

Shamanic Secrets for Spiritual Mastery

Speaks of Many Truths and
Reveals the Mysteries through
Robert Shapiro



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Foreward

Spiritual mastery is almost entirely about heart, and the other books in the *Shamanic Secrets* series are more about functional application. If you understand that spiritual mastery is about heart, then it becomes the easier to accomplish rather than the more difficult, precise—as one approaches it on the basis of fine-tuning. The forms shown in *Shamanic Secrets for Material Mastery* and *Shamanic Secrets for Physical Mastery* require a degree of fine-tuning by each individual. One particular position is not going to be identical for all individuals. That's why individuals need to access the warmth in their own bodies, so when they get their hands or their body positioned in just so a position that appears to come close to matching the photograph, if they do not have the warmth in their body while at the same time putting their hands and body and so on in that particular position, they haven't got it just right.

—Isis through Robert Shapiro
January 17, 2003

Preface

Speaks of Many Truths is an after-death title I was given by my people. I used another name during life. Once I was given this and other titles for others by my people, the boundaries of living and afterlife were affected. When I use this title, I am able to speak to you in your time while remaining in my time, so as to acquire new wisdom in the context of my old life here. It is also this same mechanism that allows me to acquire new wisdom from other beings to pass on to you and through you to people in your time.

In your time this is less understood, though it is still done—such as people who earn and use such titles as doctor or counselor or healer. These titles also change the person and allow him or her to be more of that title, but they do not affect the afterlife. When titles are granted by acknowledging the truth that all people know after death, then that title or those titles affect the memories of those left behind. When that takes place, the combination, to a lesser degree of that and a greater degree of who and what you became after death, is what causes you to become that title.

This is why I often pause before writing Speaks of Many Truths, as it is a title granted to me. I am moved in a loving way, and the feeling is humility.

—Speaks of Many Truths through Robert Shapiro

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Overview

Loving Magic from Creator

Speaks of Many Truths
September 8, 2000



[From a public session in Hawaii.]

All right, this is Speaks of Many Truths. I am a Native American mystical man alive in my own time, about 420 years ago from your time. Let me describe to you where I am, so you can get a picture of it. I am embodied, though in fact, as you can tell, I am in spirit. But I choose to speak to you from the time when I was alive. I'll tell you why: It is in the nature of spirit, when they speak to you, to have to make an effort to make it relevant. You have all heard, from time to time, spirits speak who say wonderful things and give wonderful energy, but who do not always have the means to ground what they're saying understandably.

So it is my intention to speak to you in a way that allows my connection with the human being. This way I hope to not ask you to do something that is not realistic. Do not take this as a criticism, but if any of you out there are channeling or perhaps have just started, whoever you channel, also try to channel, for practice, trees, plants, rocks. I'm not speaking to you professionals out there, but to those of you who have just started, and there are a few. Try to connect also with earth spirits, even if you have them connected to your regular spirits. This can be nurturing, and I will explain why in detail later.

Now, all human beings know that there are times when it is safe to be in your heart and there are other times when it does not feel safe. One sometimes is in spirit at these times; other times one simply withdraws and uses a shield of some sort to protect yourself. I understand that very well. But what I feel is of value is to have another means to offer you protection that

can do no harm to others and that can nurture and support you as well. That is why tonight I want to talk about and show at least some of you a very simple exercise that can literally change your life. Some people might say it's a mystical or a shamanic thing to do, but I like to think of it as something that is practical, useful and, most of all, simple.

It's Your Body's Job to Teach Your Mind

In ancient times, all people on Earth did this because they had been instructed how to live. In your modern times, where there are so many distractions—some pleasant, some not so pleasant—this has been, sometimes for some people, forgotten. And because the threads of ancient civilizations are not as entrenched in the modern times in which you live, much wisdom and knowledge has been lost. So tonight let's do something that is ancient in its nature, that is practical. The animals do it, the plants do it, Mother Earth does it, and since you are made up at least partly of Mother Earth's body, it won't be hard for you to do it either. Don't feel funny if you cannot do it tonight; practice, and you will be able to do it someday.

I'd like you to take your hands and put your fingertips together—feet flat on the ground and no crossing of your legs or arms. I assure you, you will be safe; I am not going to thrust anything upon you that would be anything else. Now, very gently rub the tips of your fingers together—do that for a moment. Do you notice when you do that how it brings your physical attention to that area? Your fingertips are very sensitive.

