



Path Home Outreach Coordinator  
303-746-9992  
events@findyourpathhome.com

FOR IMMEDIATE RELEASE

## **Healing, Educating and Empowering for Personal Evolution** **The Path Home Spiritual Healing Center & Shamanic Arts School provides the long forgotten and necessary tools for spiritual healing.**

Ancient peoples understood, and our modern culture has forgotten, that there are four levels of being which must be addressed in order for healing to take place. Modern medicine addresses the physical, our culture embraces the mental, psychotherapy works with the emotional, but the fourth aspect, the spiritual, is mostly ignored if not forgotten.

In indigenous cultures, trauma was closely followed by shamanic work because it was recognized and accepted that soul loss could occur. A modern day equivalent is necessary for our times as we can experience soul loss from birth. The disharmony of our society reflects a need for spiritual healing. Fortunately, ancient healing modalities are being rediscovered and competent trained practitioners are becoming increasingly available.

Path Home addresses the missing link in spiritual healing to help bring individuals back to their personal balance for health and happiness. Shamanism is a beautiful form of healing and empowerment preserved for us by indigenous peoples all over the world. We owe them a great debt for their vigilance and sacrifice in preserving and sharing that which would otherwise have been desecrated and lost.

### **The Path Home Uncovered:**

**Path Home Spiritual Healing Center** – Dedicated to returning our birthright to health, joy, abundance, and enlightenment through the healing of spiritual illnesses such as soul loss, crippling belief systems and loss of power. The Spiritual Healing Center offers spiritual counseling, shamanic healing, and training in conscious living coupled with tools and techniques for the enhancement of personal power.

**Path Home Shamanic Arts School** – One of a kind state certified occupational school designed to bring into modern times and practice the ancient, tried and true shamanic skills of our ancestors. Path Home provides for the growing need for well trained spiritual healers and stewards in our communities through programs certified with the State of Colorado Division of Private Occupational Schools. These programs include Shamanic Practitioner, Drum Circle Steward, and Keepers of the Circle.

**Path Home Media & Publishing** – Offers and creates products which support the shamanic experience. Products include books, music, shamanic journey CDs, shamanic texts and workbooks, and audiovisual shamanic teaching aides.

**Path to Personal Power** – Information center containing Gwilda Wiyaka's latest writings and updates on the energetic currents affecting our evolution into empowered, conscious co-creators. Available by subscription.

### **The Path Home Background**

Inspirational speaker, shamanic practitioner, singer/songwriter and teacher, Gwilda Wiyaka, founded Path Home in Boulder, Colorado, as a resource for those interested in spiritual healing and evolving into their true design. It is her intent to assist others in uncovering who they are and what they came to do. Gwilda is the owner and founder of Path Home Spiritual Healing Center and Path Home Shamanic Arts School, a one of a kind state certified occupational school of the shamanic arts. Gwilda has been a shamanic practitioner for over 30 years and has studied with American Indian healers from the Seneca, Sioux, Navajo, Arapaho and Choctaw traditions where she learned the traditional Native American songs and rhythms that appear on her CDs, personal and with singing group StarFaire (pronounced "star fire"). She has also received training in Tibetan and Celtic Shamanism.

Gwilda has been featured in various media outlets:

- Comcast Cable TV - "The Light at Night," Jan 2008, Live TV Interview
- Light Workers Virtual Light Broadcast, Nov 2007, TV Interview

- [http://lightworker.com/VirtualLight/VLBroadcasts/2007\\_11\\_24.php](http://lightworker.com/VirtualLight/VLBroadcasts/2007_11_24.php)
- Metaphysical Fair Denver, 2007/2008, Booth, Seminars, Live Performances
- World Wellness Weekend Denver, Jan 2007, Featured Speaker, Live Performances
- WhisperingTree.net, Dec 2006, "She Found Her Path Home"
- KGNU Boulder, Oct 2006, Interview - [http://findyourpathhome.com/mg\\_perform.html](http://findyourpathhome.com/mg_perform.html)
- KRFC Fort Collins, Mar 2006, July 2006, Interviews - [http://findyourpathhome.com/mg\\_perform.html](http://findyourpathhome.com/mg_perform.html)
- Boulder Daily Camera
  - Oct 2005, "Astrologer, spiritual healer to speak"
  - Sep 2004, "Soothing Spirituality"
- The Daily Times Longmont
  - Mar 2005, "Help Wanted: Shaman"
  - Oct 2004, "Healing Harmonies"
- Borders Bookstores in Boulder/Broomfield/Longmont/Greeley/Northglenn, Live Performances
  - Aug 2005, Sep 2005, Jul 2004, Aug 2004, Sep 2004

## **Presentations**

**Shamanism and Healing the Pain Body** - In Eckhart Tolle's brilliant work, "A New Earth," the author introduces the concept of "the pain body." From a shamanic perspective, this is what remains after trauma resulting in the spiritual illness known as soul loss. Gwilda explains how modern use of the ancient healing modality of shamanism can not only free us of identification with the pain body but can heal the pain body itself. She also addresses shamanic healing as an evolutionary tool.

**Shamanism and Sustainability** - Sustainability is a modern concept addressing how we can lessen our impact on the earth. Shamanism is an ancient, earth based practice found within most, if not all, indigenous cultures. Gwilda proposes techniques for modern use of ancient shamanic principals to revolutionize and propel sustainability.

