

# VISIONS FROM THE HEART

With Neelam and Paul

January 2022

Remembering and Honoring Paul



## Foreword

Paul left the earthly dimension to make a journey to the other dimensions on 13th Jan 2021.

13<sup>th</sup> Jan, 2022 completes one year of his journey into the afterlife.

Today, we dedicate this newsletter towards honoring, remembering and celebrating his life on this earthly dimension.

Paul is an old soul who perhaps incarnated in this life time to walk the Red Road called Shamanism and integrate it into his human existence. He was fortunate to share the gift of his BEing with many people across the world while walking the path alongside with his twin flame, wife, friend, work partner, family - Neelam

In his last earthly gift, Paul sent a Christmas package for Neelam which included his River of Life Book. His last written words to her were, "*Thank you for the gift of you, It has been an amazing river that we have shared.*"

Whenever, Neelam asked Paul, about the gift he needed, (for his birthday, anniversary or Christmas), he would often say, "Darling, I have the gift of You."

He often shared with many, "**Be the Best YOU that you can BE**".

What better way to honor and celebrate Paul today than to bring to you, the "**Gift of Paul**" and through that perhaps, help 'you' Understand, Remember, Re-member and Honor the "**Gift of YOU**".

In the circle of our great mystery called life, we are all connected.

We share with you different gifts of Paul, aspects of his spiritual journey that were dear to him as he endeavored to walk his Red Road with love, dignity and impeccability.

Paul - The Story teller

Paul - The Sacred Elder

Paul - Walking the Red Road

Paul - Who brought nature as the Church to the hearts of many.

Paul - His connection to nature.

Paul - His connection to Mother Earth.

Paul - His gift of music.

Paul - His River of Life.

Needless to say, he had much more to him than the above. His gift of spontaneity, empathy, love for food, sensitivity and observation, his undying love for his son Kennie, his love for driving country roads leading to various places in nature, his love for role playing and board games, his pipe, his love for reading, his sound effects, his sense of humor, his cooking and photography, his knowledge about plants, geography, history and much much much more.

It has been a challenging 2021 for many, in different ways and we hope these wisdom nuggets from Paul bring lightness, hope, love and understanding to your BEing and hope each step that you take on your journey during this Earth walk becomes a Sacred Prayer.

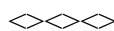
Journey well, Dear ones, BEing the Best YOU that you can BE.

With kindness, gratitude and Eternal Love,

Shamanic Vision

(Neelam & Paul)

P.S :- We have dedicated some sections of the newsletter towards sharing pictures and write up about a prayer ceremony called Despacho done for Paul's honor, tribute for Paul and some experiences received from students about their rendezvous with River of Life.



## Sacred Footsteps

Paul J Hinsberger



We live this life, one step at a time.

In other words, the Circle of our Life is one of movement. The question is, Is Life Passing you by, observed from your easy chair, or are you placing one foot in front of another and Living the Walk? This leads me to some Food for Thought ...

When was the last time you went outside and walked?

How far did you go ? Was it far enough or was it too far?

When you walk, do you ever consider the imprint you leave behind on the face of the Earth Mother? If so, what does the imprint say about you? If you never thought of this before, when will you?

When you walk, are you in a rush to “get there”?

Do you ever count your steps?

What is your natural cadence or pace? How does this number relate to your heartbeat?

How fast do you walk through a garden? How fast do you walk in the Woods? How fast do you walk in a mall? How fast do you cross the street? How fast do you walk on campus? How fast do you walk on the beach? How different is the pace of your steps? Why?

Speaking of beaches, what would a stranger say if they studied your footsteps on the sand? Do you tend to walk on your heels or your toes? What do your footprints say about you?

How noisy are you when you walk? When you walk down the aisle of an airplane, do your footfalls shake the seeds of other passengers? Can your downstairs neighbor hear you cross the room?

When you walk do you care about the face of the Earth Mother or do you tend to stomp on her?

When you walk upon the Earth, do you Bless the Earth with each step? Ever considered doing so? What Blessing would you offer?

