

BELINDA DAVIDSON'S *School of the Modern Mystic Level 2*

Module 1

THE SHAMAN'S CAVE

Module 1: Resource 7

Q @ A

Rachael: Since completing my 12 lines, my ego has been going bananas. I can manage that, but I feel compelled to ask - what about all the fears/shadows that didn't make the cut? Do they fit in elsewhere, or do I just acknowledge my ego for reminding me that I'm full of shadow?

Belinda: Ha! The fears and shadows that will make the cut will also be healed. It is a life-long journey and one that I deeply love. Maybe you aren't so fearful but more anxious about discovering your true soul essences?

Kelly: So I had a random experience today. My plan was to do a CCM, then visit the shaman to work on line 8... but after my CCM, I went to my garden (as I do), but the path to the cave was MILES away, and when I walked towards it, the ground caved in and I couldn't get to the path (I have a gate first). I built a bridge, but when I got to the gate it was locked... so do I give up, or try again tomorrow?

Belinda: What line are you on?

Kelly: I thought I was on line 8...

Belinda: Well, then maybe you just weren't ready to see it today. Keep going.

Fiona: So far this shadow work has brought up a lot of deep and hidden fears for me. Interestingly, I have yet to uncover (I'm up to line 8) fears that match what my ego "believes" are my biggest fears - particularly being laughed at. I've got plenty of other good fears to work with, not complaining, just wondering if this is common, and whether it's likely that some of the fears I've long believed I have will or will not show up in the last few lines.

Belinda: I find that many people are surprised about what comes up. Often what we think we are really scared of, we aren't. The fears you may think you have may or may not have may come up on the final lines. But remember, this journey is about letting the soul lead. So, as you would do anyway, just let it happen.

Nancy: My question is about chakra 8. Immediately after facing my Line 10 fear of freeing my soul, it felt like my chakra 8 had been blown wide open. It's now easier to stream White Light through my chakra 8. Can chakra 8 have blockages like the lower chakras? Also my lower chakras feel more fluid but at the same time, more solid. Is that from being able to stream more White Light or is it that I'm more open to feeling them now?

Belinda: This is exactly what you are doing! The entire shaman's cave journey is clearing out blockages in your chakra 8. It is akin to clearing away the cobwebs so that you can, finally, see what soul treasures - soul essences - are there for you.

Marina: I am still on line 3. I am going to go the distance but wondered if you had any advice about moving it along. Thank you xxx

Belinda: Why has it been slow for you? Are you going there everyday now, sometimes twice a day?

Marina: Line 2 was a fear of psychic seeing. I have been travelling these past four weeks so it's been a little tricky but have been finding more time this past week as we are in one city for 10 days.

Fiona: Marina, I was travelling also from the time the course began until just a week ago! My experience was, as long as I could do CCM regularly, I had no problem doing the shadow journey work. If I slacked off on CCM, I needed to jump-start my practice again for a couple of days before my vibration was high enough to easily access the shaman and visit the cave.

I am finishing up the final four lines now, and there have been days when my concentration or vibration simply wasn't "there" enough to do the work, due to so much going on with travel and settling back in. Persistence has paid off, and if it doesn't work every time, I just keep going back to it. Some lines seem to take a few days, others show up clearly right away. Be gentle with yourself, but keep showing up to do the work! xo

Marina: Thank you Fiona xxx

Danielle: I've been deep in my shadows so much that I've been experiencing so much pain and sadness. On line 11 now. The last 2 times I went in I couldn't see the shaman really. It's almost like he was fading. Is that "normal"? I know there's no normal but I'm also not seeing as much as other people. I'm feeling things though. Also, can it be possible that I find out a lot of my shadows throughout the day? For example, I get an intuitive hit if something happens and I say, "Ah... got it... that's most likely a shadow." Could they be working with me in other ways too?

