

CLAIRVOYANCE
- CLEAR SEEING
OF VISIONS,
OTHER PEOPLES
EXPERIENCES,
SPIRITS, NOT
JUST IN DREAMS
BUT IN YOUR
WAKING HOURS.

MEDICINE BAGS BY DIANA

MAKING MEDICINE BAGS HAS BEEN A WIDENING AND AWAKENING EXPERIENCE FOR ME. ALL MY LIFE I HAVE FELT AND SEEN THINGS THAT OTHERS NEAR ME DID NOT. I COULD NEVER DEFINE THIS BUT LOOKING BACK NOW I CAN REMEMBER THESE COMFORTING FEELINGS OF PLACE AND CONNECTIVITY EVEN IN THE UNKNOWN. IT WASN'T UNTIL QUITE RECENTLY AFTER TAKING A COURSE WITH ASIA SULER AT ONE WILLOW APOTHECARIES THAT I FOUND MY EXPLANATION.

As it turns out I am an HSP. Which is defined as a highly sensitive person having been described as having hypersensitivity to external stimuli, a greater depth of cognitive processing, and high emotional reactivity. My definition of this term is also someone who has high sensory perceptivity. I also learned that there is more than one type of clairvoyant. These are just a few descriptions of each.

1. **Clairvoyance – clear seeing of visions, other peoples experiences, spirits, not just in dreams but in your waking hours.**
2. **Clairsentience is the ability to receive intuitive messages via feelings, emotions, or physical sensations.**

3. **Clairaudience – clear hearing. Hearing sounds (example: animal or plant communication) or vibrational sounds that others can not.**

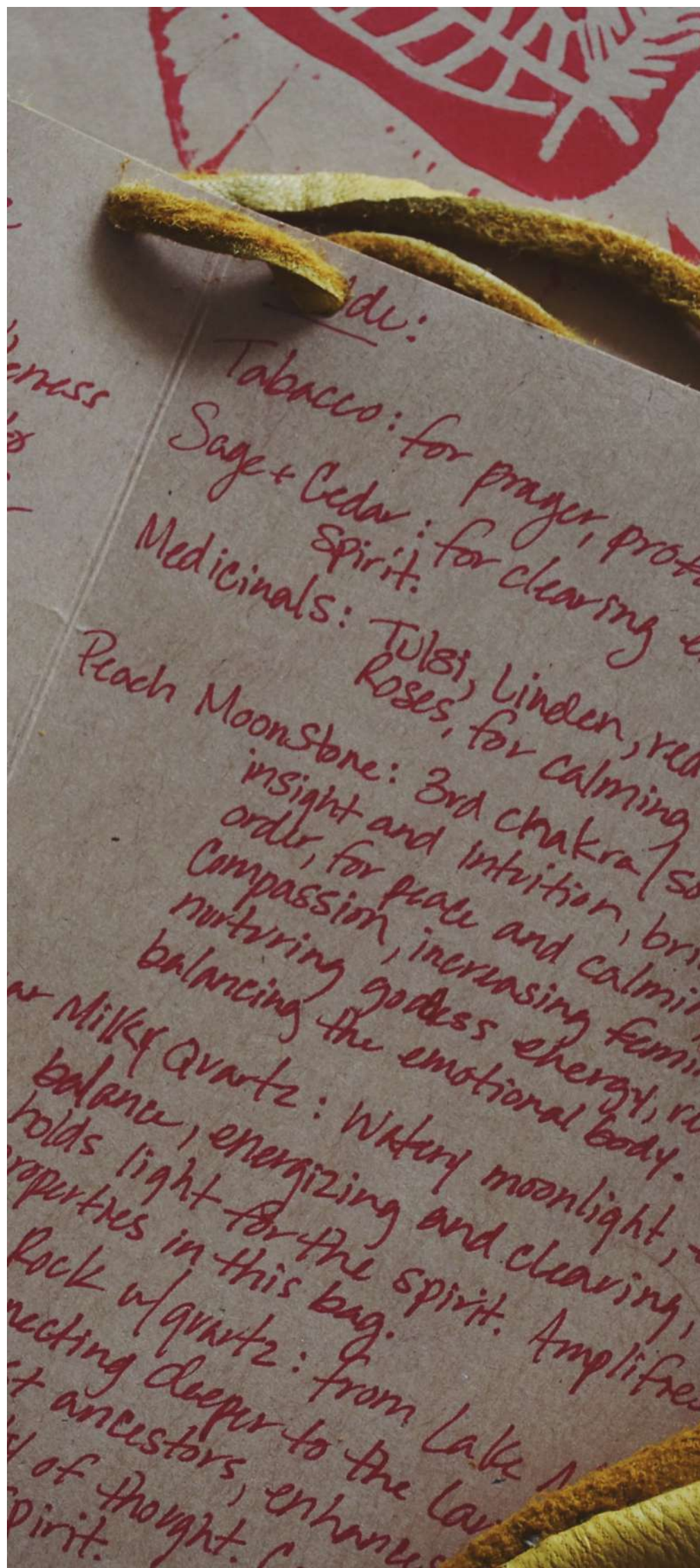
After looking through the Clairs I sat stunned for a moment at the awareness that I fall under all three categories. This explained so much of my experiences as a child and young adult. I can feel things shift in the ethers wether its a human shift of energy or an earthly shift, does not matter. It's the one thing I have never been without.

