



## Heather Price – Shamanic Path and Practice



*I aspire to inspire those who choose to journey with me to live consciously and confidently, to step into their true nature, and to step up and out to meet their dreams, keeping an open, resilient heart, in love and gratitude, always, and all ways.*

### *The 8 Ways to Shamanic Consciousness* *Guidelines for Walking in Your True Nature*

1. **Ahuahu – Walk Courageously In Truth.** Walk authentically and show your True Nature. Shine the best of you. (Ahu - healthy, vigorous, strength).
2. **Mea Hui – Know Yourself Well.** How do you walk the earth and show yourself to others? (Mea - person; Hui - to introduce one person to another).
3. **Mana Wa Hele – Live In The Light.** Living in harmony with time and change will allow you to stay in your power. (Mana - power; Wa - time, turn, seasons, change; Hele - come, go).
4. **Hei Le'a – Create Joy.** How much joy can you bring to the world today? (Hei - to ensnare, capture; Le'a - joy).
5. **Ku Ala – Be Present.** Walking consciously, in awareness. (Ku - to stand; stop; remain. Ala - to awake).
6. **Hāmama Pu'uwai – Open Your Heart.** Keep you heart open, no matter the circumstances. (Hāmama - to open; Pu'uwai - heart).
7. **Kūpa'e Wai – Trust In Your Dreams.** Trust in the flow of life and yourself. (Kūpa'e - steadfast, firm, immovable, faithful; Wai - water, river, to flow like water).
8. **Kuke Ana Wai – Stride Strongly To Meet Your Dreams.** Step up and out, with confidence, trust, love and gratitude to meet your dreams. (Kuke - to push; ana - used to indicate the future; wai - flow water - to push into the future flow).

*Heather Price is a Creative Counsellor and Shamanic Energy Healing Practitioner, and Trainer. She is an internationally published author, Heather shares the 8 Ways with practical wisdom and insight to assist you to step into Your True Nature.*

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