Belinda: When you work on your shadows in the chakra 8 journey, you are also working on your shadows in everyday life. It will be reflected back to you so that you're clear about what is happening to you. When you are feeling pain or sadness, make sure to practice presence! This will transmute those feelings for you.

Danielle: Another question. I feel like I'm forcing things too much in the cave. I wait for the experience but feel like I'm in my head too much and making it up. Can you tell if I am or if I'm actually connecting?

Belinda: Yes, you are forcing it. Go in cool as a cucumber and with no expectations and allow it to happen. Act like you are simply going for a stroll with no agenda or needs. And then the true healing can take place.

Danielle: Did I mess up on the rest of the lines then? Did I just make it all up?

Belinda: I suggest you calmly go back into the cave and ask to be shown what still needs to be done to complete the course. It will be shown to you. Why the stress?

Danielle: I feel like I did it wrong and I'm not doing this course correctly. I want to really learn and get the experience but I'm forcing it and won't be able to find out my soul essences...

Belinda: I never said that you have done the entire shaman's cave journey wrong. I said that in the past couple of attempts you are pushing because you want to complete it. Many people are in your boat and I'm glad you mentioned it for the other people too. Go to line 10 and start there.

Danielle: I forgot to ask this: I see chakra 8 more visually than the chakras for some reason. I see it as a disc circulating over my head, oblong in shape. Does this resonate with you?

Belinda: The five higher cosmic chakras - chakras 8 - 12- are huge circular discs. So round in shape.

Marie: As on one or more lines, different fears appeared, and on different lines, same fears appeared: is it OK to make a list of 12 fears, without linking them to a specific number?

Belinda: Yes!

Marie: One more question: I do not remember the exact location (distance in cm or meters) above our top of the head (chakra 7...). I cannot find the information anymore...

Belinda: You don't need to know this. The point of location is on top of your head. Feel into this point.

Monika: I'm working with my shaman through my lines. No issues with connecting, or falling through lines, or seeing/sensing/experiencing my fears/issues/shadows. I feel my vibration is being kept quite high as I can feel energy constantly pulsating through my hands, up my arms and soles of my feet. But when I experience the shadows/fears I do so mostly as an outsider and don't have the emotional aspect to them like most others. No tears, no physical reaction. My intuition tells me it's because I have lived, integrated and even healed some of these fears and shadows. My mind tells me I'm delusional and not going deep enough. If this is the case, please tell me how I can go deeper to do this 'right.'

Belinda: You are going deep enough. But you have also overcome many of these fears 'emotionally' already! It is fine to view the journey as an outsider. I do this. I oscillate between experiencing and observing.

Stacey: This is how it is for me too Monika

Monika: Thanks Stacey, I was a bit worried

Helen: On line 11 I asked the Shaman if either of these last two lines would reveal to me about my deep fear of snakes (when I was young I would dream of them in my bed and would wake up too scared to move, and a few years ago in a meditation I had one come up my spine and half out about the shoulder area... I was petrified... I was told it was from a past life). The Shaman told me, 'All would be revealed.' On both line 11 and 12 I went into each four times and each time I experienced something different that didn't seem related. I am getting confused. Can you shed some light or is there another way to find what is behind this fear as I really want to be done with it? I don't really know what the fear is for each of these lines.

Belinda: Don't direct the journey. Let it happen. Like I said to Fiona, allow the shaman to clear what needs to be cleared, not what you think needs to be cleared.

Suzi: I am going through some big changes right now. My boyfriend and I are taking a break. Somehow I am feeling really relieved and calm. I feel like the shadow work has brought everything to the fore that was not in alignment. But it is such a big change in my life. I wonder, do you have any advice as to how to distinguish between my ego and my soul in terms of making this big decision?

Belinda: If you feel relieved and calm, then your soul has guided you in this decision.

Suzi: Thank you Belinda! I do feel a real sense of strength as well. Will keep being mindful and I hope that will keep my ego in check.

