



How to Write a Shamanic Song

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Pick a reason for your song. You may want help remembering to shine the beauty and power or your infinite soul-self or help connecting with a helping spirit or the spirits/energies of a place. Additional image tips (see reverse) help you create songs for additional purposes, such as feeling at peace with yourself and others, greeting the morning with gratitude, preparing yourself for sleep, healing from a trauma, blessing the land, a meal, or a baby; bringing consciousness to any daily activity (even washing dishes!) or ceremony; honoring a person on their birthday, enhancing the power of affirmations and thoughts of gratitude ... the list is endless!

Getting the Images



Sit normally or rattle to go within until you get a simple phrase or answer to each of the following questions.

1. Pick one Helping Spirit (Power Animal or Teacher); what do they most often do when you're with them? Pick a common scene, such as Crow cawing, Turtle walking slowly, Doe looking at you with her big brown eyes, Hawk soaring. Write it down!
2. What do you do in response? (Examples: when Crow caws to me, I listen closely, we fly off together, I know that I am loved ...) Write it down! (Note: You may not get anything for this one, and that's okay.)
3. What is the main message you most often get (or pick a favorite) from this Power Animal or Teacher? (My example from Turtle is to remember that the strength is within.) Write it down!
4. Anything else coming to you immediately? Images, sounds, thoughts, emotions? (Examples: Bear's laughing belly, Lion's strong heart) Write it down!

You now have all the elements of your song except the sequence of the phrasing and the tune.

Getting the Phrasing



Take a few moments to string your phrases together; it doesn't have to rhyme!
It can be full sentences or just phrases.

Getting the Tune



1. Start speaking these words over and over until a melody "comes" naturally.
2. Or listen silently for one note in the air. When you hear it, listen for the next one, and then the next one. Continue until you have enough notes for your words.



- *Feel free to use an existing, familiar tune, even the chorus of a favorite song.*
- *Let the cadence match the overall feeling. If quiet strength and calmness is the overall feeling, so you might pick a slow, lullaby-like cadence. If you were looking to evoke joy or energy, you would probably want a faster, more upbeat cadence.*

All Done! Ready to Start Your Next Chant ...

—See Samples on Reverse—

My Samples

Turtle Honor Song

The Turtle is a power-filled shell;
the Turtle is a power-filled shell!
The strength is within; the strength is within.
Go within and honor the power-filled shell.

Lion Honor Song

Lion, Lion, seated before me (repeat as long as image holds).
Lion, Lion, pouring throughout me (repeat as long as image holds).
Lions, Lions, gathered around me (repeat as long as image holds).
Lion, Lion, purring in my heart (repeat as long as image holds).

Crow Honor Song

When I hear Crow caw, when I hear Crow caw, when I hear Crow caw, I listen and I watch.
When Crow caws to me, when Crow caws to me, when Crow caws to me, I answer and we fly.

Bear Nudges Me

Bear nudges me, says “Go deeper, it’s okay, don’t fight.”
“Some things, like sparkling stars, you can only see at night.
Only see at night; only see at night.”

Getting the Images for Other Purposes

As before, get a pen and paper. Sit normally, meditate, or rattle to “go within” until you get a simple phrase or answer to each of the following questions.

1. What scene or image arises when you reflect on what you want this chant for? Write down the phrases that capture that scene. *Example: for staying calm in adversity, you might see yourself standing like a tree, with deep roots that anchor you and outstretched limbs that open to the sky.*
2. What sensations did this image/scene invoke in you? What, if anything, did you do in response? You may not get anything; that’s okay. If you do, write it down. *Example: you feel a quiet strength.*
3. What is the main message you get from this scene or image? Write it down! *Example: you can see the big picture and you “just know” that, no matter what happens, you’ll be okay in the end.*
4. Do any other images, sounds, thoughts, or emotions come to you immediately? Write them down!

Go to the previous section for the exact phrasing and the tune.

Greeting the Morning with Gratitude

With the Earth, I turn; With the Earth, I turn
And reach out to the Morning Sun ... And reach out to the Morning Sun
With open, open, open arms ... And grateful, grateful, grateful heart

Asking for Healing Dreams at Bedtime

Healing dreams, come, as the moon beams!
Healing dreams, come, as the stars shine!
Healing dreams, come, as I slumber, All through the night.