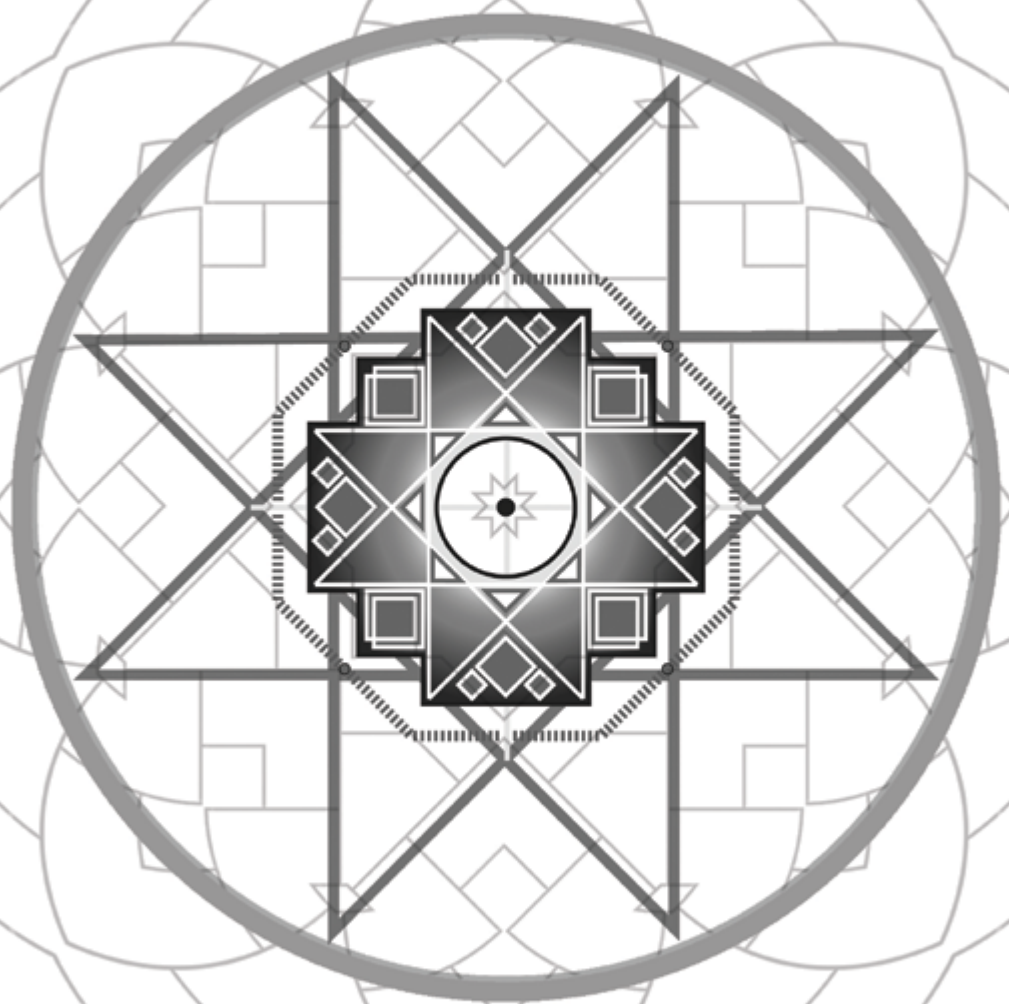


THE HEART MAP EXPERIENCE
SHAMANIC DREAMS



-- ebook --

heartmapexperience.org

'Visions Are Meant To Be Manifested,
Otherwise, They Remain Just As Dreams''

-- Soniko Waira

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*“This book is dedicated to my son Nataani;
and to all the little children that are bring powerful dreams
meant to heal and love this beautiful Pachamama;*

to your inner child and to all children yet to be born.

*May this stories contribute to the creation
of a more harmonic world”.*

H U Y A Y A Y !



This is a Visionary process designed to assist us in our personal growth and collective connection, offered in alignment with this exact TIME and PLACE. It's based in ancient shamanic teachings and modern mind techniques, bringing out our visions to the conscious world.

It's a very powerful manifestation tool and an artistic way of processing information.

Heart mapping is designed to help you re-connect and remember the magical journey of conscious manifestation of any idea, project, dream or vision through the use of modern mind techniques and ancient shamanic teachings.

"When you are in your heart, nothing needs to be done to bring change; it will happen automatically and with grace." ~Drunvalo Melchizedek~

Disclaimer: I am a storyteller and these are my stories so don't believe anything I say. Please read and listen with your heart. If you resonate with this frequencies practice them so they become yours or if you don't resonate with them, at least I pray these stories get to entertain you for the next little while... Enjoy!

Your heart, my heart.. ONE HEART!