**Manifestation** - There are several fine books and schools of thought on the subject that are true and viable. Why, then, does it not work for us? While the concepts presented in these works cover the physical, mental and emotional aspects required to manifest, one fourth of the equation has been overlooked. We have lost the Spiritual Power required and the knowledge to effectively wield it in order to successfully manifest our desires. Gwilda brings to light the concept of spiritual power, how we have lost our personal spiritual power, and how to reclaim and use it to manifest what we want in our lives.

**2012** - There are as many thoughts on 2012 as there are scholars to create them. Will it be the end of the world or a non-event? Gwilda addresses 2012 as a time of transmutation and evolution. She shows how the Mayan calendar, astrology, prophecies, and shamanism line up to unravel the mystery.

**Shamanism and Personal Empowerment** - This topic addresses the shamanic phenomenon of Soul Loss, how we all sustain this spiritual illness in our culture and how it robs us of our personal power en masse. Gwilda shows how the treatment for this illness has been made unavailable by the near eradication of shamanism and how the renaissance of this ancient practice can change our world.

**Shamanism & Returning to Your True Nature** - We have lost who we really are through common socialization, the damage inherent in growing up in our culture, and the lack of available shamanic healing. The "Ego" is really the sum total of all the defense mechanisms and compensatory skills we have developed to compensate for our damage. We identify with our damage and defenses, thinking this is who we are. Gwilda takes you on a journey through who you are not and presents the tools now available to find who you truly are, your true nature.

Additional Information about The Path Home, Map Home Events, and StarFaihre can be found via the following links:

- Path Home: <http://www.findyourpathhome.com>
- Map Home: <http://www.findyourpathhome.com/maphome.html>
- StarFaihre: [www.starfaihre.com](http://www.starfaihre.com)

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If you would like more information about this topic, or to schedule an interview with Gwilda Wiyaka, please call Path Home Outreach Coordinator at 303-746-9992.



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## **One People One Nation: Coming Together for Sacred Healing**

### **Interactive healing events for the evolving human being using music, drum circles and teachings for our potent times.**

We are all aware of the issues from global warming to war. We are left wondering, with such seemingly insurmountable problems, what can one person do? Map Home Events bring caring people together to share **healing music, evolutionary teachings** and the ceremony of **one world drum circles**. Each will learn about and participate in ancient practices and wisdom that indigenous cultures have used for thousands of years to heal and unite their communities. The wisdom, balance, love, and joy generated by such a group creates a frequency or tone. Sending this tone out into the world with group agreement in a **world meditation** can not only make a difference, but can change our world and our future.

Quotes from Attendees of the Map Home Events:

“These events heal in profound ways that will put us back on track to wholeness in body, mind, spirit, and soul. Anyone interested in healing self, others, and the earth should attend and join together in this healing experience which is overdue and greatly needed.”

“I have studied with many different Shaman who have all looked to the past for guidance. This is the first time I have come across a modality that also reaches to the future.”

“As I sat in the back of the room during the StarFaihre concert I could literally see the grief gently leaving the bodies of the people in front of me as they relaxed into the healing music.”

#### **Map Home Event Offerings:**

**Healing Music** – Music reaches to the depth of our being as we respond to music in the moment. It is magic for the body, mind, emotions, and spirit. Throughout history, shamanism has been married with music. **StarFaihre** (pronounced “star fire”) unites tradition with the modern world through ancient and modern songs from their new CD “Winds of Time,” creating magical performances that take us on the sacred journey home.

**Evolutionary Teachings** – Guide us in our search for healing in a conscious and intentional way to best serve all concerned. These teachings reveal what the ancients knew and what we have forgotten about personal empowerment and living with, rather than working against, the laws of nature. Through the modern use of ancient principles, we can once again become responsible co-creators of our world.

**One World Drum Circles** – Rhythm is a universal language. It alters our brainwaves and entrains our hearts to beat as one. After a short time drumming together, all heartbeats in the room are in sync. Drum Circles can be very powerful and healing yet simple and enjoyable. Not only are these drum circles fun but the unity and power generated benefits our world through the group world meditations that follow.

#### **Map Home Events 2008:**

Date	Location	Subject
Mar 22	Star House, Boulder	2012: Destruction or Transmutation?

Date	Location	Subject
April 5	Sunrise Ranch, Loveland	The True Art of Manifestation
April 26	Star House, Boulder	Who Are You and What is Your Quest?
May 10	Sunrise Ranch, Loveland	Every Day Magic
May 31	Star House, Boulder	Soul Teams and the Great Sorting
Aug 2	Sunrise Ranch, Loveland	Pushing the River & Swimming Upstream
Sept 7	Star House, Boulder	The Nature of Reality
Oct 25	Sunrise Ranch, Loveland	The Sacred Marriage

## **Map Home Background**

Map Home originated in Boulder, Colorado by the inspirational speaker, shamanic practitioner, singer/songwriter, and teacher, Gwilda Wiyaka. She is the owner and founder of Path Home Shamanic Arts School, a one of a kind state certified occupational school of the shamanic arts. Gwilda has been a shamanic practitioner for over 30 years and has studied with American Indian healers from the Seneca, Sioux, Navajo, Arapaho and Choctaw traditions where she learned the traditional Native American songs and rhythms that appear on her CDs, personal and with singing group StarFaihre. She has also received training in Tibetan and Celtic Shamanism.