Franki: My ego has also been going bananas! I've done 12, I'm utterly exhausted and I really want to be finished but then there's this doubt... Am I done?

Belinda: If the cave is no longer there, then you are done. Or, if you intuitively know you are done. you are. Rest up!

Kelly: I feel like I sail through lots of this work and although lots of things come up, as in I'm noticing more happening around me, I feel quite calm most of the time, then my ego says, "It isn't right, you should be feeling overwhelmed, you are supposed to be doing deep work here..." Should I just tell my ego to shut up and know that I'm supported?

Belinda: Yes. Ignore your ego.

Anja: I have had lines that were like a movie - like I saw an entire past life. And then I had a few lines where there were just words or feelings. Why is there such a wide range?

Belinda: Because it just is like that!!!!

Anja: Ok.... well - one of my fears was "NOT KNOWING." I accept that I don't know and I accept that it is just like that.

Belinda: Anja, YES!

Caroline: Anja, it has been exactly the same for me. One of mine was a fear of the unknown. I thought it was ridiculous because I live a nomadic lifestyle and have for 20 years and I thrive off the unknown (actually the three past lives readings I've had have been nomadic).

But, after journalling, it unravelled and became clear to me that it was a fear of the unknown, as in the Source of all things. It's unknown because I can't see it and so fear what it means. I was also brought up Catholic so fear that perspective of it.

Just had an aha - maybe that's why I'm forever roaming to search for what the unknown means to me and how not to fear it!

Rebecca: I worked on line 12 a few days ago and I sank into it with my shaman, then we were plummeting to the ground pretty fast but then a parachute opened and we landed very gently. However, from here nothing much happened so I just went with the flow to observe feelings, etc. There really wasn't anything so

I just trusted that the work was happening, which was fine. But I never really understood what the fear was. So I tried to work on line 12 again this morning. I met my Shaman but we seemed to be saying goodbye and when I went to the cave, although I was able to go there and stand on the compass, when I did, the whole thing sank into the ground! Nothing happened from there. So to me it seems like I've completed all 12 lines (do you think that's correct?). And if so, does it matter that I haven't been able to recognise what the fear was in line 12?

Belinda: Yes, that's fine if you don't know what it is. I do say, try to understand it but sometimes we just can't.

Rebecca: So I understand that working with the Shaman and compass helps to recognise our fears and diffuse them so that we can lift our vibration higher. This then allows us to understand ourselves better, and with a higher vibration we can get closer to seeing our life purpose and also help others with our strength and vibration. Am I on the right track? But obviously new fears will arise in us and old stubborn ones will come up again, yes? So is it likely that we will need to do another form of shaman/cave work - further down the track or regularly even (like housework!) - to keep fear at bay and our vibrations high? Or will there be other methods or maybe it won't be necessary?

Belinda: In the shaman's cave you are clearing out the major fears that are stopping you from discovering and living your life's purpose. So, it's akin to doing a big chakra 8 clean up. This offers you a higher perspective and more of an objective view about yourself and life. Most people fear what they will see in temple 1 - they fear they won't be good enough, or, that they aren't special enough. The ego fears not being seen as being 'special' but it also fears it is not special enough. All of us will always have to face our fears - this is the spiritual path - but in the shaman's' cave you are freeing yourself of very old solid patterns so that then you are much more able to see them operating in your life, and then not identify with them.

Rebecca: That makes so much sense. I totally understand what you're saying re: our ego not thinking we're special enough, and it seeks this recognition out from others (and instead we can give it to ourselves from within). This will certainly help me (and I'm sure others in this group) to go to temple 1 - which I'm excited about!

Maike: So far my fears haven't surprised me. Some took longer for me to find them, while three of them did in a couple of minutes. I believe you teach us really really well. I went with trusting, even when I couldn't quite believe what was happening. I have line 12 left and will go for it this week.