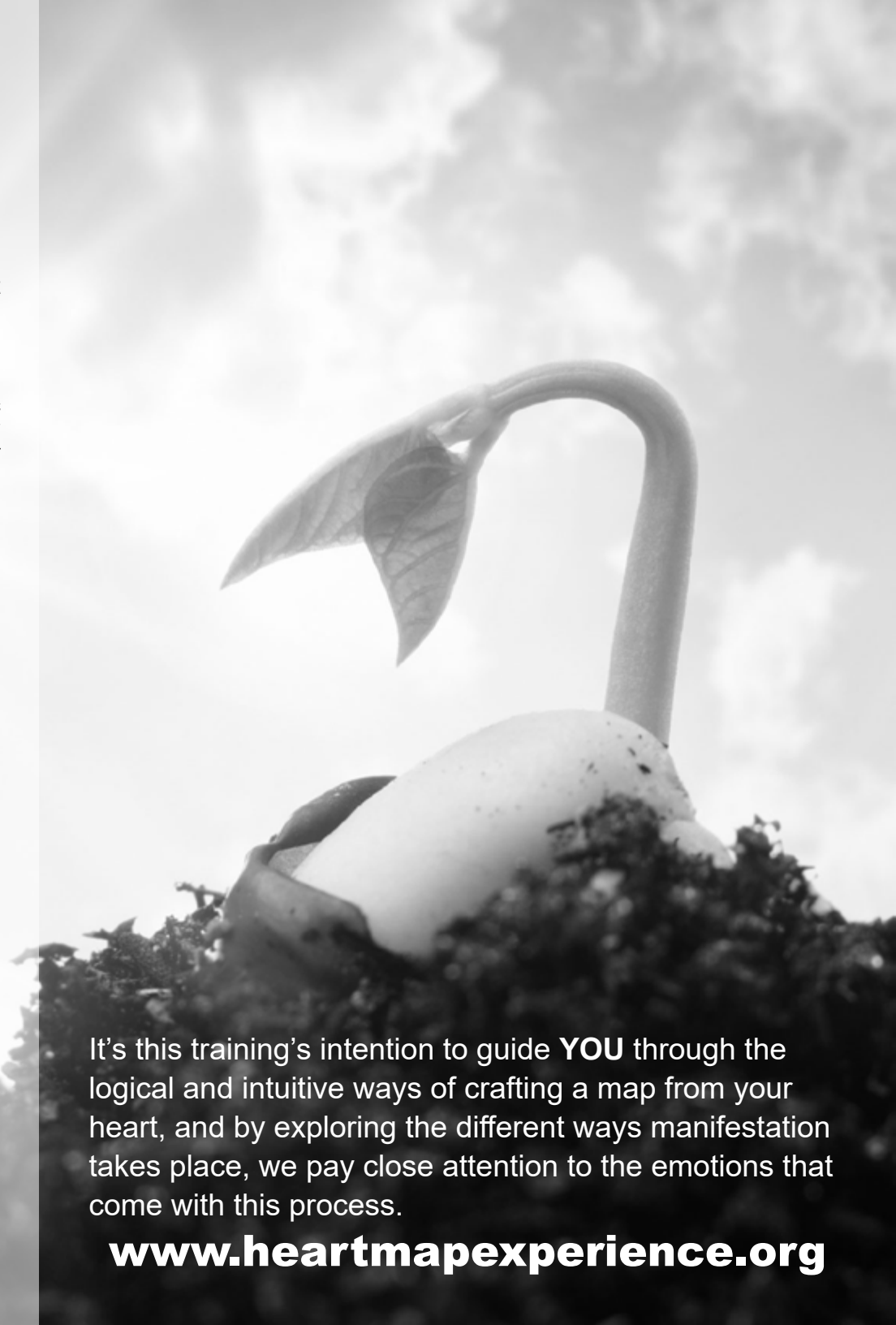
Soniko Waira
Founder, creator

MISSION in VISION:

To provide life changing experiences that inspire YOU reconnect and remember the beautiful magical journey of conscious manifestation; of any idea, project, dream or vision; through the practice of modern mind techniques and ancient shamanic teachings that serve as a complementary tool to map out the Visions you receive for your life's journey.

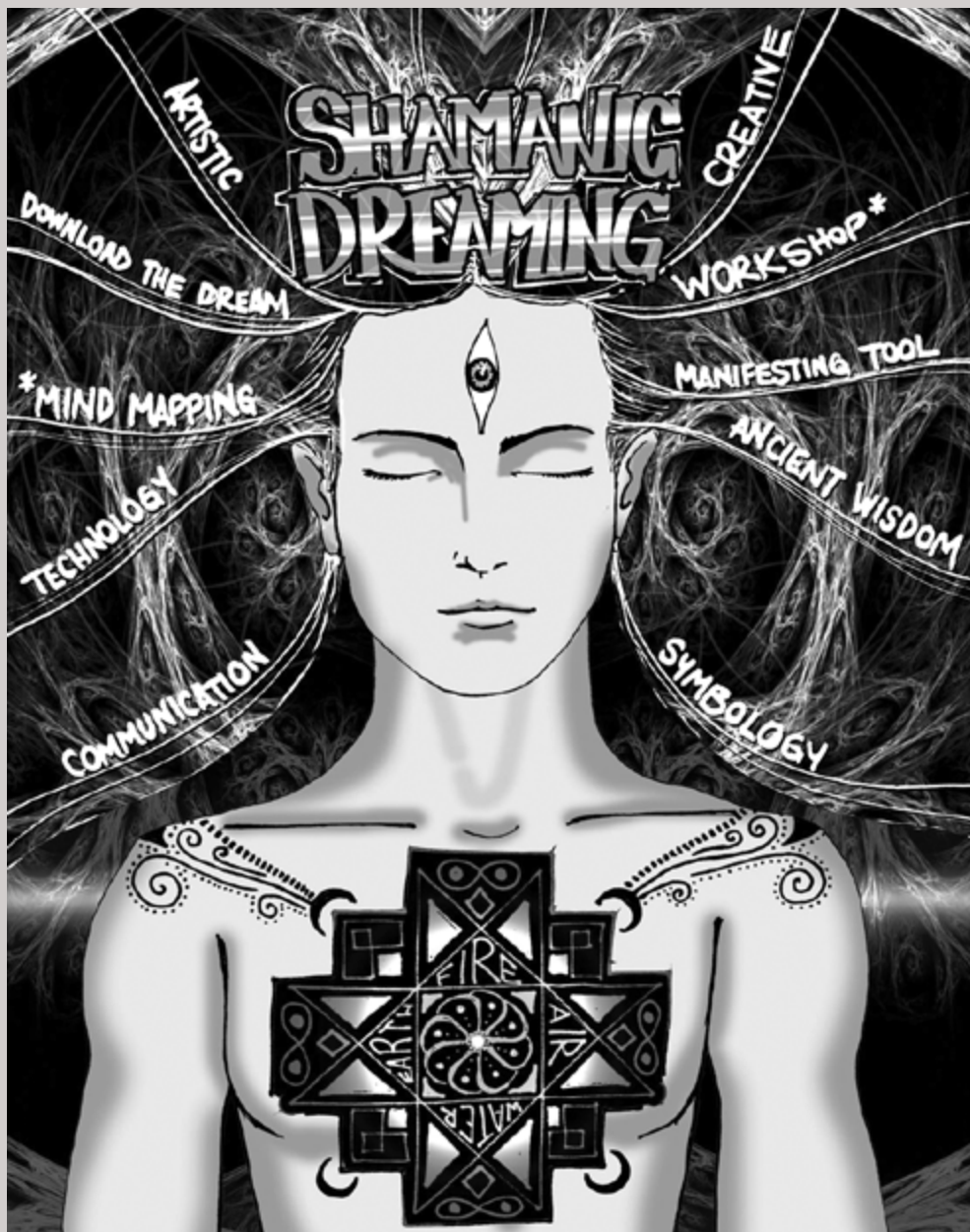
"The Heart Map Experience envisions reaching as many hearts as possible throughout the world, contributing to the awakening process of the human consciousness, helping people to get in touch with their own creative force".

