

The Way of the LEOPARD

Meditations and
Shamanic Practices
from the
Heart of Africa

JOHN
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Session One: The Sangoma Calling

1. Introduction to Session One
2. Opening invocation
3. The messenger
4. The calling illness
5. Zen training and the end of apartheid
6. A story of healing
7. Connecting with your bones, ancestors, and seven senses
8. Heartbeat Meditation

Session Two: Connecting with Nature and Our Ancestors

9. Introduction to Session Two
10. Meditation: Letting Go Into Your Heart
11. Preparing to connect with nature and your ancestors
12. Practice for Connecting with Nature and Ancestors
13. Integrating the process
14. Dreams and ancestors
15. Prayer as a living system
16. Closing chant and prayer

Session Three: Shaking Medicine

17. Introduction to Session Three
18. Meditation: Surrendering Into the Moment
19. The tradition of shaking medicine
20. Sangoma, people of the song
21. Preparing for shaking medicine practice
22. Shaking Medicine Practice
23. Integration Meditation

Session Four: Healing and Harmonizing with Plant Medicines

24. Introduction to Session Four
25. Meditation: Connecting with the Little Dancer
26. Plants to heal, harmonize, and balance your spirit
27. Preparation for plant medicine practice
28. Plant Medicine Practice
29. Procuring your own plant medicines

Session Five: Obstacles to Spiritual Practice

30. Introduction to Session Five
31. Meditation: Diving Into Your Inner Landscape
32. Praying to your pain
33. Chant to open the road
34. Projection and responsibility
35. Befriending the enemy
36. From experience to wisdom
37. Letting your story go
38. Arrogance, humility, and grace
39. Meditation: The Flowering of Grace

Session Six: Dreaming, the Seventh Sense

40. Introduction to Session Six
41. Chant for dreaming
42. Meditation: The Rhythm of Life
43. The mysteries of the seventh sense
44. Dream journals and the three levels of dreaming
45. Tracking your dreams
46. Ancestry and dreaming
47. Remembering your dreams and suggestions for practice
48. Meditation: Connecting with Your Dreams
49. Medicine chant to open the way