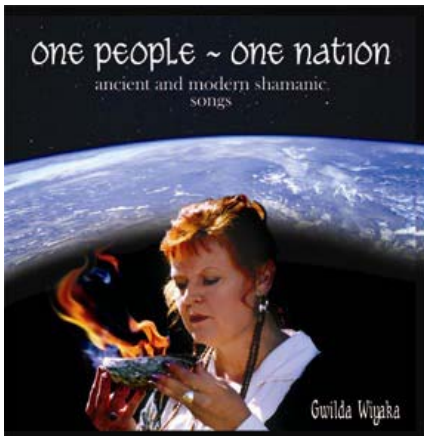


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# Healing Harmonies

## 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."

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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Published October 29, 2004