"Visions are meant to be manifested, otherwise they remain just as dreams"
- Soniko Waira



It's this training's intention to guide **YOU** through the logical and intuitive ways of crafting a map from your heart, and by exploring the different ways manifestation takes place, we pay close attention to the emotions that come with this process.

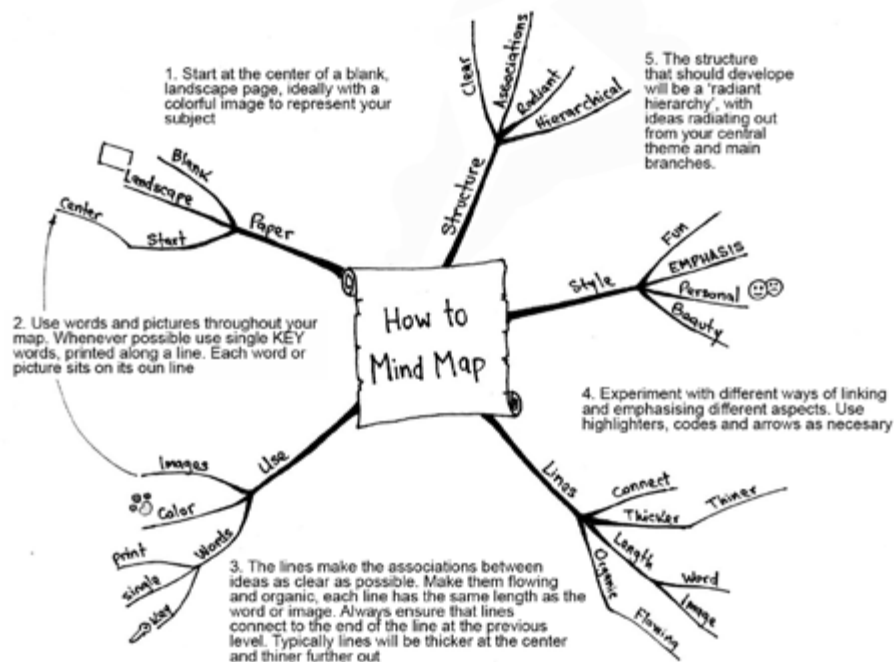
www.heartmapexperience.org



* Think about how things -- babies, visions, ideas, projects, plans -- do not simply pop into existence. There is a gestation period when the seed is hidden in a safe place, where it has time to receive the vital nutrients it needs to grow. This gestation period also gives the parent or inventor time to prepare themselves for the birth. If there is a seed or idea growing within you, what nutrients will nourish its growth? What do you need to do for yourself in preparation for giving birth to whatever is gestating within you?

“The HEART MAP EXPERIENCE is a very powerful manifestation tool and an artistic way of processing information.” It’s a tool that connects Heart and mind.

This space was created with the intention to help YOU remember and rediscover your dream/vision, creating literally a “roadmap” that will inspire and awaken the passion that lives within your heart.



What is a Mind Map?

A writing technique (left side of the brain)

As you read about the nature and workings of your memory and about your brain's other major functions, you will realize the extraordinary extent of its capacity and potential. A mind map is a tool used to entice, delight, stimulate and challenge you. You will discover some astonishing facts about your brain and its function, and you will take the first major steps on the path to freedom of the mind.

A Mind Map is a highly effective way of getting information in and out of your brain - it is a creative and logical means of note-taking and note-making that literally "maps out" your ideas.

All Mind Maps have some things in common. They have a natural organizational structure that radiates from the center and use lines, symbols, words, color and images according to simple, brain-friendly concepts.

A Mind Map converts a long list of monotonous information into a colorful, memorable and highly organized diagram that works in line with your brain's natural way of doing things.

MIND MAPPING AND HEART MAPPING:

"Heart mapping is a holistic technique born from "mind mapping", and it's the result of years of practice and evolution. After using this tool to keep me focused on my sacred vision successfully, it was clear to me that the time has come to share it with the world.

May this tool serves you in the best way possible for your journey... all my relations... aho!"



The Power of Images

If the Radiant Thinking ability of the brain can be applied to the 'left cortical skill' of words, can the same power be applied to the 'right cortical skill' of imagination and images?

In 1970 Scientific American magazine published Ralph Haber's research showing that individuals have a recognition accuracy of images between 85 and 95 percent.

There is a well-known quote,
"A picture is worth a thousand words".

We associate and remember images because they make use of a massive range of your cortical skills, especially imagination. Images can be more evocative than words, more precise and potent in triggering a wide range of associations, thereby enhancing creative thinking and memory. These findings support the argument that the Mind Map is a uniquely appropriate tool. It not only uses images, it is an image.

A Mind Map is the external mirror of your own radiant or natural thinking facilitated by a powerful graphic process, which provides the universal key to unlock the dynamic potential of the brain.

Shamanic Dreaming

(right side of the brain)