Belinda: Great stuff. Let the shaman lead. Let your soul lead. Get out of the mind and accept and embrace whatever happens. This is the key to the success of this journey. Thank you for highlighting this!

Maike: So it might be helpful to write the fears down and put them somewhere so I remember them every now and then as we proceed?

Belinda: Yes!

Maike: Great! I'll do a colorful fear collage or something like that.

Franki: Maike, I got out my glitter pens again and drew a big clock face and wrote the fear on the lines (where the hands of the clock sit). It really helped me pull it all together and simplify them into a few words each.

Sabine: Often I feel my third eye pulsing very strong, but my lower chakras (especially chakras 1 and 2) I feel less than I felt it weeks ago. Could there be any resistance of going further, and what can I do? The cave work was not extremely intense like others experience it. Is it ok. And could it be that all the work I have done with myself the last years (kinesiology, systemical work and many other things) let me "pass" it easier?

Belinda: You are doing the journey, and your lower chakras are just a bit weaker because you are doing so much work in the higher chakras. Don't worry about it.

Julijana: I pretty much evolved into Maleficent in my cave journey haha (have you seen the movie? It's one of my favorite but I think it's bizzare how pop culture references find their way into this work, is that common?). The Shaman let me grow back dark wings and told me to own "the dark" and not be afraid of

losing the light when I do so, and also that I should keep reminding others “not to hide in the light.” I almost don’t want the cave to go away, I feel like it gave me so much. Does that make sense? Can I keep it for when I feel like I need it?

Belinda: In time you will find that the pop culture references fade and that you will see the essences in their true light. When I first saw my essence of death he looked different so that I could understand him, and nowadays, he looks the way he truly looks. Don’t worry about that. It happens to all of us. As your perception and discernment grows, you too will also be able to see them closer to their true natures.

Eva: I finished shadow work today. I got many hints that it is finished - the cave exploded in White Light and then was gone, the garden was full of love and light and new life - but still a voice is bothering me with “am I really done” questions. Is this ego’s voice? How do I handle these doubts best?

Belinda: You are finished. Enjoy your rest.

Jo: Thanks Belinda for the lessons with the Shaman and the cave, a lot has come up for me in everyday life relating to what I am working through in the cave, but it is the most liberating feeling as well as the most conflicting, as I know I am just cracking myself open and letting the light shine through.

Belinda: Great work. Many blessings. xo

Erin: The experiences I have been having in the cave seem quite subtle in comparison to what others describe in the fact that I’m not a visual person and I haven’t seen my shaman. I sense that he is there and I mainly feel things, e.g., a sensation in a part of my body or an emotion and sometimes I will hear a word, after I leave the cave. It’s as though my fears come into play in my everyday life and as time goes by I can start to get a deeper understanding of what my fear is. They

seem to come to me in a different way. I'm wondering if this is right for me (I know everyone has different experiences), and should I just keep moving through the lines as I had been - sitting on line 1 waiting for more to happen but nothing really is? I have previously done quite a lot of work around my fears and I'm already aware of quite a few so I wonder if this is why my experience has been less intense in the cave? I don't seem to have a problem channeling the White Light and have been visiting the cave quite regularly, so I'm not really sure what else to do. I've been focusing more on chakra 3 like you suggested last time and really showing up, wanting and ready to face my fears. Do you have any guidance or advice?

Belinda: Sounds great. Many are also experiencing the same things as you. It is just that normally the ones struggling or needing support post their questions. That is why many of you think you are "in it" enough. Many ways to experience this journey. All are valid and perfect.

Erin: Ok thanks, I guess I'm never quite sure if what I am experiencing is complete or if there is more to come for a particular line. How do I know? The only thing I can think of is to trust my intuition, as I can't see the lines so don't know when to move to the next. I kind of feel like I am blind and making my way through the journey in the dark. It can also verge on the feeling of, "Am I making this up?"