When you walk, where do your eyes most often go? Do you find yourself mostly looking down at the Earth, outwards towards your destination or at the Clouds? Why?

Do you text and walk? Are you on the cell phone while walking? Ever bump into anything? Ever stumble? What do you think the message is here? Is it more powerful than what ever held your attention to your phone?



Do you ever meditate or pray while walking? On what do you focus? If you could walk to that place of focus, how far is it? Where would you go? Where would it take you once you were there?

Is there a particular song that plays in your head as you walk? If so, what is it? Why that song? How does it affect your walk?

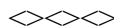
One of the fundamental principles of Shamanism is that everything we do is done with Intention. This can easily be carried over to our footsteps.

When we speak of Walking in Beauty, we speak of walking with Grace and Gratitude for everything that we see and do not see upon our Earth Walk.

Walk with Grace. Walk with Gratitude. Make every footstep count. Make every foot step an honorable one.

This means that every step has meaning.

Perhaps you may intend that your steps will help heal the Earth. Perhaps you may intend that your steps bring Peace and Wisdom to the leaders of the world. Or perhaps your steps shall bring Love to all who touch the trail that you leave behind ... it is up to you!

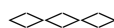


### ***Paul's Sacred Footsteps***

**My Dance:-** (When you click on the link below, church of the wheel website will open. Scroll below and you shall see, "Conscious Man Project, Milepost #1 private. Scroll below and you shall see the screen where it asks for the password. Enter the password and click enter)

<https://wp.me/pb3VB1-n1>

**Password: PaulDance**



## ***Paul - The Story teller***

*(The Standing Deer stories came to Paul during his stay at a Vipasana Center in Gujarat in the year 2015 while looking at the paint which was peeling off from the wall. His vipasana stay was also rich in his shamanic experiences)*

### **Standing Deer learns to Walk**

By Paul Hinsberger

When Standing Deer was in his tenth year, he went out with his teacher to find some herbs. They walked for quite a while and then his teacher commented—yet again—about Standing Deer failing to match his namesake when it came to the noise he made while walking.

“You must work on your walking Standing Deer...you are anything but silent. You walk with the Spirit of a Stomping Bear...just look at what you have done to the leaves and twigs that line the path...look at your footprints!”

Standing Deer turned and looked. And as his teacher had stated, there was indeed a very clear and defined path that he had created where there previously was none.

“I'm sorry Grey Fox.”

“Come, it is time for you to learn to walk!”

Now, Standing Deer had been walking for many years. He tried to push down the hurt, but his Teacher saw it.

“I know you know how to walk. But it is time that you learn how to walk!”

Confused, Standing Deer cocked his head. Grey Fox let out a little chuckle and patted his student on the shoulder, “Come with me.”

And so, Grey Fox lead Standing Deer to the open trail that was nearby and they walked North for a while.

Standing Deer felt hungry, but he said nothing about this. He had learned to not speak during his teachings and he knew this was one of those times.

They arrived at the start of a thin trail and Grey Fox lead them into shrubs then into a forest of pines. Laying across the ground were a number of trees that had been struck by lightning. They were charred black and laying on the ground. Grey Fox pointed to the thickest one; “Walk on the tree.”

Standing Deer hopped up on the tree and began to do as instructed. He navigated his way around broken branches and over mossy bark and around burls. The tree was thick and quite stable. He found it fairly easy to walk along its length.

“Walk back and forth until I return.” Grey Fox left.

The air chilled as the sun lowered behind the trees, and all the while, Standing Deer walked back and forth, back and forth. As dusk approached, his legs weak with hunger, Standing Deer looked up from his careful footing and saw his teacher had returned.

“Here.” Grey Fox handed his student some dried elk. As Standing Deer ate, they returned home in silence.

The following day, Grey Fox brought Standing Deer to the same place. This time, he pointed to a thinner fallen tree. “Start walking.”