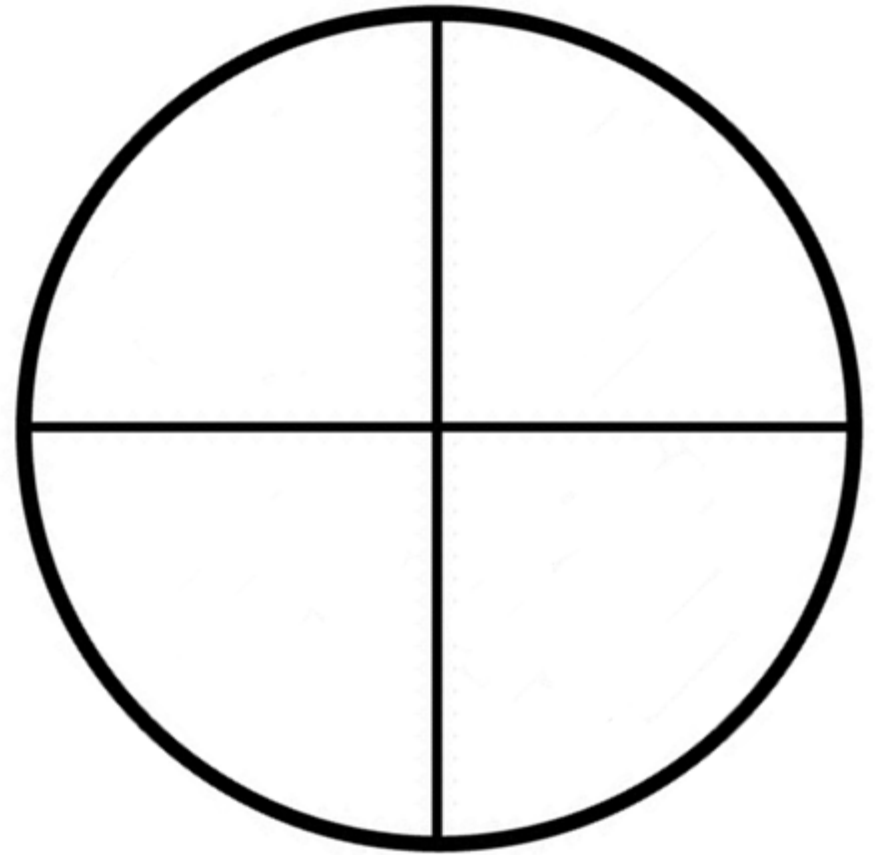
Involves entering into the world of spirit from a waking and fully conscious state. Being able to be in two worlds at once. The dreaming mind is an expansive, creative force with limitless potential to explore the universe that exists inside the mind. Dreams for the shaman are a source of infinite wisdom and understanding.

When we expand our consciousness and travel into our interior universe to explore other dimensions of being, we open ourselves up to powers or energies that can guide and deliver us to a body of knowledge and potential that can serve the whole of humanity, not just ourselves. This is the essence of Shamanism.

Contemporary shamanic dreamwork attempts to understand the spirit and energy contained within the dream and so bring about integration or resolution on an energetic level.

What is a modern Shamanic Dreamer?

It's someone who brings their dreams into consciousness and explores them in all their possibilities as if they were from another reality. Modern dreamwork practice empowers the dreamer to be their own shaman and not take away their spiritual autonomy by allowing another person to tell them what their dream means. With this method, the responsibility, therefore, rests with the dreamer.



To explore your dream as a Dream Shaman, it would be helpful to you if you accepted that the Universe is alive, conscious, dynamic, connected, and responsive, because you will need to ask what a thing is, not what does it mean. Record the journey immediately, illustrating with sketches and mind maps wherever possible. Review the journey and the dream together, paying particular attention to the mythical, spiritual, energetic or archetypal perspectives. Write down your findings. At last, decide on any appropriate course of action and draft a plan (heart map), detailing how you will proceed.

SHAMANIC DREAMS

COSMOVISION WORLDVIEW

what is cosmovision?

It's the unique viewpoint of an individual or group of people of the world and the cosmos. It's based in their geographical location, the landscape they live in and how they stand in the medicine wheel. This view of the cosmos is what gives shape to their cultural ways, physical appearance, ways of organization, language, art and spirituality, basically their whole identity.

Note: This tool has been shared through Soniko's cosmovision but it can be applied to yours.

Prayer and Meditation is the beginning of the journey for the conscious human. It opens the door to our connection with the spirit world and other dimensions. Once we realize this realms coexisting side by side with our 3rd dimensional reality, the dialogue begins.

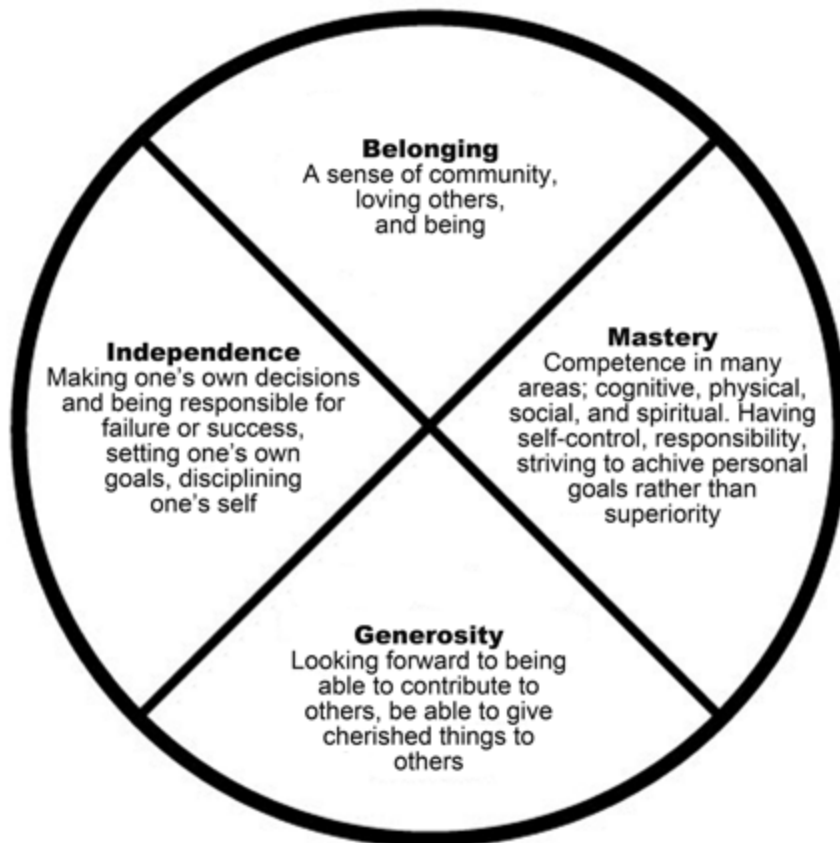


“To pray is nothing else than talking to the Great Spirit.
To meditate is to listen to her/his answers”.

THE POWERFUL CIRCLE

“The circle, the sacred hoop has healing power. In the circle, we are all equal. When in the circle, no one is in front of you. No one is behind you. No one is above you. No one is below you. The sacred circle is designed to create unity. The hoop of life is also a circle. On this hoop there is a place for every species, every race, every tree and every plant. It is this completeness of life that must be respected in order to bring about health on this planet”.