Belinda: Maybe you are making it all up? What would be the problem with that? All of my life people have told me that I'm making things up, but these things that I was told I was making up greatly helped me and are helping others. Just don't have an agenda or expectations and flow with what is happening. This is the key to the success of chakra 8. This is the key to the success of life.

Tina: Standing on one of my lines, I saw a gorgeous glowing yellow rose... I am wondering if it symbolizes the fear of remembering myself, my power?

Belinda: You need to learn to interpret this for yourself. How did the image make you feel? This is the interpretation.

Tina: Can a line or a fear be more than one way of looking at something? I think one of my lines was about both being seen and not being seen, another about being stuck and moving on, and another about not having enough money and money being dirty.

Belinda: Yes.

Eva: Hi Tina. I had the same on two or three lines. For example, fear of belonging and not belonging. Crazy stuff I thought in the first moment, but later on recognised that I have often had contradictory feelings when it came to the issue of belonging. It was a relief and brought a lot of peace to me to know about my contradictions.

Gudrun: I had contradictions in my lines 10 and 11 relating to exposing myself: Line 10 fear of being invisible, line 11: fear of being seen and ridiculed.

Karen: Thank you so much for this, Tina. Exactly the question I would have asked Belinda in the last webinar. When I asked about my progress you thought I was further ahead then I realized. Do you think I have completed the journey at this point? According to my count I'm in line 9, but I did encounter some more physical sensations early on that I can now identify as possible lines/fears.

Belinda: Stay with line 9.

Tina: Is each fear/each spiritual direction connected to a particular chakra? Twelve fears/spiritual directions for 12 chakras?

Belinda: Nope. Not at all.

Leanne: I feel like this has been too 'easy' a journey for me as far as not 'feeling' the fears every time I am faced with them on the lines. I am on line 10 now but they just don't seem to be painful, although they are showing up in my life as I do the lines as well. I guess I just want to know I am doing them right?

Belinda: You are facing deep fears in your life, so you are doing the journey right. It's all good.

Marian: I feel like I just jumped off the roller coaster! This shadow work has been very scary at times but I am delighted to say I have completed line 12. Thank you for the extra time to allow me to release the fear that I wasn't going to finish in time and have time to relax and enjoy the last line it was truly amazing. Is it normal to look back at what you journal and not actually remember writing it? This last week I have been totally exhausted and the fear of my thyroid issue was returning - is this just part of the my shadow work?

Belinda: Yes. You are doing a lot of subconscious work which the conscious mind can find difficult to understand. That is why you can't remember what you wrote.

Priscilla: I keep working on my chakra 1. You encouraged me that the shadow work would be easier when my chakra 1 gets stronger. And I feel the shadow work is going great. My chakra 1, though, always looks drained the next day. Is that because it needs support from the outside in addition to the energy work, or is it not getting stronger? And am I going deep enough into the fears now? Am I really seeing them as fast and clear as I feel I do?

Belinda: It's because you have a very weak chakra 1. It doesn't look weak because of the chakra 8 work. It looks weak because it is weak. Keep going with it! Great work.

Priscilla: Thank you for your answer earlier! I phrased it weirdly. I didn't mean that my chakra 1 looks weak from the chakra 8 work. but I wonder if some outer life factors drain it, and if I need to support it from the outside, in addition to doing the ACCM, by moving to a healthier place for example? And do I see the fears as clear as I feel I see them?

Belinda: You are becoming aware of how weak your chakra 1 is. You are finally seeing this. You don't need to move to strengthen it, you just need to keep doing your chakra work to strengthen it.