Standing Deer stepped up to this tree and it worked his way around the half burned branches and the stubby bits and the slippery moss. Up and down he maneuvered his way around the fallen tree. He curled his toes in his moccasins, trying to find good footing. He fell off many times, but he always brushed off the dirt and stepped back on the tree.

All the while, Grey Fox silently watched.

They did this until sundown, and then they returned home.

The next day, Grey Fox took Standing Deer to a new place. Here, there was a very thin Aspen that had fallen over a narrow ravine. A rushing river ran at the bottom of the ravine, some forty feet below.

“Now, it is time for you to walk.”

Standing Deer moved towards the fallen Aspen.

He looked at the narrow trunk and closing his eyes, he took his first step. The trunk wobbled a bit under his foot. He brought up his back foot and moved forward with great delicacy. “Yes...Deer Medicine.” He breathed this into his heart.

The thin Aspen held steady as Standing Deer crossed the ravine.

Grey Fox nodded; “Now, return.”

Standing Deer moved with tremendous grace across the ravine. He did not rush, he did not linger. Instead, he moved with commitment and with purpose.

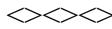
Once he returned, he walked up to his teacher.

Grey Fox looked at the boy, nodded and then suddenly, pushed the young boy in the chest. Standing Deer fell on his bottom!

“Though you may walk now, always remember from where you have come. Remain connected to the Earth Mother and honor her as you honor your namesake and your footprints, for the Earth has a secret it needs to tell.”



Standing Deer took the offered hand of his teacher, and bowed his head in gratitude.



## *Paul - The Sacred Elder*



Paul started writing a book called “The Sacred Elder - Wisdom for all Ages”.

He very fondly describes in the book, who an Elder truly is. Read on :-

An Elder is not defined by age. You see, an Elder is someone special. Yet, an Elder usually will not think about themselves as being “special” and therefore, humility is a part of this.

For the sake of discussion, let’s consider an Elder as someone who has lived life in a Good Way and has learned from the experience. And as an Elder, they are willing to share their Wisdom with others. Elders do this freely, however you need to ask them first. Elders usually don’t intervene until you are floundering and on your final gasps of breath. Then they will step in and offer you a hand. If you take that offered hand, you have better be ready for what is coming your way!

Are they old? Usually. But Wisdom is found at any age. How many wizened Souls have you seen in the eyes of an infant?

But an Elder is different.

This is not Aunt Madge who will stick her nose into your life, poke around in there and then tell you what she thinks you should do.

Nope, Aunt Madge certainly isn’t an Elder.

An Elder, only with permission, will share their insights—based on their years of Living in a Good Way—and offer their words to you as Gifts. They recognize that you have the Gift of your Free Will, and they encourage you to use it. Therefore, Elders provide us with recommendations, not hard and fast rules.

Elders will Empower you. They will support you. And they are not afraid to hit you over the head with a stick if you need it. Don't ask an Elder for the Truth if you are not ready for what may come your way. However, if you have a Strong Spiritual Warrior in you, you will treasure each heart beat that you spend with an Elder.

The Intention behind this book is to open up the doorway within all of us to become Elders. This is done through many lessons and subtle teachings.

I am a deeply Spiritual man, and I follow these ancient teachings with deep honor and respect. I walk a Sacred Path known as The Red Road and the words that I am about to share are words from my heart.

Though my fingers are typing, much of what you are about read will actually be the words of my beloved, primary Upper Level Guide. I shall refer to him as Grandfather. In actuality, he is a Spiritual Ancestor, not a Blood relation. He is my Great-Great-Grandfather. Earlier this year, he said; "Grandson, you are now stepping into the Path of an Elder. I have many words to say on this. It is time for you to write another book."

You will also hear the words of his beautiful wife, a very loving woman who shares the Wisdom of Women. Her voice touches the heart, and for the men here, she has much to say, so best you carefully read her teachings!

Grandfather is very much, my Sacred Elder. When he speaks here, you will find his words are soft yet strong, tender yet grounded. His words, much like mine, are full of sub-textural messages. And when he speaks, I listen with 1000% of my BEing, for I know his words are True.