~ Dave Chief, Oglala Lakota ~



The healing circle or medicine wheel

The medicine wheel symbolizes the interconnection of all life, the various cycles of nature, and how life represents a circular journey. The number four is sacred to the many peoples of Turtle Island and represents many things: the four directions, the four seasons, the four areas of a person's life (physical, emotional, mental and spiritual); the four kingdoms (animal, mineral, plant and human); the four sacred medicines (sweet grass, tobacco, cedar and sage). You may see the medicine wheel presented in several different ways depending the cosmovision of different cultures.

Through the medicine wheel, we learn that if we focus on or become stuck in the physical, emotional, mental or spiritual aspects of our life, we lack wholeness in all aspects. It is important to work on achieving health, positive change, and growth in each aspect for balance and wholeness.

Ceremony

It's an event of ritual significance, performed on a special occasion. It's a spiritual technology that humans use to remember/connect with the sacredness of life and the meaning of our experiences.



Most ceremonies begin with some form of cleansing.

Smudging Ceremony

Smudging is the form most often used in Earth ceremonies, using the smoke from burning medicine herbs to cleanse the energy field of a person, place or thing. Smoke is an etheric substance that penetrates between the realms of creation from the dense to the more subtle.



Generally, sage, sweetgrass, and cedar are burned to purify and protect one's living area, self and sacred tools. Pure tobacco is also used by some Plains tribes and copal in South and Central America. The herbs are burnt on their own or in mixtures, depending on tradition and required effect.

Centering yourself

There are many ways of centering yourself in ceremony. The more centered you are the more powerful the ceremony will be. Basically any centering technique helps to bring all your energy together, allowing you to let go of your everyday thoughts and enter the sacred space.

You can center yourself through drumming, rattling, chanting, through your breath, by being in nature. Take at least 15 minutes to get yourself centered.

***Like most events in life,
ceremony has a beginning,
a middle, and an end.
However, the end is the
beginning of another
ceremony.***

***The circle continues, just
as it does with all things.***

***When we're in ceremony we connect each
others heart with the heart or central fire in
the circle. This also connects the heart of the
ceremony with the heart of our mother earth and
the heart of our planetary system our father sun,
who connects us directly to the center of the
galaxy and the center of the universe
in ONE HEART.***

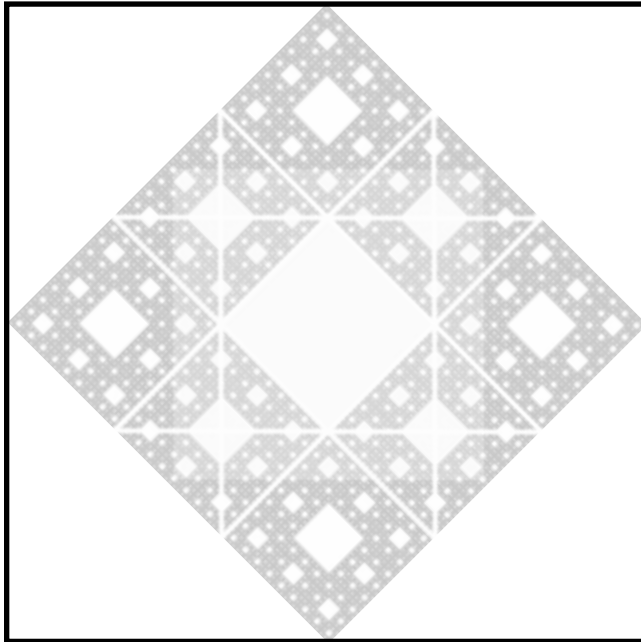
*** The Abundance and thanksgiving circle**

is a ceremony part of the HEART MAPPING process. It's main intention is to pray for the seeds we carry with us on our soul's journey and that we're ready to manifest them into our reality.

In this ceremony we come together to support each other, and to hold space for receiving inspiration from the spirit world. Here we give thanks for the gifts and talents we already have, and for all the Abundance that is always there, given to us by our beautiful Pachamama, our Mother Existence.

Teachings of the NUMBER 4

Relates to:	Character:
The HEART The Emperor Wednesday Green Musical note: F	The Stabilizer, can undertake difficult or unpleasant tasks, faithful, capacity for focused will and self-sacrifice, aware and accepting.



4 is the number of Foundation – the four directions, the four winds, the four seasons, the four astrological elements, the four kingdoms, the four stages of human life, the four areas of personal growth. The heart, the world, completion, practice, repetition, realization of power, ability to use practical thinking, basic form of order, prepare for renewal, instinctual knowledge.

The number 4 symbolizes the principle of putting ideas into form. It signifies work and productivity. The 4 energy is constructive, realistic, traditional and cautious. 4 is the number of system, order and management.

The number of fate, so it must be remembered that there will be many things that happen over which you have no control.

The 4 vibration needs disciplined harmony, dependability and responsibility in life. 4 maintains order, system and routine to make their dreams a reality. This vibration is to do with energy, harmony and co-operation and it is the 'door to illumination' or 'initiation'.

In the number 4 we may find the powers to create and attain, when used on the positive path. When the forms of 4 are centred on the material plane, they manifest as creative abilities. When focused on the spiritual plane, they have the ability to open new avenues for investigation into the psychic and spiritual realms.

In the number 4 we may find the powers to create and attain, when used on the positive path. When the forms of 4 are centred on the material plane, they manifest as creative abilities. When focused on the spiritual plane, they have the ability to open new avenues for investigation into the psychic and spiritual realms.