Patrycja: I was stuck on Line 4 for a very long time, doubting the whole process and suffering from painful ear infection and horrible sinusitis (which is an annoying and recurring issue). Line 4 turned out to be the fear of my superpower/psychic abilities and as soon as I completed it last Monday (finally), someone came to me at night and was standing by my bed! I got a bit scared and ignored them, as I thought it was a dream. Then I woke up again and two people were standing asking for help. I didn't get scared at all - I told them: "Sorry but I can't help you. Belinda Davidson can help you. She lives in Australia. Thanks. Bye." And they went away! I'm not sure if it was a dream or reality, but I think reality. Rhondda advised me to put them on the WL wish list which I will do. This week I started moving faster finally - after completing line 4 last Monday, I've also completed 5 (fear of not being good enough) and 6 (fear of being controlled / losing freedom). I'm on Line 7 now which seems to be fear of not being loved or something similar. I'm happy it's going faster now, but I'm not feeling the fears as strong as before - before I cried in the Cave and could see the whole movies. Now it isn't as deep I don't think, as I only have words coming up to me and sometimes the Shaman explains or shows some situations from the past. Is it ok? Oh, I think I need to visit the Cave more often.

Belinda: Yes, people often send ghosts or spirits to me and it is fine to do this. But I would prefer it if you said to them, "Go to Belinda on Mondays at 9pm." Then they are showing up at all hours.

Melanie: I have been really trying to get through these lines and I think I'm up to Line 9. With some of the lines I got strong words such as betrayal, addiction, persecution and even extinction and vivid images like being an eagle flying over a valley, or fairytale characters to go with these and with others - like line 8 I was underground with a sense of being bogged down and reaching for the light. I am quite stressed about money and website/career/personal life issues at the moment, so I was feeling very bogged down and in a darkish anxious place when I did line 8. Is it possible I just imagine the lines to match what's going on in my life? I don't really feel much when I am on the line.... I don't even see my Shaman every time although I sense him around. I am going to attempt line 9 today. Can you confirm that I am doing this correctly? And I am up to line 9? Will we be assessing each of these lines with you in this journey or are we supposed to work out the message behind the fear ourselves?

Belinda: Yes, keep going. You are doing very well.

Lyn: My lines have been dark (not having any images) although I'm told by my shaman what the fear is. Line 12 - I have been on it for I think a week, do I still need to do some work on it?

Belinda: Just keep going... Great work.

Trish: I'm on 10. I had to stop for the last week because it was very overwhelming. Line 2 was fear of being unlovable and line 10 was just a feeling of black void emptiness. I feel these lines are similar in that line 10 was about unworthiness and not being loveable. Is it possible for a line to be a much deeper fear of another line? Or should I try and distinguish more between 2 and 10?

Belinda: Yes, that can happen. Just try to write down how line 10 was deeper than line 2. But if you struggle to do this, this is ok too. Sometimes some things we just can't interpret.

Tracy: I am still not seeing anything and feel that I am thinking the steps through. I am trying to feel more as that is what seems to happen for me. The other night I felt like there was something touching my face on the left side as I mediated - or was I just over-imagining it? This morning for Line 8 I felt empty and like a void, and then after I had been there for a while I asked the Shaman, who I don't see, for help and guidance and I got the word Freedom (which I am uncertain of as doesn't seem like a fear). Are all the lines usually darker? Is that two lines or one? I haven't processed either yet.

Belinda: It sounds to be like you are doing an amazing job. Don't be insecure about this. You are working your way through the lines in your own way.

Loveday: I went into Line 10 on three different occasions recently and got fairly different fears coming up. Is there a chance I might have received info on a couple of lines at once? Since a really profound meditation earlier in the week (which I thought was still line 10), I've almost felt as if the cave work is 'done.'

Belinda: One line can have multiple fears. It isn't one fear per line. We just move onto the next line when we are guided to do so.

Julie: I finished my 12 lines last week and I loved all of it. I feel though like I could do this again and come up with a whole new round of fears! Did the ones come up that I was ready to let go of and the rest will surface later?

Belinda: You have cleared the fears that pertain to living and expressing your life purpose. No need to do this again. But for the rest of your life you will be transmuting fear to love. This is the spiritual path.