Regardless of your age, read all that is here. Like I said, doorways will open—should you allow them to do so!

Enjoy the Journey that awaits!

(Paul travelled to the other world before completing his very special book, the guidance for which he received in the foothills of Himalayas in Mukteshwar)

We are sharing with you some wisdom nuggets from the manuscript that he left behind.

### **Wisdom #3: How sharing illuminates your Heart and Soul**

Folks like to talk about themselves. Elders are full of stories of their Life. The sad part is that most folks are far too shy to ask a stranger something about their life, especially to someone older than them and in particular when you are in the presence of an Empowered Elder. Oh, there certainly are those who are very free and open and will have no blocks in asking. I love those kinds of people!

But even in a close family, some of your loved ones may be reluctant to ask you questions. Perhaps they fear you will bore them. Or perhaps they are afraid of asking something that may upset you.

Young ones, on the other hand, have no boundaries. Nothing like having a 3 year old ask you if you killed anyone in the war over a holiday ham.

Whenever the opportunity arises, and you have a chance to share something, do it.

Whatever you share, make sure it has something behind it...a laugh, a lesson...a sharing that opens a key to engaged conversation.

No gossip. No recent medical reports.

Instead, speak of something that captivates the heart and the Soul of others.

When we share something in a Good Way, it illuminates our Heart. It allows our Soul to have an avenue for outward expression.

Here's an example:

Say I am seated at the dinner table with my wife, my father, my son and my sister. I have just served them a Friday evening dinner.

"I would like to share with all you, my gratitude."

Nods around the table.

I reach out to take my neighbors hands. (This keeps them from eating for a moment so I have their undivided attention).

"The meal that we are about to share, it comes from my heart. This was not an act of labor. Instead, it is an Act of Love.

"A long time ago, I decided that whenever I am blessed to cook for others, I would do so with a Loving Heart. This certainly makes the food more digestible!"

Laughter around the table.

"So please, enjoy the food. From my heart to yours."

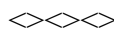
I look at my son; "So tell me, what Love have you brought with you to the table today?"

Certainly beats talking about the weather!

And did you notice, there are no cell phones and no texting.

Heya Hey! Human Interaction!

A-ho!



Grandfather and I spend a lot of time sitting on the banks of a river, eating blackberries from a bowl and talking. One morning, I asked about the Role of an Elder.

"The Role of an Elder is much like that of a Wise One. Though we don't fill our heads up with self importance, we are there for the People. We provide counsel. We do not lead. Instead, we offer many lifetimes of advice...much of that advice was handed down to us, generation through generation, told to us in story and song. Much of the wisdom though, comes for the fact that we have lived it!

"Our role as an Elder is to Empower, Share, Guide, Instruct, Love and Inform." He handed me the bowl.

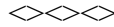
I took the bowl and smiled; "This is what you do for me, Grandfather."

"Yes, my son."