This tells you that this thing we're going to do is not particularly mental; it is only spiritual insofar as you're being guided to do it, although once you achieve it, it is profoundly spiritual. It also intends to create a wedding or a bond that is the ultimate purpose of you being here on Earth, which is to be able to constantly, easily, in a practical fashion, unite spirit with the Earth human. Of course, you are always united with spirit, but this is intended to give you that union in the physical sense and to provide you with that wonderful physical thing for which you were set up by Creator to look for in order to be able to appreciate the value of something.

Many things are of value that can be appreciated in other ways, but you were intended to look for physical evidence in order to be able to feel the value of something as well. You've all been told for some time now that this is a feminine-energy time, and yet what we're doing tonight will bond the feminine with the masculine, spirit and Earth, feelings and ultimately (though that is not the objective) . . . ultimately thoughts will be involved, in time.

It is your body's job to teach your mind, not the other way around. Your body is made up of Mother Earth, and she is a spiritual master, a physical master, a teaching master, a dimensional master, and she is also a master of consequences. You are made up in large part of Mother Earth's body; you are here to learn about all those things, to bring them together, so that someday when you all join to become a creator in your own right, you will know

about these things. Earth, even though sometimes you cannot picture it this way, is really a creator school—“Creator Training 101.” Because of its capacity to constantly show you your responsibility by presenting to you consequences of what you do (sometimes good, sometimes not so good) and also consequences of what others do [chuckles] (sometimes good, sometimes not so good), you come here to learn. Creators must know that everything they do—everything—will have consequences, and they must have the capacity to benevolently work with those consequences forever.

Feeling the Heat

So now we’ve warmed up the fingertips for quite a while, haven’t we? I want you to understand that what you’re going to be doing now may or may not involve your fingertips, but you’ve all become aware of this physical feeling. Now, what I’d like you to do is to relax your hands for a moment. Then I’d like you to bring that same physical feeling down inside your chest. It can be on the right side or on the left side or in the center—anywhere across your chest. Or it could be in your abdomen, right down here, below your chest—that’s fine too. I’d like you to be inside there, to become aware of your body inside those places. And remember, it is physical awareness; this is not a mental thing.

Now, I want you to hold your hands up—got those fingertips all warmed up? I’d like you to either generate or see if you can notice a physical heat that you can feel. You can move your hands around if you want to, either away from your body or closer to your body—just work on that for a moment. Focus inside your body. Later I’m going to build on this, and I’m going to tell you what it’s all about.

Now, if you feel the heat . . . it is a physical heat. If you feel it, go into it and feel it more; don’t try to move it around. Some of you might feel it one place, some another place, some here, some there. Wherever you feel it, go into it and feel it more. On some other occasion, it might be in some other place—never try to move it around. If it expands, that’s fine. If it doesn’t, then just feel it where it is. If you don’t feel the heat, don’t worry. If you practice it, you’ll feel it in time.

The Heat Is the Physical Evidence of Loving Yourself

Now, relax. I want to tell you more about what this is. This heat is the physical evidence of loving yourself. You know, very often you will send light to other people, and that’s good. But this is something that functions on a different level. This is something that is the foundation of your instinctual self. It is also the marriage between you and Earth, who supports you. It is also the ring or the symbol of connection between you and Creator on the physical level.

These connections are valuable for you individually (first I’m going to talk about the individual). For those of you who felt the heat, I want to encourage you to practice feeling it at least once a day for the next two

weeks and then as often as you can. But I don't want to disrupt your lives; you have other things to do. Don't do it while you're driving obviously—that's too distracting. But someday, if you practice it well, you may be able to do it while you're shopping, while you're washing the dishes or changing a diaper or something like that—though one does have to watch out when one changes diapers as well [chuckles].

Now, this heat is the physical evidence of loving yourself. Creator has designed you to be able to feel this heat. Animals feel it, plants feel it, Mother Earth feels it, and many of you will feel it now too. The heat naturally radiates, you know, as heat does, and love also naturally radiates. So this thing is not intended for you to send to others. Oh, you can tell them about it if they want to know, if they ask about it. Don't tell them about it because you've got a way of life for them—not like that. That's competition.