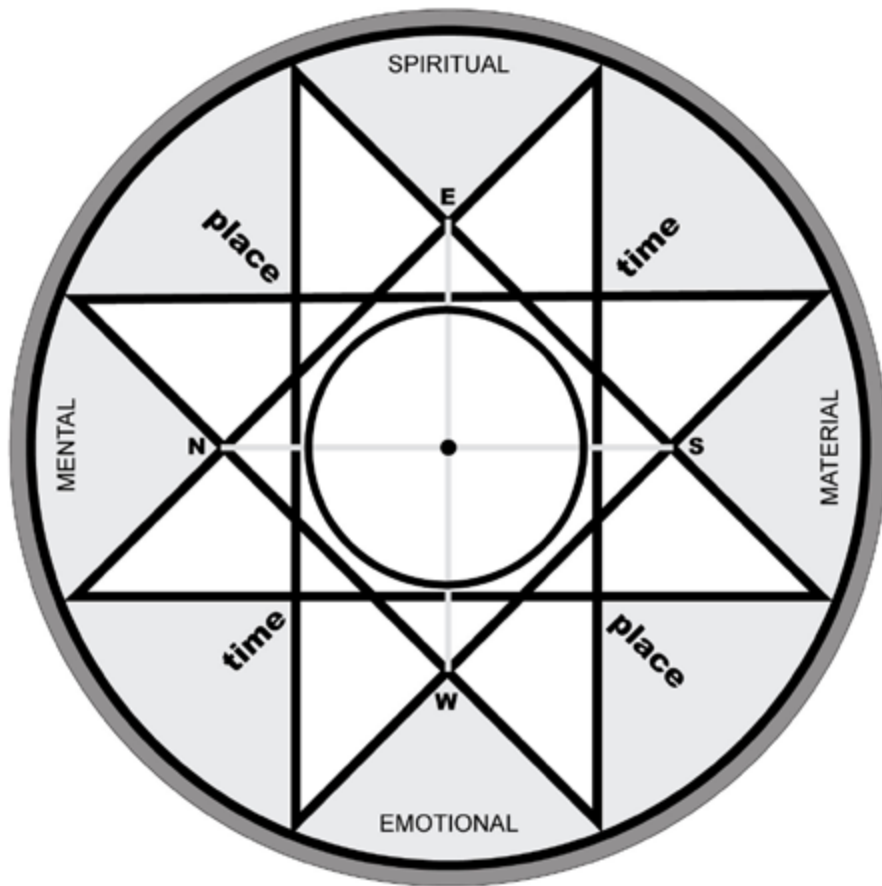
4 is well organized and demands rules, regulations and discipline in all things.

4 sees the bigger picture and the natural order of life.
4 sees the plan, then move forward with persistence to perform the necessary tasks.

It resonates with the vibrations of practicality and responsibility, illumination and initiation, building solid foundations, stability and ability, determination and endurance, hard work and progress.

4 also represents our passion and drive, and encourages us to work harmoniously yet diligently to achieve our goals and aspirations.

THE 8 POINTED
STAR



The 8 pointed star is a symbol found in many original cultures of the planet. It contains so much information that transcended language, and it's for this reason this information has continued through time.

* For the people of the Andes, specifically the Kitu-Cara people of Ecuador Ki-tu is also the name of the 8 pointed star which means:

Ki: the sacred place of

Tu: centred fire/sun

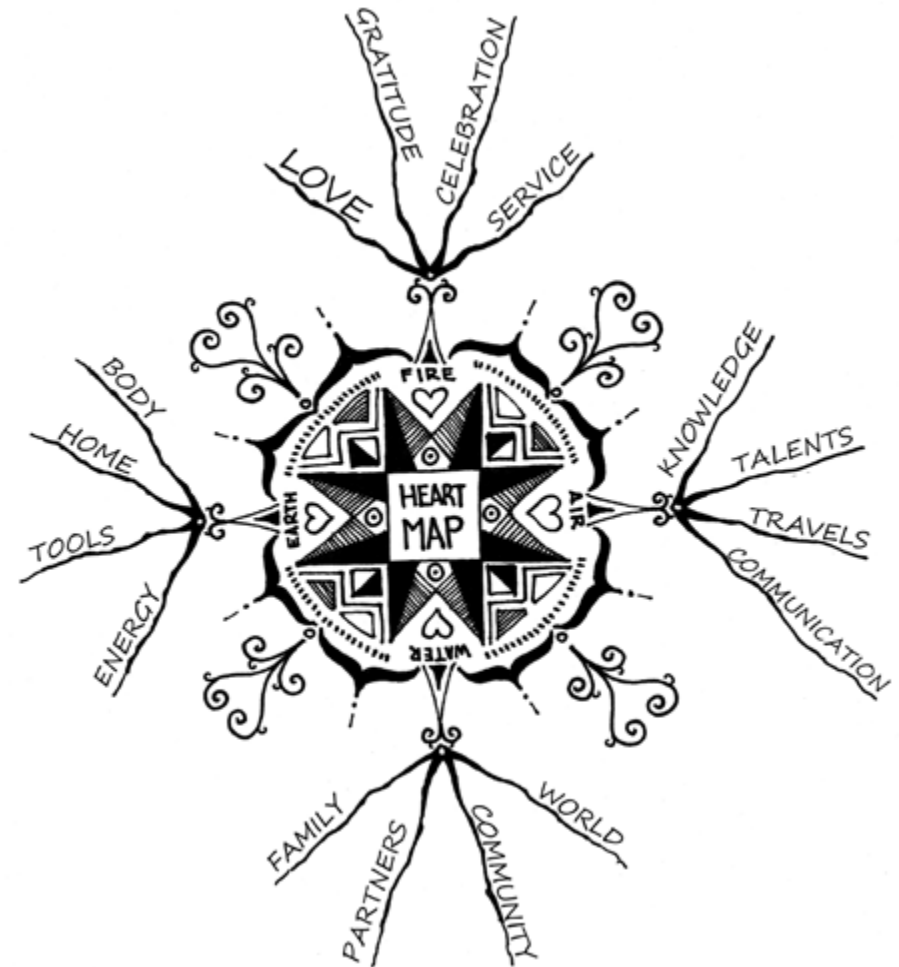
* For the Wixáritari or Huichol people from Mexico this symbol represents the gate to the heart and is used everywhere in their art.

* For the Lakota people this symbol is also a very important part of their culture and spirituality and is related to the heart and the star people.

... and if you look all around the indigenous cultures of the world you will find this ancient powerful symbol, teaching us the importance of living in our center, connected to the heart.