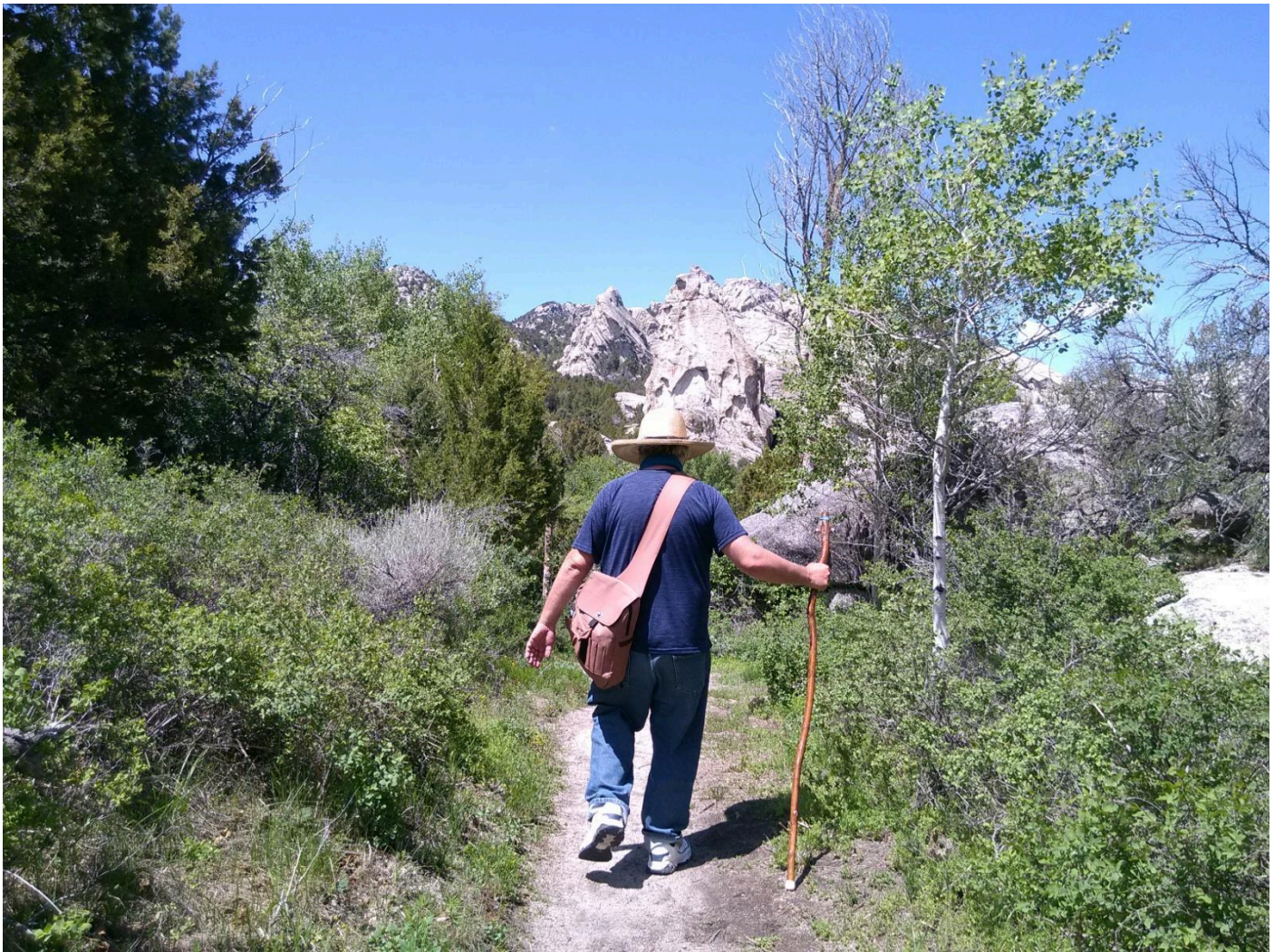
“What you offer is a Gift, Grandfather.”

The bowl passed, once again, between us.

“This is the Way of the Elder, my son.”



### *Paul - Walking the Red Road*



### **What is the Red Road**

By Paul Hinsberger

The Red Road is derived from Native American belief system. It is, essentially, about living a Good Life. It is about honoring Great Spirit/Creator and honoring all of Life, Nature...and all of Our Relations. It is a Sacred and Divinely Personal Path. It requires living one's Life with Awareness and Respect.

The Red Road is a road of personal commitment, a road of dedication to live in a Spiritual Way. What this speaks of is living in alignment with fundamental principles that, at their core, keep you on “The Good Path” and keeps within your awareness, the voice of your Higher Self to “BE the Best you that you can BE.”

When one walks upon the Red Road, they walk in the footsteps of the Ancestors. They share the Red Road with all while they walk the road alone. The richness of this statement abolishes dogma. Rather, one walks within their Highest Selves, and consider their contributions to All their Relations, including all of humanity, all of Nature, their personal relationship with Spirit or The Great Mystery, one's faith or religion and they live in a Good Way, aware that their actions have far-reaching effects on the world.

I honor this.

