

---

## ***Soothing Spirituality***

**Shaman approaches faith, healing with calm**

**By Savannah Thomas Arrigo  
Boulder Daily Camera  
September 18, 2004**



“Our culture has learned to ignore (our intuitions).”

**Gwilda Wiyaka**

*shamanic healer*

### **FOR MORE INFO**

Wiyaka will host a CD preview and lecture titled, “Shamanism: Voice of Reason in an Age of Madness, Path to Wholeness, Abundance and Peace,” 7-9:30 p.m. Friday at Borders Books, Music and Café, 1600 Pearl St., Boulder. For more information, contact Truest Nature [*now Path Home*] at (303) 775-3431.

---

Ever since she was a child, Gwilda Wiyaka knew she was different. “I’m kind of wired a little differently than most people.” said the shamanic practitioner.

Her soft-spoken manner is a contrast to the vibrant red braids tied behind her neck, but she exudes calm with every word - and essential state of being in her line of work.

“I work with the energetic portion of illnesses, I also help people, through spiritual counseling, find the truth of who they are outside of their patterns and wounding,” said Wiyaka, a Berthoud resident.

Wiyaka’s calmness fits in well at Truest Nature Spiritual Healing Center [*now Path Home Spiritual Healing Center*], the shamanic healing center she founded

in Longmont. With walls painted lavender, Truest Nature [*now Path Home*] looks more a sanctuary than an office.

And although shamanism is most readily associated with medicine men and women, Wiyaka is nothing like the shamans of “cowboy and Indian” tales.

She uses her own blend of shamanism, borrowing practices from many cultures ranging from the Lakota American Indian tribe to the Celts.

“It was amazing how she could (spiritually heal).” Said Yvonne Wright of her first appointment with Wiyaka. “I’d been to many other counselors and I wasn’t getting anywhere.”

One visit with Wiyaka, and Wright was hooked.

“My life has changed dramatically since I met Gwilda,” said Wright, who now says she sees Wiyaka once a week for spiritual healings.

Wiyaka said in shamanism, healing happens through retrieval of “soul parts” that have been lost through injuries – physical and emotional – in life.

To begin the healing process, Wiyaka “journeys” through the client’s subconscious searching for the missing soul part. Once found, she returns the part to the client for a conscious reunion and the beginning of healing.

For example, a soul part can go missing when an emotional injury such as a death of a friend happens, and can cause an imbalance in a person’s spiritual state. This can effect that person’s feeling of abandonment, causing them a lifelong struggle of being left by close acquaintances, she said.

By returning the soul part to the person, Wiyaka said she can end the cycle of abandonment and help the person become “whole” again.

In addition to spiritual counseling, Truest Nature [*now Path Home*] also houses the V.I.B.E. machine. A device designed to raise the vibrational level in a person, the V.I.B.E. machine energizes body cells and helps people recover from daily trauma such as road rage and chemicals in food, Wiyaka said.

Growing up an “oil brat” in what she called an abusive household, Wiyaka quickly learned to adapt to threatening situations in an unusual manner – by reading the thoughts and emotions of people around her.

“I needed to know what was going on around me. I needed to monitor the emotional realm of the unstable people around me in order to stay safe,” Wiyaka said.

While Wiyaka’s views may sound far-fetched to some, she says her abilities are quite ordinary.

“Quite frankly I think that everybody gets these feelings – we’re just taught to ignore them,” Wiyaka said.

She likens shamanism to everyday coincidences. For example, incidents such as receiving a phone call from someone you had been thinking about, or somehow “knowing” you will be called on in class shortly before you are, can both be examples of spiritual intuitions, not coincidences, Wiyaka said.

“Our culture has learned to ignore (our intuitions),” Wiyaka said.

Though most people brush off their own shamanic tendencies as strange coincidences, Wiyaka has learned to harness her ability to help others, she said.

Wiyaka's Truest Nature Shamanic Arts School [*now Path Home Shamanic Arts School*] offers classes in soul retrieval, shamanic journey trance, spiritual counseling and more.

"Class is pretty amazing," said David Zaher, an intern at True Nature [*now Path Home*]. "You have a group of people that are experiencing things that are beyond what normal society can encompass in some ways."

Since Wiyaka's own training included much Native American shamanism, and their traditional shamanism involves rhythmic drumming and shamanic songs, she has incorporated both into her own practice.

"(Drumming) is really, really interesting," Wiyaka said. "It is used shamanically because it puts you in an altered state."

Besides using it as music to get herself ready for a "journey," Wiyaka hosts weekly drumming circles in Berthoud.

"Drumming circles are a beautiful community event (where) people can come together with little in common and play music together," Wiyaka said.

Story by Savannah Thomas Arrigo – Camera Staff Writer

Photo by Marty Caivano – Daily Camera

Saturday, September 18, 2004