9197.

We wish you great success and growth as you work with the program.

Monroe Products
PO Box 505
Lovingston, VA 22949
434.263.8692
FAX: 434.263.8699
Interstate@Hemi-Sync.com
www.Hemi-Sync.com.