I also consider the word “Red” to reflect the blood that has been shed over the centuries; I consider the Red of the Earth, blending the flow of Life that runs through the Earth Mother, and of the Iron Ore that adds the tint of Blood to the Land and in rocks and stones.

I consider the Red to reflect the Blood that flows through our bodies, traveling millions of miles a lifetime through the River of Our Lives, sustaining us. This Red is the Proof of Life.

The Red Road is therefore, deeply personal. It is about you and your connection to Great Spirit.

Great Spirit may be—for you—The Creator, Grandfather, Source, God/Goddess, The Earth Mother...or any deity.

It may also be your own self. As the Red Road belongs to...you.

It is yours and yours alone.

You may stray from the Red Road. Or you may walk it, flirting with the edges or you may keep in the Middle of the Road. It is your road, your Journey.

For some, it may be a thin foot path.

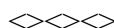
For others, it may be a wide road.

Ultimately, it is yours.

In the Traditions of the Lakota People, 7 principles were handed down by White Buffalo Calf Woman who brought the Sacred Pipe to the People. These 7 Principles are the foundation for walking (or living) the Red Road:

1. Wóčhekiya - Prayer
2. Wičákha - Honesty
3. Wahwala - Humility
4. Waúnšila - Compassion
5. Waóhola - Respect
6. Wawokiye - Generosity
7. Wóksape - Wisdom

Those interested in walking the Red Road start with becoming familiar with these seven values. When learning them, you must control your anxious mind and be patient - there is no rank, level, or social status to achieve. Study these values and practice them. BE genuine and diligent in honoring these ways.



## **Red Road Diary by Paul Hinsberger**

I began a new section called, 'The Red Road Diary'. This is a glimpse into the Red Road that passes beneath my feet. It is about the Red Road that I am on as I continue my Earth-walk.

It is the Tale of my Heart.



### **Paul's Red Road Diary entry from March, 2019**

When asked a question, a student said, "I need to look at my notes."

"I failed you as a teacher."

"Why do you say that!?"

"Because you seek the answer from here (touching head) rather than from here (touching heart). If the answer was here (touching heart) you would have no need for notes. I have failed you."

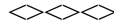
Tears formed in the students eyes. "No. I failed you...it is my fault that I did not listen to you through my heart. Instead, I listened with the brain...and in turn, did not listen all the way. I take Full Responsibility for my Life, just like how you teach."

"And I too, take Full Responsibility for my Life. That is why, I failed you."

She nodded, swallowing the lesson.

She closed her eyes, took a deep breath and answered my earlier question without notes, doing so without hesitation.

When she was done, we looked at each other, and learned.



## Paul and His Church of the Wheel



*Paul - who brought Nature as the Church to the hearts of many.*

Church of the wheel was an initiative started by Paul to create a community based on the ways of the nature and the Sacred Medicine Wheel.

### *Words from Paul about the Church*

Church of the Wheel is not your ordinary Church. Here, there is no Dogma. There is no “Preaching”.

Instead, you shall find a Pathway, a Road...A Road that belongs to You. It is yours and only yours. It is the Path of your Soul.

Here you will find a place that opens the doorway to your journey into your own Divinity.

The Teachings I share are based on those of the Medicine Wheel.

The Wheel is also a response to my Inner Calling. This is a Call from Spirit to share, assist, guide, and Act with Compassion to All my Relations.

The Church of the Wheel is not your typical Church. The word "Church" is more of a label of a place where people Gather, usually with structure and readings that have been passed down (and modified). Instead, with the Church of the Wheel, consider it a Sacred Circle. We are not bound by four walls or dogma. Instead, this is a path, a Way of BEing, a Way of living *your* life. For the Path you walk belongs to you. It is yours, though

ideally, you live in accordance with the needs, desires and Guidance of your Soul. We talk. We share. We consider. We walk. We speak of Soul and Soul Growth and Soul Purpose.

Therefore, The Wheel focuses on the Journey of your Soul. Here, you are invited to engage your Highest Self. What is shared in these pages may accompany you on your Spiritual Journey. I Bless you for the steps you have taken, and for the precious steps that await.

