

# “9 Ways to Live within the Circle”

Another look at healing our true self in the way of Ancient Native American teachings for the Modern World

Article written by Michelle Pilon, Executive Director  
of the Yantaho ‘no more tears’ Foundation, Inc.  
based on the writings of Shaman Cloud,  
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**Remembering.** We as humans have many memories – happy ones, some painful and others that have a negative hold on our well-being – our own energies. But what of the remembrance of our selves – spiritually – that knows of no linear time clock. It is the memory of our true self in the mind-body-spirit connection from time eternal... when religion and science were one within the Circle. This is the focus of our story here today. How we choose to see ourselves affects how we live, prosper and thrive in our daily lives for ourselves, our families and at work. So the big question is ...how can you can become free – spiritually, and best serve your true potential in finding your way through that journey of healing and empower your true self – your own spirit?

Shaman Cloud, a 7<sup>th</sup> generation, natural-born Native American Medicine Man and founder of the Yantaho Foundation, has been practicing for over 40+ years and sharing the inherited Ancient teachings with the Modern World. He holds inspirational and life-transforming ‘coaching’ sessions that allows one to step out of the *self* that is the familiar to you and break free from the bonds of the past by reconnecting yourself with your own spirit energy. So what are shamanic teachings? As he writes in his book, “Shamans can be simply defined as a dance across the unknown, or the journey to test the limits of one’s human heart. It is about energy, all energy and learning to see in ways which are new to us and radically different for most people. Shamanism ... rebuilds you on a different model of what a human can be. It is a way of being that is free of the bonds of the past by reconnecting oneself with our own heart and spirit.”

You might ask yourself, how is finding my way back to my true self possible?

One way that Shaman Cloud coaches audiences at the “*In A Shaman’s Footsteps*” Workshops and Healing Circles is to remember *the nine principles of life* that can show the way to reach spiritual freedom. When these principles are practiced on a daily basis, then you have begun to take the basic footsteps toward spiritual freedom - for yourself alone, not with anyone else. Along with the coaching, Shaman Cloud shares his messages from Gaia and the Sacred Tree of Life. He writes,

*“Mother Earth teaches us to be human. She brings love to life and shares her gifts with us.”* At his Healing Circles, a collection of stones and crystals that can be used for healing, protection, grounding, and calming are available to claim in one’s journey in achieving inner peace. So now is a good time to share with you those basics footsteps with excerpts from Shaman Cloud’s book *‘In A Shaman’s Footsteps’* ©, published in print version in 2010 and now available in E-book format.

**Keeping Your Own Soul** – as a principle, this means that you choose to not experience life through indecision. Indecision promotes blocks, confusion and stress.

**Balance** – as a principle, it takes courage and commitment to make any of life’s decisions, and capacity to follow on through with them.

**Imagination** – as a principle, this means the undoing of our spiritual colorblindness – i.e., correcting the ‘black-and-white’ color nature of the mind. When we truly choose to ‘see’, then we can imagine the unknown, the positive, and the uplifting energies around and within ourselves.

**Love** – as a principle, love is about letting go of F-E-A-R, or otherwise known as ‘False Evidence Appearing Real’.

**Letting Go** – as a principle, living in the now resolves the past – yes, there is a “but” to this one, if you do not resolve something – it will haunt you forever.

**The Age-Old Conflict** – as a principle, choosing Love over Fear shall set you free. Love responds. Fear reacts. Love connects. Fear separates. Love uplifts. Fear deflates. Love creates. Fear destroys.

**Resistance** – as a principle, removing your resistance to change shall set you free from pain – both physical and emotional pain. As you seek spiritual freedom, any measure of pain in your life will eventually lessen and be removed.

**Chains** – as a principle, when you decide to move about your life without a leash placed on you by another person (co-dependence), then you begin to walk in your own footsteps, not theirs.

**‘Want’** – as a principle, when you no longer live your life with the ‘I want’ mentality, then you have accepted to live free ... no longer scared to let go, no longer blocked from achieving how best to serve your potential.

**Real positive changes in how you ‘see’** allow one to defeat the darker nature of the human condition and help one to begin the journey toward the full power of the ‘lighter’ self. When one does this intentionally, one begins to feel the power of the light like no other has ever ‘seen’. As an example of a ‘healing’ breakthrough to knowing your true self, here’s a recent testimonial from one of Shaman Cloud’s Healing Circles:

*“I am still vibrating from the light that was turned on, still soaking in all the powerful lessons shared and received. Yanta’Ho has an unexpectedly direct approach that doesn’t allow you to duck or avoid your self in the usual way we often do. He is generous with his ability to tap into and peel away the painful parts of our memories and experiences. One session is not enough to re-examine, re-direct, re-learn and re-birth yourself, but the first session does begin to heal years of dormant emotional, psychological and sociological infection. Thank You for sharing your space with us.” – Adsila*

Yanta’Ho, no more tears

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**For more information:** call Michelle Pilon at (703) 909-0272 or visit our website at [www.yantaho.com](http://www.yantaho.com).

***ABOUT Shaman Cloud –***

Shaman Cloud, a world-renowned psychic healer and spiritual teacher, developed his powers from an early age as a natural-born, 7<sup>th</sup> generation Native Medicine Man of the Cherokee Nation. Shaman Cloud, National Chief for the Native American Half-Breed Organization (Mestizo), holds the title of Spirit Walker and Elder. His mission is to bring healing to the human condition and Gaia. Shaman Cloud is also an Author, Founder of a non-profit center for achieving peace through healing, and a Peace Prize recipient. He is available for private consultations and speaker engagements.