Gwilda has a private practice at The Path Home Spiritual Healing Center where she and her certified shamanic practitioners offer spiritual healing sessions by appointment. Through the Map Home events, Gwilda shares aspects of this healing work with people seeking personal tools for change.

Gwilda has been featured in various media outlets:

- Comcast Cable TV - "The Light at Night," Jan 2008, Live TV Interview
- Light Workers Virtual Light Broadcast, Nov 2007, TV Interview -
  - [http://lightworker.com/VirtualLight/VLBroadcasts/2007\\_11\\_24.php](http://lightworker.com/VirtualLight/VLBroadcasts/2007_11_24.php)
- Metaphysical Fair Denver, 2007/2008, Booth, Seminars, Live Performances
- World Wellness Weekend Denver, Jan 2007, Featured Speaker, Live Performances
- WhisperingTree.net, Dec 2006, "She Found Her Path Home"
- KGNU Boulder, Oct 2006, Interview – [http://findyourpathhome.com/mg\\_perform.html](http://findyourpathhome.com/mg_perform.html)
- KRFC Fort Collins, Mar 2006, July 2006, Interviews – [http://findyourpathhome.com/mg\\_perform.html](http://findyourpathhome.com/mg_perform.html)
- Boulder Daily Camera
  - Oct 2005, "Astrologer, spiritual healer to speak"
  - Sep 2004, "Soothing Spirituality"
- The Daily Times Longmont
  - Mar 2005, "Help Wanted: Shaman"
  - Oct 2004, "Healing Harmonies"
- Borders Bookstores in Boulder/Broomfield/Longmont/Greeley/Northglenn, Live Performances
  - Aug 2005, Sep 2005, Jul 2004, Aug 2004, Sep 2004

Additional Information about Map Home Events, StarFaihre and Path Home can be found via the following links:

- Map Home: <http://www.findyourpathhome.com/maphome.html>
- StarFaihre: <http://www.starfaihre.com/>
- Path Home: <http://findyourpathhome.com/index.html>

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## Healing Sounds for Transformation

### **StarFaihre: Daughters of the Drum share their unique and inspirational music to bring people together to help transform our world**

StarFaihre (pronounced "star fire") enacts healing through sound with ancient and modern shamanic songs. They perform music from their newest CD, "Winds of Time," as well as songs from their individual CDs. Shamanism has been married with music throughout history and this is a fine example of tradition and innovation coming together to heal. The magic of StarFaihre's performances takes the audience on a sacred journey to the depths of their souls in remembrance of their origins where we are all related to all that is.

One viewer said: "Their music ... from lullabies to shared harmonies and moving rhythmic chants... reaches deep into the core of your soul... I'm so grateful for their beautiful talents and what they bring to this world."

StarFaihre performs at various venues including the Map Home Events. Map Home Events bring caring people together to share **healing music, evolutionary teachings** and the ceremony of **one world drum circles**. As adapted from our modern times, ancient practices and wisdom that indigenous cultures have used for thousands of years to heal and unite their communities are shared with the participants. The wisdom, balance, love, and joy generated by all who participate creates a frequency or tone. Sending this tone out into the world with group agreement can not only make a difference, but can change our world.

Music reaches to the depth of our being as we respond to music in the moment. Music is magic for the body, mind, emotions, and spirit. The music of **StarFaihre: Daughters of the Drum** can help us transform our world. It is a welcome addition to the spiritual music scene.

#### **StarFaihre Background**

StarFaihre is a singing group comprised of two friends, Gwilda Wiyaka and Cody Wigle, whose complementary gifts inspired the creation of the musical team StarFaihre. They came together at a meditation on the river where Cody heard Gwilda singing. When their voices blended for the first time, both recognized the power and magic of the sound and from that moment StarFaihre was born. StarFaihre plays various venues, enhancing Gwilda's speaking engagements with songs from their individual CDs as well as from their latest CD, "Winds of Time." They travel with the Path Home Shamanic Arts School outreach team and also hold shamanically based drum circles for corporations, organizations and schools throughout the US.

StarFaihre has been featured in various media outlets:

- Metaphysical Fair Denver, Mar 2007, Oct 2007, Mar 2008
- Path Home Shamanic Arts School Open House: Aug 2007
- World Wellness Weekend Denver, Jan 2007
- WhisperingTree.net, Dec 2006, "She Found Her Path Home"
- KGNU Boulder, Oct 2006, Interview
- KRFC Fort Collins, Mar 2006, July 2006, Interviews
- Boulder Daily Camera Oct 2005, "Astrologer, spiritual healer to speak"
- Borders Bookstores in Boulder/Broomfield/Longmont/Greeley/Northglenn, Aug 2006, Aug 2005, Sep 2005

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## Press Kit - Gwilda Wiyaka, founder of Path Home

### Contact Information:

Email: [touchin@findyourpathhome.com](mailto:touchin@findyourpathhome.com)

Phone: 303-775-3431

Address: Path Home LLC  
4700 Sterling Dr. Suite K  
Boulder, CO 80301

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## Bio – Gwilda Wiyaka

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Gwilda Wiyaka is a dynamic and diverse woman of mixed heritage among which is Scots/Irish, Bohemian and Cherokee. She grew up overseas in Saudi Arabia from the ages of 7 to 14 at which time she went to Switzerland to complete high school. She is widely traveled and familiar with many cultures as she lived with various families in different countries. She returned state side when she was 18 and completed her BS in Psychology there.

Her background with different cultures from around the world is reflected in her song writing. Gwilda is dedicated to bringing understanding and union to the nations through her music.