This is a place that opens doorways; these Traditions present you with a deeper relationship with Life, your Soul, the Creator, or Great Mystery. The footsteps you walk belong to you. Though we may share the road together, you *own* your footsteps.

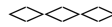
In this Way, you take 100% Full Responsibility for your Life.

This is a Way of Empowerment.

It is a Way of the Spiritual Warrior.

***Paul conducted weekly Gatherings live on Zoom every Sunday at 9:30 a.m. Mountain Time. He conducted these sessions live during his stay in Burley, Idaho). The link to the recordings of all the church of the wheel gatherings that he conducted is as below :-***

<https://churchofthewheel.org/library-of-previous-church-of-the-wheel-gatherings/>



***Paul and his connection to nature.***



Castle Rock, Idaho by Paul Hinsberger

**Learn the ways of Nature**

By Paul Hinsberger

Learn the Ways of Nature

Learn the Ways of Nature.

Live your day as the Sun; rise with it

Play and work with it...

Thank it as it fades into the West...

Honor the darkness of Night...learn from it!

Sleep and Dream and find the teacher of your Soul.

Learn from the Trees. Grow roots that nourish rather than strangle...

Learn from the Wind...

Learn from the Water...

Learn from your Past. Learn from your Pain and your Grief.

Acknowledge the Gift of Breath and Voice and Sound that is carried on its wings...

Learn from the ground beneath your feet and make every footprint Sacred.

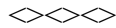
Learn from the Advancement of Time...

Learn from the Gift of Aging.

Lessons are found in the rocks, the plants, in All our Relations.

Learn.

Always.



*Paul - His connection to Mother Earth.*



Painting of Mother Nature by  
Benedict Adedipe

## **The Earth Mother**

By Paul J Hinsberger

It is said that we all share the same Mother and that we all reside in her home.

It is also said that we need her, far more than she needs us. This is worthy of chewing on in contemplation.

In the ways of the Ancients, the Earth Mother was honored and her role in the life of mankind was acknowledged and understood. It was not exploited; that came about many years later with the “Advancement of Mankind.”

When you think of Mother Nature, the Earth Mother, Gaia... whoever you wish to call her, how do you envision her? Is she Old or Perpetually Young? Is she Middle Aged, wise yet sensual and fertile? When was the last time you spoke with her? You haven't!?! Well here's your chance!

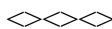
Here is a recorded Guided Meditation that will help you connect with the Earth Mother.

### **Guided Meditation to Meet the Earth Mother recorded in Paul's voice**

<https://vimeo.com/204515792>

It helps “get you there” without coloring your experience, your vision of the Earth Mother. This is a place where you can begin to develop your relationship with her.

Give her my love when you See her!



### **Full moon Ritual (A message from Paul )**

Please join us Dear Ones from the comfort of where ever you are!

A message came to me a few years ago, that as a catalyst for change, I needed to bring Awareness, Love and Blessings to us, the two legged, that can be directed to Earth for Healing.

The intention of this event is to send the Earth Mother healing, assisted by the Light of the Moon. As you know, the Full Moon is an ideal time to release all that which is no longer needed.

I humbly ask that for at least 15 minutes during the Full Moon that is at 7:00 p.m. local time you do any of the following:

- Drum
- Rattle
- Chant
- Sing
- Dance
- Meditate
- Do a Ho'oponopono
- Or create a personal ceremony...
- Or do any combination of these!

Gather with family and friends or do this alone, while directing healing and loving intention to the Earth Mother, assisted by the Light and Power of the Moon.

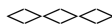
This is an ongoing event. Please join us from anywhere around the World.

Again, starting time is at 7:00 p.m. local time please do this with intention and focus for at least 15 minutes. By the way, your healing contribution does not need to be limited to one day a month for 15 minutes. Give back to the Earth Mother whenever you want to or are driven to.

Our relationship with the Earth and the Earth Mother is one of reciprocity-a relationship that requires mutual dependence and action and responsibility.