But, on the other hand, if they want to know why you're more cheerful, why your life seems to be working better or, in short, what's new and what's working for you, you can share it with them. Tell them, "Oh, I'm doing this thing," or "I feel heat in my chest, sometimes I feel it down in my belly, but it just makes my life so much better." "Oh, why is that?" they say. And you say, "Well, I've noticed something amazing about this heat. It feels good, and when I do it, it makes me feel better. It tends to push things out of my body that are causing me pain or discomfort. It tends to put a field of protection around me as well." "How does that work?" says your friend. "Well, I don't really know, but it works pretty well."

Physical Feelings Are the Creator's Gift

How does it work? Let's talk about that for a moment. It works because all life is sanctified with love—and by sanctified, I do not mean religiously. I mean that it is in Creator's nature to provide love that supports life, always. As a result, Creator has the opportunity to observe the effects of that love, while at the same time wanting you, Creator's children, to do the same thing that all parents want everywhere: Creator wants you to be more than Creator Itself.

How is that possible? Creator has purposely given you certain gifts when you came here. These are gifts in responsibility training. These gifts have to do with things that don't always seem like gifts. On other planets, when you have other lives, you know many, many things that you don't know here. You have knowledge and wisdom that your culture gives to you and helps you with so that you are not ignorant. But here, once you learn the culture of the people you are born to, you have to give up that knowledge.

Oh, babies have it when they're born, but they soon discover that those beings around them usually need them to speak their language, act in ways that are right for their culture. Babies protest this sometimes—sometimes you see a child, a baby, getting angry for no apparent reason. There is plenty of food, there are no pins poking them, diapers are okay, everything else seems to be okay: "What's the baby upset about?" At least half the time,

sometimes more than that, it's because the baby's having a hard time adjusting to the fact [chuckles] that he's been born into a world that does not understand emulated feelings, which are interpreted by the receiver in his or her language.

Part of the reason your culture, even today, has been having such difficulty in mastering mental telepathy, is that telepathy is not mental, it is physical and on the feeling level. Emotions are the mind's word for physical feelings. Physical feelings are the Creator's gift for material-mastery training. This tells you that the mind doesn't seem to understand something pretty important [chuckles], and that's that the physical has a great deal to teach.

Fortunately, Creator knew that this would be the case and made sure that you in this time of consciousness expansion would find your immortal personalities (also known as souls) encased—at least while you're awake and not asleep—in the vehicle of the human body, which is provided by this profound master, Mother Earth, who loves you no matter what and who, by the way, sees no separation (*none*) between her body as you know it to be and your bodies. She sees no separation between them. She sees no separation between her body and trees or animals—why should she single you out? You are just portions of her body walking around or moving around on your own, or in the case of the animals, lying around or swimming around. She doesn't create any separation. That's important to know for later; I'll get to that.

You have the opportunity here to become more than Creator, but Creator has not limited Itself. When you are living a benevolent life on other planets—an easy life compared to what you live here—you will have so much knowledge, but you don't have to learn anything to survive, nothing. Here, a baby has to learn all the time. Sometimes the baby protests, sometimes not so much. When you learn the culture as a baby, as you all did, you let go of all other knowledge gained on other planets. Babies . . . and you've seen this, you've looked into the eyes of babies before, when they are present. Sometimes you see amazing things. Sometimes it is pure joy; sometimes you feel like you're looking into the eyes of a profound sage or teacher, because at that point in babies' lives, they still remember. It's very inspiring to be around children like that; lots of you have noticed children like that these days. So don't despair of generations who are coming—they'll be all right.

You Have the Capacity to Be More

Now, Creator wants you to be more—how can you be more? Creator scratches Its head [chuckles], though It doesn't really have a head, but for the sake of our talk: “How can I make them more? I can only make them what I am. If I want them to become a creator, how can I make them more?” Then Creator gets the light bulb: “Oh! I can make them more by giving them less so they have to find their own way! But I must give them a means to know that they've found the right way. How? I will allow them

to forget the natural love-heat that other beings have all around them, but I will surround them with animals and plants, and make sure they are on a planet that has this natural love-heat present so that even if they forget it, they will joyfully discover it at some point. Plus, I will encourage various beings to remind them, and I will make sure that the threads of this reminder go back in ancient bloodlines on the planet so that when they feel this heat, they will know it is something of value. It will feel good to them, it will feel loving to them, and it will feel like they've found something of value."

Creator has this conversation with Itself and other creators. One of the other creators says, "Well, how is that going to allow them to become more? Even if they have ignorance and they have the means to discover truth using this love-heat, how can they discover anything other than the truths you have provided?" And Creator says—and this is the true sign of a creator—"I don't know." Now, that may be hard for you to imagine, that Creator would ever say, "I don't know." But in order to understand why Creator said that, you have to understand Creator's objective.