Gwilda Wiyaka is the founder of [Path Home Shamanic Arts School](#), a one of a kind state certified occupational school, and [Path Home Spiritual Healing Center](#). She has been a shamanic practitioner for over 20 years. Gwilda has studied with American

Indian healers from the Seneca, Sioux, Navajo, Arapaho and Choctaw traditions where she learned the traditional Native American songs and rhythms that appear on her CD, One People One Nation. She has also received training in Tibetan and Celtic Shamanism.

Gwilda also has a private practice at her clinic, Path Home Spiritual Healing Center in Boulder, Colorado, where she and her school certified shamanic practitioners perform spiritual healings by appointment.

In addition to being a clinic owner and the head instructor/director for Path Home School, Gwilda is an author and singer/songwriter with 3 CDs to date. Gwilda teaches workshops and wilderness programs and focuses [drumming circles](#) throughout the US.

But what is really at the heart of what Gwilda is about? Let's hear the answer in her own words:

“What do I do that's different than everybody else? I take the shamanic practices that I've been taught and use them to teach people to live a magic life. A life of conscious living, a life in which you come back to who you really are. As we do that in mass the whole world comes into balance. That's what I'm trying to bring through my music and my teaching, how to use the shamanic way to come back into 'the way' so that we can reenter the circle of life, we can find peace, prosperity, love and happiness again.”

## Newspaper & Online Articles:

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### She Found Her Path Home

by Colleen M. Quinn  
[www.whisperingtree.net](http://www.whisperingtree.net)  
December 2006

The stern front of Path Home's building in Boulder, Colorado belies its welcoming nature inside. Upon entering the office of this shamanic school, there is an immediate sense of quiet calm. A fountain trickles in the background, and there is a faint scent of incense in the air. This peaceful setting is characteristic of the education offered here at the Path Home Shamanic Arts School. Gwilda Wiyaka, a certified shamanic practitioner and the school's founder and owner, is equally hospitable. With a warm nature and quick wit, she can quickly put one at ease as she explains the basics of shamanism, how Path Home started, and her own journey through the practice of shamanism.

Shamanism is a form of healing that repairs the soul, "mending where the laws of nature have been broken," Wiyaka says. In the practice of shamanism, there are four different levels of being: the physical, mental, emotional, and spiritual. In our modern world, it is easy to tend to the first three elements and neglect the fourth. Essentially, Shamanism is a way of caring for one's spiritual well-being. The roots of shamanism are ancient.

"If you follow anybody's ancestry back far enough, they end up in a shamanic, earth-based society," says Wiyaka. Deeply intertwined in many cultures, shamanism is also related to many religions, although the two are quite different.

"Shamanism is not a religion," says Wiyaka, "but rather a healing modality that works in the spiritual realm." Instead, it offers a way to evolve and heal spiritually, and also an opportunity to learn more about one's spiritual self.

This opportunity for spiritual healing is what drew Wiyaka to shamanism nearly thirty years ago.

"I came into this world wired differently than most," she says, "I'm very empathic and feel what others feel. It was hard because I couldn't tell what was mine and what wasn't ... it was very difficult growing up." It is because of this that she plans on starting a children's program for those who are shamanically gifted. Her early experiences were also what motivated her to found Path Home.

By the time she was in her twenties, Wiyaka's incapacity to understand what she was feeling and experiencing had taken a toll on her life. Fortunately, during this time she met her first shamanic teacher, a Lakota elder, who introduced her to the ancient art of spiritual healing. She went on to study many forms of Native American shamanism, including Navajo and Arapaho. She is also well-versed in Celtic, Tibetan, and core shamanism, a modern form that incorporates common elements of many of the world's shamanic practices. Now, through Path Home, she has made a way for others to find the path she did.

## Press Kit - Gwilda Wiyaka, founder of Path Home

Wiyaka has spent thirty years studying shamanism, and twenty years as a shamanic practitioner. Path Home, almost ten years old, grew from the workshops that Wiyaka offered through her own private practice. It is now a certified occupational school.

Within Path Home, there are two tracks that can be pursued. The first is an "a la carte" of sorts; the school offers a variety of workshops that focus on different areas of shamanic study.

"There are workshops to learn about retrieving power animals, working with power animals, creating sacred spaces, and journey work," says Wiyaka. These workshops primarily provide students with the necessary shamanic tools to develop their spiritual lives.

The other track within Path Home concentrates on ways to enhance and build upon an existing shamanic profession. Students can also train to become certified shamanic practitioners, or become involved in drum circles.

"A drum circle is someplace between a church and a bar!" Wiyaka says with a laugh. Drum circles serve different purposes; they can be bonding experiences, places for spiritual development, or just for fun. Wiyaka's drum circles are based on shamanic principles, and sometimes to do journey work, which is an altered state of consciousness in which someone can gather information. Wiyaka also organizes corporate drum circles for companies. Sometimes, when a company or business first opens, they begin with a drum circle.

Regardless of what students of Path Home come to study, whether to grow spiritually, enhance their own practice, or become certified, there is a constant philosophy behind the school.

"It's bringing wholeness and balance back," says Wiyaka. "Fragmentation in the world creates our pain and suffering; we are living half the life we could." Through Path Home, Wiyaka hopes that her students can find that other half and live more happily.