The conduit of much of my clairvoyance has been my dreams. I have had spirits visit me, whether they are alive in the now or have already passed many moons ago. They usually need a visit to simply chat about some kind of current struggle they were enduring and I would listen. I have picked up on left over energy in a bed or a home and then dreamt about what had previously happened. I have foreseen every day occurrences and weather events in my dreams too. My dreams have always been a guide. Always letting me know what is happening in my life, to others around me and even what is to come.

As an adult I still do this but as I have been fine tuning and widening my intuitive self I can now see and experience this knowing in my waking hours. As I have begun the deep and uncomfortable work of forgiveness and releasing old, stuck energy, my intuition has widened and my connection to the earth and all her beings has deepened.

The medicine bags came to me after receiving guidance from one of my most trusted and elder guides. She lives





nearby, and has been in the practice of intuition and spiritual communications for decades longer than I.

Once I received this guidance, what I had to do next was just say yes and trust in the process. I did however feel the deep need to obtain some kind of permission from a Native American source in order to take the big step forward. I do not advertise my bags as Native American made but I still needed an ok to work with this traditional healing method. Today so much has been taken from their culture and destroyed or rewritten so I felt this sense of fragility on making the bags without permission. Fortunately I have been blessed and was given permission by a dear friend in the Yaqui tribe in New Mexico. He simply said to me, "Do what calls to you Diana." So I began.

People have and continue to reach out to me, sending messages of fear, grief, sadness and suffering. Incredibly heartbreaking stories. It is in these moments when I realized the depth of need for energetic/spiritual medicine in the world.

As I make the bags messages begin pouring in through a shamanic channeling from a spirit source. My dried medicinal herbs are wanting to be part of them, my crystals are practically leaping out at me and all this information is just flowing. It is my job to listen carefully and trust the information so the receiver of the bag gets what they need.

More recently I now have symbols and images coming through and I burn them into the hide with a pyrography pen, sometimes even being unaware of the symbolic meaning. What I have found with this is that the receiver of the bag always has a very deep connection to the particular symbol. If I am lucky enough to get a

chance to talk with the receiver of the bag I get to actually hear the story off the symbolic connection and it always knocks my socks off. The experience of the higher knowing that comes through is indescribably amazing every time.

Every single part of the bag is made for the specific individual in need. I write all the healing properties of the bag in a card along with a clairvoyant message that comes through while making it. I am always surprised by this reading as it flows through me so quickly and does not pertain to me personally. I can only hope that it makes complete sense to the person receiving it. Thus far the feedback on this has been astounding and I have had many people ask me how I knew what they were going through. The answer is, I didn't know, but use these gifts to practice awareness.

In the moments where I have felt overwhelmed of the need for the medicine I find that the joy in empowering others and the courage to trust washes over the overwhelm. Having the abilities I have once felt like a burden and now feel like a tremendous gift that I am so grateful for. Making these bags is also part of my own healing process. This making process is bringing me back to my authentic self that I once lost abruptly and traumatically. I find the vulnerability and the newness of it all very exciting.

The medicine the bags carry always surprises me, as if to already have the knowing, they kindly use me as a conduit. I have certainly opened my heart to the bags, the historical traditions they are connected to and the process they ask of me. They have also been teaching me what trust truly is. Each experience I have with the bags, one by one has led me to some incredible experiences and gifts. Really the bags are my connection to the universe and all the miracles it holds.

Connect with Diana via Dianawakan.com or via Instagram : @dianawaken