This Creator always wanted to find out if there was more beyond what It knew—that's quite something for a creator. A being that can make a universe, and yet with all that's going on in that universe . . . "Is there more? Could there be more?" Creator decided that there could be more and that Creator did not have to know what more that is, but that at some point, Creator would give birth to some souls, and the source of those souls would have been from another universe—thus allowing something new and unknown, though fully loved and supported by Creator, to come into this universe.

So Creator invited that, and the seeds of your souls came. That's why you're called the Explorer Race, because you came from very far away, traveling at a rate of speed that can only be measured in light. And that travel still took you—though time is not a factor; I'm just trying to give you a measurement—millions of years to get to this universe. That's how excited you were about being involved with this. You all came from another universe, in the seed of your being. I'm not saying that this makes you bad or good or better or worse; what it does make you, however, is more.

You have the capacity to be more, and because Creator knows that you have this capacity, Creator sent you on a vast journey throughout this creation. Some of you chose to have lives in that journey—some had more, some had less—but you've all been here since almost the beginning of this universe in one way or another. So don't let anybody ever tell you you're a young soul; you might be a young soul in terms of how many lives you've lived, but there's nothing young about any of you.

Finding Wisdom That Works

Now, Creator wanted you to have opportunities to learn how to become a creator, and you've had almost all of those opportunities so far, up to this

point, on other planets, in other places. Creator asked for a planet to volunteer to give you material-mastery lessons. Why? Many of you would like spiritual-mastery lessons. But every person associated with your seed group—and every person, for that matter, who has ever lived on Earth, but let's just stay with your group, the Explorer Race—everyone has been required to have at least one life . . . not just an existence outside of lives, but at least one life of spiritual mastery before you came here to live on Earth now. Some of you had more than one life of spiritual mastery. But regardless of that, you were required to forget that knowledge when you came here so that you could find your way to truth on the basis of physical evidence in your body that you could honestly say and believe is true.

In short, it is the intention to find wisdom that *works* and that can be shared with others on the basis of that total feeling of, “*It works!*” It's not just the belief, which is of the mind and *can* be of the body, but the physical evidence, which must be recognized by the mind because, “There's the physical evidence.” So Creator has given you the thread to find your way to becoming more by giving you the means to find your way in truth, which can be acknowledged by your physical self. How? Extra-credit homework [chuckles].

For those of you out there who can do this heat or find a way to do it, after you've practiced it for a couple of weeks . . . for those of you for whom it is new, I'd like you to fully integrate it into your lives. How? I'll tell you how. Your body knows what it needs to eat; your body knows who it needs to be with; your body knows what clothes are best for you to wear that day. In short, your body can give you evidence of what's the best decision to make in that moment. You do not need to exclude other evidence—there might be demands on you, there might be responsibilities or obligations. But it is also good to have the body's instructions.

Now, given that the body can give you instructions, here's your homework. Keep it nice and simple; let's not complicate it. What I want you to do is, after practicing the love-heat for a couple of weeks or if you're already doing it, try this: When you go to your closet in the morning to decide what you're going to wear, pull out a garment. Hold it up close to your body; you don't have to touch your body, just close, maybe eight inches, maybe a foot. You don't need to take the garment off the hanger; just pull it toward you. Notice which garment gives you the most heat—that's the one to wear. Do the same with the tops, the bottoms, all of that. You don't have to do it with your undies, okay? [Chuckles.] Keep it simple. And that's a good start. The one that gives you the most heat, that may be the fabric, the color, the design—any of those, or all of them—that your body needs to have that day.

Using the Wand to Create Real Magic

This is very useful, because you will find that you can use this for everything: what food to eat and so on. Do you see this [points to the left

arm]? You think it's your left arm, don't you? [Chuckles.] And you're right! But it's more than that. It is not an accident that one of the most exciting and wonderful things in children's stories is the magic wand. But you know, the magic wand is based on fact; it's not based on wands that others have been able to use to produce magic, or a certain amount. I'm not talking about illusion—say, a rabbit out of a hat. I'm talking about real magic, benevolent magic, creator magic, loving magic.

This is the wand, your left arm. It is the feminine arm. Even if you're left handed, it's still the feminine arm. The right is the masculine arm, all right? For some of you who may be left-handed, it might feel more balanced than that, but we don't want to go into all the details tonight. This is the beginning. Perhaps I'll come back and give you more material-mastery work in the future and explanations if that's desired, but for now, let's do this.