CRAFTING A MAP FROM THE HEART

How to find your Sacred Vision



This is the basic structure of the heart map and a reference to build yours. Use it as an example to keep the form of the number 4 but by all means be as creative as you can be, and express yourself as visually and clear as possible, using colors and images for a more effective result... **once you have completed the process of crafting your map, place it in a very visible place where you can see it every day.**

Creating and manifesting in cycles

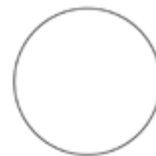
The phases of the moon's energy has a strong influence in our daily lives and it affects everyone including plants and animals. As the moon moves through its phases its energy represent different life situations and it has a strong affect on our emotions and moods. When we are aware of the moon's influence we can work with the energy to help us to navigate through whatever we are dealing with and to help us attract and manifest those things we want to create in our lives. Ritual plays an intrinsic part in the human experience. Through ritual we find comfort and meaning in actions or words.



New Moon- is the birthing cycle of the moon's various phases. The new moon phase is an optimal time for planning and seeding your intentions. Seedlings need a period of gestation before they break through the soil and reach for the sunlight. This is also true for our ideas and our desires. The dark side of the moon, with its mysterious unseen forces, offers a nurturing environment where our intentions can establish roots before their miraculous manifestations begin to sprout and reach out to the stars. Setting aside a time each month during the new moon phase to focus on yours wishes and desires will help give you clarity of mind and fill your heart with promise. Any intentions stated or written down carries power, so please take care in considering with your heart the things that you really want.



Waxing Moon- The waxing moon is the period of time between the new moon and the full moon. Every night, the moon gets a little larger. This is a time for growth, motivation, healing, courage, friendships, prosperity, attraction, and success. This is the perfect time to craft your map. After you set your intentions in new moon, you had 7 days to sketch and plan your map and on waxing moon day you begin the creation of you map finishing exactly on full moon where you celebrate!



Full moon- This is a time when the Moon is at its most powerful energy. It is a good time to give thanks and celebrate what we have in our lives. Perfect time for love, romance, psychic abilities, making decisions, healing and for guidance. It's also a powerful time for releasing. It is when the moon is fullest and starts to wane or get smaller. We can release what no longer serves us, like beliefs, emotions, fears and worries, past traumas. There is no limit to what we can release.



Waning Moon- The moon is waning as it gets smaller after the full moon. This is a good time to clean house, let go of the past, release bad habits, addictions, end relationships, release negativity and to ease stress.

The center of the chakra system is the heart



The word chakra is Sanskrit for wheel or disk and signifies one of seven basic energy centers in the body that correspond to nerve ganglia branching out from the spinal column, as well as states of consciousness, developmental stages of life, archetypal elements, body functions, colors, sounds, and much, much more. Together they form a profound formula for wholeness and a template for transformation.

<p>7. CROWN: I understand Thought, Universal identity, oriented to self-knowledge</p>	<p>This is the crown chakra that relates to consciousness as pure awareness. It is our connection to the greater world beyond, to a timeless, spaceless place of all-knowing. When developed, this chakra brings us knowledge, wisdom, understanding, spiritual connection, and bliss.</p>
<p>6. THIRD EYE: I see Light, Archetypal identity, oriented to self-reflection</p>	<p>This chakra is known as the brow chakra or third eye center. It is related to the act of seeing, both physically and intuitively. As such it opens our psychic faculties and our understanding of archetypal levels. When healthy it allows us to see clearly, in effect, letting us “see the big picture.”</p>
<p>5. THROAT: I speak Sound, Creative identity, oriented to self-expression</p>	<p>This is the chakra located in the throat and is thus related to communication and creativity. Here we experience the world symbolically through vibration, such as the vibration of sound representing language.</p>
<p>4. HEART: I love Fire, Social identity, oriented to self-acceptance</p>	<p>This chakra is called the heart chakra and is the middle chakra in a system of seven. It is related to love and is the integrator of opposites in the psyche: mind and body, male and female, persona and shadow, ego and unity. A healthy fourth chakra allows us to love deeply, feel compassion, have a deep sense of peace and centerdness.</p>
<p>3. PLEXUS: I do Air, Ego identity, oriented to self-definition</p>	<p>This chakra is known as the power chakra, located in the solar plexus. It rules our personal power, will, and autonomy, as well as our metabolism. When healthy, this chakra brings us energy, effectiveness, spontaneity, and non-dominating power.</p>
<p>2. SACRAL: I feel Water, Emotional identity, oriented to self-gratification</p>	<p>The second chakra, located in the abdomen, lower back, and sexual organs, is related to the element water, and to emotions and sexuality. It connects us to others through feeling, desire, sensation, and movement. Ideally this chakra brings us fluidity and grace, depth of feeling, sexual fulfilment, and the ability to accept change.</p>
<p>1. ROOT: I am Earth, Physical identity, oriented to self-preservation</p>	<p>Located at the base of the spine, this chakra forms our foundation. It represents the element earth, and is therefore related to our survival instincts, and to our sense of grounding and connection to our bodies and the physical plane. Ideally this chakra brings us health, prosperity, security, and dynamic presence.</p>

CONSCIOUS DREAMING AND HONOURING OUR VISIONS

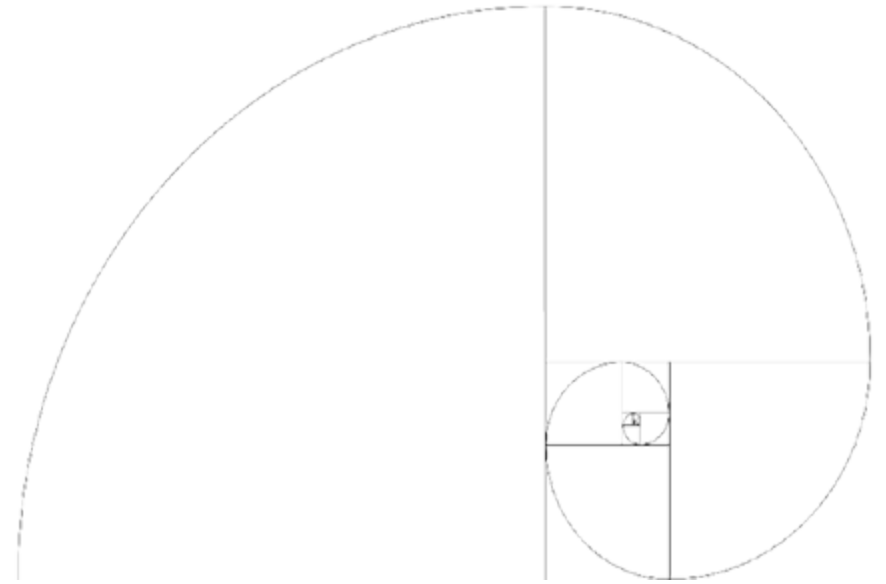
Setting an intention from the HEART:

Let me tell you a story about a goose:
Geese are naturally driven towards adventure and exploring places they never been before.