"What I love the most about shamanism is that it has used every experience I've ever had," she says. Without a doubt it has added to her creative experiences; in addition to Path Home, Wiyaka has done graphic design and is also a writer and a singer-songwriter, with several CDs already out. It is in her teaching others, however, that she feels she has made the biggest change: "I'm just exceedingly grateful to be put into a situation to make a difference," she says.

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**Boulder Daily Camera**

**Religion Briefs - Oct. 8**

**October 8, 2005**

**Astrologer, spiritual healer to speak**

British astrologer Stephen Judd is scheduled to speak in Boulder on Friday.

The 7 p.m. event will be held at the Boulder Masonic Building, 2205 Broadway. Tickets are \$15 in advance and \$20 at the door. He plans to discuss the history of astrology, how astrology works and will be conducting individual readings. Also speaking will be Gwilda Wiyaka, founder of Truest Nature Spiritual Healing Center [*now Path Home Spiritual Healing Center*] and Truest Nature Shamanic Arts School [*now Path Home Shamanic Arts School*] in Boulder. She plans to talk about the synchronicity between astrology and shamanism.

To request an individual reading by Judd, send him an e-mail request at [judd@awenspirit.com](mailto:judd@awenspirit.com). For more information, see [www.awenspirit.com](http://www.awenspirit.com).

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## Help Wanted: Shaman

By Mary Butler  
Boulder Daily Camera  
March 5, 2005

Tucked away in a strip mall behind a Saturn dealership in east Boulder, incense burns and a small fountain trickles inside the modest offices of Truest Nature *[now Path Home]*.

Here, and at several other area locations, school founder Gwilda Wiyaka leads classes on "power animals and helping spirits," "the journey state of consciousness," and "sacred space." The school boasts a "V.I.B.E." machine, which is meant to "bring the vibrational level of your body back to its natural state of being."

"We're wired a bit differently," Wiyaka says of herself and her 10 students. "I'm what you'd call an empathic."

Wiyaka, who's Cherokee on her father's side, is a shamanic practitioner. In February, she opened the first of the state's 300-plus vocational schools for others who want to follow in her career path. She chose Boulder as a location, Wiyaka said with a chuckle, because people here are "kind of open."

While there are many workshops available throughout the country, Truest Nature Shamanic Arts School *[now Path Home Shamanic Arts School]* is thought to be the nation's second state-certified school to specialize in the training of shamanic practitioners. They are spiritual journey guides — people who delve into the psyches of others to help them overcome spiritual, emotional and physical illnesses, and other life problems.



Gwilda Wiyaka (left) introduces herself to the hawk that is Paul Kaufmann's power animal. Laura Miller and her power animal stand in the background.

"When I had to give a list of school supplies, I told (the state), you don't need a cauldron, but you do need a drum and a rattle," quipped Wiyaka, a 54-year-old redhead, who grew up in Saudi Arabia, was schooled in Switzerland and describes her heritage as Scots/Irish, bohemian and Cherokee. She has been studying shamanic practices, steeped in traditions such as Celtic, Tibetan and Navajo, since she was 21 years old.

Anthropologist Michael Harner heads the oldest such school, opened in 1985, to offer in-depth shamanic training in Mill Valley, Calif. His Foundation for Shamanic Studies stems from his work as a pioneer in the shamanism revival. Beginning in 1961, he began immersing himself in tribal spiritual traditions, and began practicing Upper Amazonian shamanism.

Bonnie Horrigan, executive director of the 400-member International Society of Shamanic Practitioners, based in Olivenhain, Calif., said the calling has limited appeal as a profession, except perhaps to psychologists who want to use shamanic skills in their practices.

## Press Kit - Gwilda Wiyaka, founder of Path Home



Kathy Fellows-Kofman (left) and Cindy Drew are partners for a spiritual journey during the Shaman class.

"I think many people are called to this area to explore their own spiritual paths," Horrigan said of shamanic teachings.

"I know a lot of people who are in it, and they just use it to live better rather than as a healing practitioner kind of thing."

Yvonne Wright, a student at Truest Nature *[now Path Home]*, began her shamanic studies that way. For years, Wright said, she's been "working on" herself. Her studies with Wiyaka, she said, provided yet another approach for exploring her inner demons.

Now, Wright said, "I'm much more available for people."

"I'm not disconnected from nature like I used to be and I feel more connected," Wright said.

And just like indigenous peoples around the world, who contact spirit helpers or "power animals" to help answer questions, Wright can do that, too.

With the help of recorded or live drumming, she can mentally "journey," for herself or on the behalf of others.

"It's not exactly like meditation," Wright said. "This is very specific ... and it's scary at first."

During these trance or dream-like travels, the shamanic practitioner's spirit or power animal guides reveal certain images to them. Often, the person journeying doesn't know what the symbols mean and simply relate them to the person for whom they've journeyed.

"You come back out of the journey and relate what you saw," she said, "And they always say, 'Oh my god, how could you have known that? That's what I really needed to know.' It's very rewarding to be able to help someone like that."