This wand is wonderful. It comes—your fingers, your wrist, your forearm, the rest of your arm—straight into your heart. This right arm also connects to your heart, but not to your physical heart. No, it connects to your feeling heart, which lives over here [points to the right side of the chest]. Your physical heart lives here [points to the left side of the chest]. Your feeling heart is very important. Many is the time you might experience the heat there, and that's wonderful. But your physical heart is about your physical life on a day-to-day, moment-to-moment basis, so we want to use your left arm as the wand.

Now, the wand—how to use that? Suppose you go into your kitchen in the morning. You have an idea of what you're going to eat; maybe you have only so much time, which you often do. Or maybe it's in the evening—whatever. Go up into the cupboards and take your left arm . . . I'll tell you how to hold your hand. Maybe some of you remember the peace symbol, or for some of you, it's the victory symbol, or for some of you, it might even be the Boy Scout thing. But let's do this . . . it's the V mark, all right? Now, make that, and then what you do is this: You relax it, so that your thumb is not quite touching your fingers and your fingers are relaxed. [To see an illustration of the wand, see p. 6.]

Now, when you use the wand for inspiration from spirit, you hold it up with the palm up. But when you're using it to make a practical decision about your daily life, hold it palm down or slightly turned inward. So you go the grocery cabinet, and you aim . . . you don't have to touch the groceries, just aim your fingers, the tip of the wand, toward each grocery, one at a time. Notice which one you get the most heat for—probably that would be a good thing for you to eat, that's what your body wants. If you have the time, see if you can make that and eat it. You may not have to eat a lot of it; maybe you'll need to eat more. You'll know when you're eating it how much. If you're not sure, just make a little bit. Maybe you can make more later.

I'm not saying you have to do all this homework; what I'm suggesting is—and you can see where I'm going with this—that if you're not sure about what to do, what's best for your body in that moment . . . and at different

times, it could be entirely different: different clothes, different food. You can use the wand in other ways: “Which bank is the best one for me to have an account in or to get a loan from? Which car is the best one for me to have? Which car wants to come to me?” Maybe you’re looking for a used car, a new car—hold your wand out like that. People probably won’t think anything of it; don’t worry about it. If they ask you what you’re doing, just say, “Oh, I’m just kind of getting a feel for it.” That’s true! You don’t have to explain it any further. If that person is a spiritual person, has interests like you, you can explain it if you want to. That’s up to you. “Which house?” You’re looking at all these houses: “Which one’s best for me? Where do I feel the most heat?”

In the case of a house or a car or a product you’re going to buy, maybe it will be listed in the paper. How can you avoid calling a lot of places that aren’t right for you? You can use the wand. You can go down the columns—maybe you’ve read the paper, you’ve circled a bunch of things: “These all look good.” You can point with the wand. You don’t quite touch the paper, just be near it. Give yourself plenty of time—which ones give you the most heat?

If at any time with any of these things you get discomfort, immediately stop pointing [snaps fingers]. Relax for a moment. Then you know that’s definitely not for you: “Wow, I wanted to wear that shirt today! Guess not!” Maybe some other day; maybe not. You haven’t worn it in a year, so you can probably give it away. So you go through the newspaper, and you get three or four things that you have pretty good heat for. Those are the cars to call about or the houses to call about or the apartments to look at. The best chance is that you’ll get those; the best chance is that you’ll like them—maybe not at first, but in the long run, you might discover, “Whoa, this is nice! Good feelings here.”

We don’t have to cover all this tonight, but I wanted to give you an idea of what the wand can be used for. Maybe you go into a room, and maybe you’re not in a relationship and would like to be. If you get good at this, you can just go like this [makes a whooshing sound] with your hand throughout the room. If you get a little heat, you say, “Maybe there’s somebody here I can be in a relationship with,” or “Maybe there’s a new friend,” because it will respond that way. It won’t always tell you who’s your new lover; it might tell you lover or friend. You won’t know—you’ll find out.

Practice the Love-Heat with a Tree

So what I want to say is that the wand can be used for important things like that, as well as for which shirt feels best today. Now I want to reveal something else to you as well that’s very important—profound, if you think about it. Someday it might be useful to have a peace meditation with this heat. I’ll tell you why. With everyone doing that heat for themselves, something interesting happens.