“One day goose went to the place where the gate to other dimensions is. This gate is guarded by dragonfly. Goose with her spirit of adventure wanted to know what is in the other side and asked dragonfly if she could go thru. Dragonfly wanted to test goose determination, and so he told her: “of course you can pass, but there is one condition. You can pass only if you accept what you see in the other side”... are you willing?”

The first step towards the manifestation of your vision is to make the decision, followed by persistent disciplined action.

Setting an intention that comes from your heart is as simple as looking at life and the future through the eyes of your inner child, trust your imagination and be open to see what is already inside of you.



In this universe of continuous expanding consciousness there is an awesome way to know what is ahead of us, in our future. If you are familiar with the Fibonacci sequence of numbers, 1, 1, 2, 3, 5, 8, 13, . . . in which each successive number is equal to the sum of the two preceding numbers.

That is the key to predict the future. it's because this is the pattern that nature and the whole universe uses to expand and continue through time and space.

For example: let's take the section of the sequence... $3+5=8$, where the number 5 represents the present time. In order to know what is the future. All we need to do is to look at the past, add it to the present and it will give us 'the future'... just like that!

Everything begins

**On the day
you were born**



AWAKENING THE VISIONARY HUMAN

The day you were born is very important for the creation of an empowered conscious path. It is one of the first agreements you made with yourself before you chose to incarnate into your body at that exact time and place. The big question is **WHY?**

This day holds valuable information about yourself and you can access it using tools like astrology, numerology and the dreamspell to name a few.

Your journey of self discovery begins here.

NAME:

DATE AND PLACE OF BIRTH:

NUMEROLOGY:

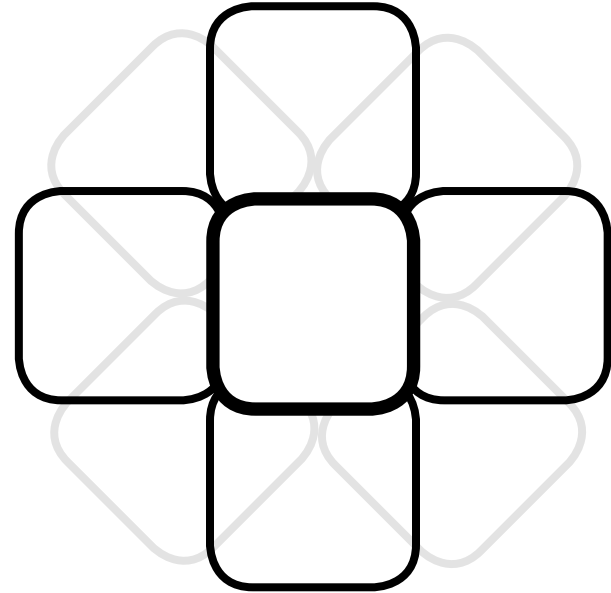
ZODIAC SIGN:

Get a personalized birth imprint report by Soniko; ask for details.

DREAMSPELL

Galactic Signature:

Kin:



CODESPELL:

You can find your Galactic signature and learn more about the DREAMSPELL at: www.lawoftime.org

What are you grateful for

in the EMOTIONAL aspect of your life?

FAMILY, PARTNERS, COMMUNITY, WORLD

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What do you want to manifest?

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NOTES:

ABOUT THE AUTHOR

Soniko was born in the city of Kitu [the sacred place of the centred sun], a place right in the equator, in the highest of the Andes. Growing up in this city of 3 million people he learned the negative effects of being disconnected from the natural world and this was the trigger for the awakening of his spirit and the searching for what he felt was something bigger than himself.

Artist, Visionary, and walking the sacred ways of “the awakened human”. Soniko is just like any other being on this Pachamama but his conscious walk has led him in to a beautiful world of wonder and magic. He’s a Kokopelli , a seed carrier. His purpose in life is to serve our planet sharing these seeds of the new consciousness anywhere he goes, building bridges between the different worlds, connecting the ancient indigenous perspectives with the modern worldviews... In this way he co-creates the new galactic cosmovision of this new time with all his relations.



“Currently my vision is taking me all over the world where I get to meet with many wise elders of the different indigenous cultures, from whom I receive new seeds and I’m learn how to assist Pachamama and her children in the awakening process”.

“I help conscious entrepreneurs improve the quality of their lives in holistic ways using powerful indigenous wisdom and modern mind techniques, so they can do the same for their communities and the world”.

“If you are striving to connect with a vision that gives you purpose, to gain confidence in your gifts and turn them into a creative force for your life. If you are ready to co-create a better future for yourself, your family and the world, then I can definitely help you”.

“I am from HERE-NOW... where my heart beats and greets your being
and my breath sounds and sings my name,
Where my feet touch the earth and i can see my seeds growing,
Where my skin can feel the sun and the rain...
I am a human being, a child of this Pachamama,
I am your brother, another you as you are another me...
I am Soniko Waira, Kokopelli, a Yellow Planetary Human
and from the bottom of my heart I am happy and thankful to be...

HERE-NOW, InLove!
All my relations!... AHO!”

Conscious dreaming and honouring your visions



"Looking into the limitless number of possible futures.
I focus on the one that feels good in my heart.
Then i journey towards that place where I flow with harmony.
In abundance.
In collective synchronized Art".

Remember this teachings are within yourself, in your heart.

"It's my prayer that this tool opens the realms of spiritual
conscious co-creation with all existence
and assist you in your sacred path...
May the Great Spirit~Pachamama bless and watch over you!"

All my relations!

HUYAYAY!

HEARTMAPEXPERIENCE.ORG
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***AYNI:** is the reciprocity law of our vibrational universe, what you give you receive multiplied.
SHARE.LOVE