Photo's by Cliff Glassmick

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## 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

## Press Kit - Gwilda Wiyaka, founder of Path Home

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

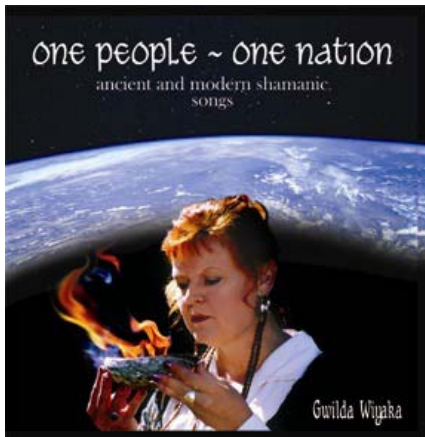
Photo by Marty Caivano – Daily Camera

Saturday, September 18, 2004

## Healing Harmonies

### Gwilda Wiyaka's 'One People - One Nation' an inspirational collection of songs

By Joyce Davis  
The Daily Times-Call, LONGMONT, CO  
October 29, 2004



**LONGMONT - Gwilda Wiyaka's voice carries the whisper of the wind as she sings the ancient songs of the shaman. The music and chants, an amalgam of Native American and Celtic sounds, bring peace and harmony to the listeners. Evoking the spirit of the earth and its people, Wiyaka's newest CD, "One People - One Nation," taps into the mystical bond between nature and mankind through the centuries.**

Through song - many of them traditional, some of them original - Wiyaka's dream is to bring the ancient spiritual practices of our ancestors into today's world.

Her music binds the listener to the spiritual energy found in the oral telling of history. "We're becoming very irresponsible

with our spiritual energy," says Wiyaka, a shamanic practitioner.

"We're not taught how to deal with this energy, to listen to the messages we get. These spiritual messages give us safe and easy passage in this world."

Wiyaka believes the harmony of the world has been broken and mankind works against, instead of with, the world. "We need to come back to the ancient order so that we can work together as one organism again instead of being polarized. Our fragmentation is indicative of war - like the times we're now in."

Of mixed descent, Wiyaka has embraced the traditions of the ancient shamans. "I'm Bohemian, Irish and Cherokee on my father's side and Dutch and German on my mother's side," Wiyaka says. Her dark, expressive eyes are framed by fiery red curls as she smiles and explains the ways of the shaman.

While most westerners think of shamans as being from Native American tribes, Wiyaka says they come from all cultures, all traditions, from all over the world.

The shaman is a healer who brings together the spirit and the mind, bringing a peace and wholeness, an emotional and physical harmony.

To promote shamanic practices and help people get in touch with their own spiritualism, she has founded a school, Truest Nature Shamanic Arts School [now Path Home Shamanic Arts School].

"I've created a school that's certified by the state as a trade school to train shamanic practitioners," she says. "Our courses help people access the gifts they have and show them how to use them."

In addition to her music and teaching, Wiyaka also is a healer who helps her clients reconnect with their spiritual energy. "When a person disconnects from the spirit, it is usually because that person has had to deal with something so shocking that he believes he won't survive if he holds onto it," she says. "I help to reconnect and bring about a balance."

As the songs on her CD explain, harmony with nature is the answer. "Nature still holds the blueprint for all of us," she says. "There is a simplicity and a truth in nature that we learn from: The leaf falls from the tree; the ground longs to absorb; the leaf longs to be part of the earth and thus the ground is fertilized to give new life."

## Press Kit - Gwilda Wiyaka, founder of Path Home

The chants and songs also call to mind the wonders of dreams and imagination - two important ways to become one with the spirituality of the world.

"Imagination is where we create; it sinks into our subconscious," she says. "And dreams are our guidepost to life, gifts from the spirit. When we pay attention to our dreams and hand our burdens to the spirit within, even our worst faults and burdens can be transmuted into tools of healing."

Wiyaka has written several songs on the CD, including the title song, "One People - One Nation." Others, such as "Siren's Song" and "Tears of the Phoenix," carry lilting messages of hope and healing.

She recorded the music at PZI Sound Studios, where owner and singer-songwriter Dan Polizzi crafts his music. Polizzi sings backup vocals on some selections and created one of Wiyaka's songs, "Dark Transition."

"I teach drumming circles and like to use rhythm and voice, the oral traditions," she says. "These are songs to inspire people and sometimes they take on a life of their own."

Through her music, Wiyaka urges people to find their internal unity. "Our sacred space is lost," she says. "We've been damaged and the spirit we need isn't there. As we move through life, we have to have enough substance to help us reclaim those parts we're disjointed from. It's a leap of faith between the old ways and the manifestations we can make in our lives today.

"You must follow your joy - but first you have to find it."

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## Performances:

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Gwilda Wiyaka is a unique, leading edge singer/songwriter and owner and director of Path Home Shamanic Arts School a one of a kind state certified trade school. Gwilda is a powerful, inspiring speaker that tempers her presentations with humor and kindness. She has been speaking professionally for 20 years. She can be interviewed about her work as a shamanic practitioner, her school, and shamanism as a healing art. She will take audience questions about their individual life paths, what might be blocking their manifestation from a shamanic or energetic perspective, how shamanism can enhance the quality and balance of a person's life, and shamanic coaching.

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## 2007 Performances:

### Celebration Metaphysical Fair Seminar

#### “Shamanism and Evolution”

Speaker: Gwilda Wiyaka DD, CSP



Learn more about the unique Colorado State Certified Occupational School of the Shamanic Arts and how the field of shamanism has changed over the ages. Gwilda discusses the concepts of the photon band, long dark, and Mayan calendar to show how the position of our planet in the cosmos influences the field of shamanism. She will also explain the process of soul retrieval and how this powerful technique can move us all into becoming co-creators of our lives. The seminar will close with live music by StarFaihre. Come see how the ancient practice of Shamanism can promote your spiritual evolution today.

5:00pm, Saturday, March 17, Denver Merchandise Mart Expo, Denver, CO



## Live Performances at the Celebration Metaphysical Fair

### *StarFaihre: Daughters of the Drum*

Come listen as StarFaihre enacts healing through sound with ancient and modern shamanic songs. They'll be singing music from their NEW album, *The Sacred Marriage*, as well as songs from their individual CDs. Shamanism has been married with music throughout history and this is a fine example of tradition and innovation coming together to heal. The magic of StarFaihre's performances takes the audience on a sacred journey to the depths of their souls in remembrance of their origins where we are all related to all that is. You won't want to miss this fresh, cutting edge music and the magic of these talented songwriters and vocalists.

Friday, March 16, every half hour from 1pm- 9pm on the Front Stage  
Saturday, March 17, 9:30am – 12:30pm on the Front Stage

Denver Merchandise Mart Expo, Denver, CO

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## Gwilda Wiyaka, Featured Speaker at World Wellness Weekend

### Shamanism: Ancient Mysteries, Modern Times Featured Speaker: Gwilda Wiyaka DD, CSP

Shamanism addresses the invisible interaction between all things. Shamanic techniques are designed to mend where the laws of nature have been broken. For this reason it is a thread running through every aspect of our lives and beyond. Come delve in to the mysteries of the shamanic way as Gwilda puts into easily understood terms the magic of our ancestors and explains how it applies to our modern lives.

2:00pm, Saturday, January 27, Classroom 8B,  
Colorado Convention Center, Denver, CO



## *StarFaihre: Daughters of the Drum* Live Performance

StarFaihre's Daughters of the Drum, Gwilda Wiyaka and Cody Wigle will open and close Gwilda's speaking engagement at the World Wellness Weekend with songs from their personal CDs as well as from the latest StarFaihre CD. They travel with the Path Home's outreach team and also hold concerts and drum circles for corporations, organizations and schools throughout the US.



2:00pm, Saturday, January 27, Classroom 8B, Colorado Convention Center, Denver, CO

## 2006 Performances:

### Gwilda Wiyaka Interviewed on KGNU, Boulder

The KGNU interview of Gwilda by Shelley Schlender on the radio program "For Your Health," was aired on KGNU Boulder, 88.5 FM on Sunday, October 29, at 12:30pm. In the spirit of Halloween, Gwilda discussed her experience with a couple of spooky shamanic depossessions she has tackled. She also touched on the shamanic arts and the Path Home Shamanic Arts School in general.

### Gwilda Wiyaka Interviewed on KRFC 88.9 FM

Download and listen to the following interviews with Gwilda Wiyaka on the show "Transparent Settlement," hosted by Richard Mauro on station KRFC 88.9 FM in Fort Collins, CO:

**March 19, 2006:** Topics covered included the Truest Nature Shamanic Arts School [now Path Home Shamanic Arts School], Spiritual Illness, and Shamanic Healing.

**July 9, 2006:** An interview on "The Sacredness of Home" as it relates to health and wellbeing.

To hear all radio interviews, please visit:

[http://findyourpathhome.com/mg\\_perform.html#interviews](http://findyourpathhome.com/mg_perform.html#interviews)

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## StarFaihre: Daughters of the Drum Performances



Come join us for a rich evening of drum, song, and leading edge thinking at Borders. This unique performance includes original and traditional shamanic songs by singer/songwriters Gwilda Wiyaka and Cody Wigle (StarFaihre, Daughters of the Drum). Songs from Gwilda's CD *One People One Nation* and Cody's CD *North Shield* will be featured and will be available for purchase. Selections from their upcoming CDs in which they have combined forces and voices will be featured as well.

Also share time with thoughtful individuals and consider what it means to live with intention. Gwilda Wiyaka, Shamanic Practitioner, teacher, author, and founder of the *Truest Nature Shamanic Arts School [now Path Home Shamanic Arts School]*, will present a lecture titled "Shamanism as a Tool for Conscious Living" in which she will explain not only what shamanism is to our modern day culture but how it can affect every aspect of our daily lives.

Thursday, August 3: Borders Bookstore, Boulder, 1600 Pearl Street

Friday, August 4: Borders Bookstore, Broomfield, Flatirons Mall

Thursday, August 24: Borders Bookstore, Longmont, 1101 S. Hover Street

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## TRUEST NATURE OPEN HOUSE

Stop by Truest Nature Shamanic Arts School *[now Path Home Shamanic Arts School]*, 4700 Sterling Drive, Suite K, Boulder, CO on **Saturday, September 9 between 2- 6:00pm** and find out what the only state-certified shamanic arts school in the country is all about. Featured at the Open House will be:

- Drawings for valuable prizes including free sessions, classes, CDs and VIBE passes
- Entertainment by **StarFaihre**, Daughters of the Drum
- Talk on Shamanism by Gwilda Wiyaka
- Students and teachers to answer questions
- Shamanic craftsmanship on display

## Press Kit - Gwilda Wiyaka, founder of Path Home

### Live Television Performance

Gwilda Wiyaka was interviewed on “**The Light at Night**” show on Comcast Cable TV station channel 54, Thursday, January 5 at 8:00 pm.

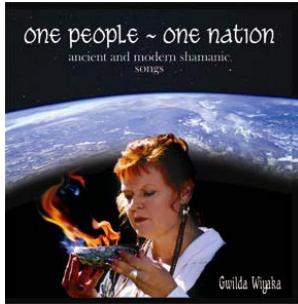


*Gwilda Wiyaka (3<sup>rd</sup> from left) and the Light at Night Crew*

She discussed what spiritual illness is, and the results of the lack of shamanic healing in our culture over generations. She also discussed how she is training her students to take the ancient principles and apply them to create a modality that better suits the people of our time, as well as, what this can mean for the future of our race.

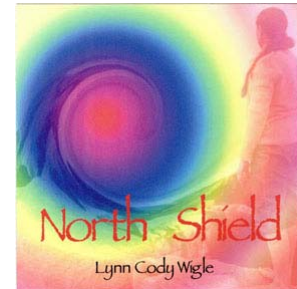
## 2005 Performances:

TRUEST NATURE and Borders Book Stores Present:



Gwilda Wiyaka

Cody Wigle



## Sisters of the Chant Daughters of the Drum

Come join us for a rich evening of drum, song and leading edge thinking. This unique performance of original and traditional shamanic songs by singer/song writers Cody Wigle and Gwilda Wiyaka

Songs from Cody's CD North Shield and Gwilda's CD One People One Nation will be featured and both CDs will be available for purchase.

- ALSO -

## Shamanism, Manifestation & Sustainable Living

**What the bleep do they have to do with one another you may ask?**

Come find out at this and lecture by Shamanic Practitioner, teacher, author, and founder of Truest Nature Shamanic Arts School [*now Path Home Shamanic Arts School*], Gwilda Wiyaka.

Gwilda and her staff will also be available to answer questions about her state certified shamanic arts school and Truest Nature Spiritual Healing Center [*now Path Home Spiritual Healing Center*].

Truest Nature's [*now Path Home*] next two year certification program is to begin in September. On going stand alone classes are available as well. Soul retrieval and other spiritual healing modalities may be obtained at Truest Nature's [*now Path Home*] Boulder clinic.

**August 18, 2005 7:30 – 9:30 pm Borders Book Store, 1600 Pearl St., Boulder, CO**

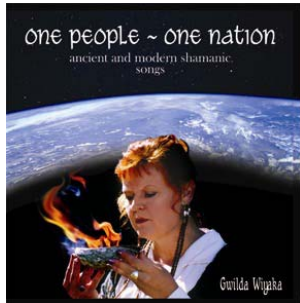
**Sept. 15, 2005 7:30 – 9:30 pm Borders Book Store, 1101 S. Hover, Longmont**

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## 2004 Performances:

### Live CD Preview of *One People, One Nation*

With lecture by singer/songwriter, Gwilda Wiyaka on *Shamanism, Voice of Reason in an Age of Madness, A Path to Wholeness, Abundance, and Peace.*



At Borders Books in Longmont on Friday July 23 – 7:00 to 9:30 pm

At Borders Books in Greeley on Friday July 30 – 7:00 to 9:30 pm

At Borders Books in Boulder on Friday August 13 – 7:00 to 9:30 pm

At Borders Books Flatirons Mall on Friday August 20 – 7:00 to 9:30 pm

At Borders Books Northglenn on Friday September 10 – 7:00 to 9:30 pm

At Borders Books Boulder on Friday September 24 – 7:00 to 9:30 pm

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## About Path Home Shamanic Arts School:

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**Path Home** was established by Gwilda Wiyaka as a resource for those people interested in spiritual healing and evolving into their truest design. It was her intent to assist people of all ages in uncovering who they were and what they came to do.

As Gwilda's background and training was firmly rooted in the shamanic way, [http://findyourpathhome.com/mg\\_bio.html](http://findyourpathhome.com/mg_bio.html), she approached spiritual healing from a shamanic perspective with amazing results. Gwilda created **Path Home Spiritual Healing Center**, [http://findyourpathhome.com/hc\\_main.html](http://findyourpathhome.com/hc_main.html), located in Boulder Colorado, where she has her private practice.

It became obvious that shamanic healing was necessary to reunite individuals with their gifts and purpose, yet, working alone, one on one, she was unable to see all the people who wanted and needed shamanic healing.

It had been Gwilda's experience that potential shamanic practitioners had few resources for reliable training. Based upon the great variety of her own hard won training and her extensive personal experience as a practicing shamanic healer, she developed **Path Home Shamanic Arts School**, [http://findyourpathhome.com/school\\_about.html](http://findyourpathhome.com/school_about.html).

She then went about the seemingly impossible task of getting her school certified by the state of Colorado. **Path Home Shamanic Arts School** is now a certified trade school and its graduates are certified shamanic practitioners.

The school needed texts and learning aids. Gwilda uses wonderful books authored by some of her former teachers, Sandra Ingerman and Tom Cowan, but also has written her own workbooks to accompany the classes. She cut drumming CDs for journeying and a music CD to honor the oral tradition and at the same time teach shamanic songs to her students. [http://findyourpathhome.com/pd\\_cd.html](http://findyourpathhome.com/pd_cd.html). Out of this, **Path Home Media & Publishing** was born.

Path Home offers ongoing workshops, [http://findyourpathhome.com/ws\\_main.html](http://findyourpathhome.com/ws_main.html) and the next two year Shamanic Practitioner Certification Program starts in September 2008.

If you have interest in meeting us, finding out more about the training we offer or seeing our new facility please feel free to contact us: (303) 775-3431 [touchin@findyourpathhome.com](mailto:touchin@findyourpathhome.com)