With Blessings,

Paul



*Paul and his gift of music.*



**Musical link :-**

<https://www.youtube.com/watch?v=MNf1FLW7D0U>

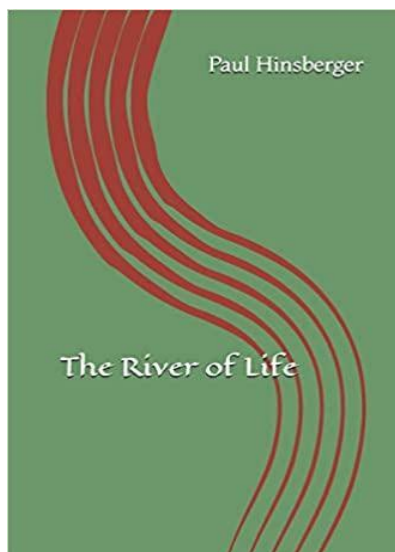
**Sharing some of Paul's favorite music**

<https://youtube.com/playlist?list=PL4r-GqxijJYwtU71ORzDnHi9URRIKE40Z>



***Paul and his River of Life***

In June 2020, Paul's labor of Love came into fruition: The River of Life was published.



By Paul Hinsberger

## **Introduction: The Headwaters of the River of Life**

In 1972, at the age of fourteen, The River of Life came to me in a Dream.

Over the past forty-six years, that Dream has evolved, and it has played a significant role in my daily Life. You see, the River of Life is one of the foundational stones of my Spiritual Journey.

Like many folks, I have always had a deep attraction to Rivers.

There is something powerful and mysterious about a River.

Rivers hold their own stories.

Some Rivers are gentle in both pace and attitude. Some trickle; some are slow and lazy.

Others are forceful, intimidating, and frightening. Some rivers are treacherous, with long histories, and reputations, for claiming lives.

Some Rivers whisper, while others, roar.

Rivers can drift or rush, yet unperturbed, they always move at their own pace.

Rivers captivate the imagination; they ignite our Inspiration, and therefore, they awaken something with us. Rivers stir the Soul.

In some lands, Rivers dry up in the heat of summer.

In some lands, Rivers may freeze in the cold months, forming icy sheets that may restrict the flow of water. In these frozen states, you may be able to walk upon the transformed water.

Some Rivers are crystal clear while others are muddy, murky, or dark with hidden beds.

Some Rivers are built over layers of silt or sand, while others are comprised of stone or slime. And some have beds that provide refuge for old, rusted tin cans.

Therefore, every River has its own distinct personality.

And if you spend enough time with a River, you may notice that it too will change, sometimes in spectacular ways. These changes will occur during the advance of the seasons or happen many times during a day. The face of a River is in constant motion, flickering with every ripple or with anything that touches it.

Rivers are about Life. Rivers contain Life, and they carry within them the nectar of Life: Water.

Some rivers are home to fish and frogs, tadpoles and eggs, while others—stagnate and brackish—provide homes for mosquitoes and other vectors that we deem “undesirable.”

And with great sadness, some rivers are tarnished by the toxins and the careless waste of the two-legged.

Some rivers may appear rather dead, however, that “death” is merely an illusion, for a dry River still flows with its own Medicine, and it too has much to say.

The River of Life is a living, dynamic metaphor—a metaphor for our lives.

The River of Life is also a mirror to Life outside of us. However, and more importantly, the River of Life reflects the Life Energy that flows within us in the present moment.

You see, The River of Life is a reflection of you.

Yet, it goes far deeper than this. For in your River (and it is very much your, River), you can see, feel, experience, and interact with the Three Sacred Aspects that I call “The Trinity of the Self” or the holistic balance of Mind, Body, and Spirit.

Within these pages, you are about to embark into something very Powerful and Sacred.

It is your River...and your Life!

Welcome to the River of Life.

*It is now time to share this Dream...*

The River of Life is available around the world on Amazon in both Kindle and in paper version.

Amazon USA: <https://www.amazon.com/River-Life-Paul-Hinsberger/dp/B087SCDQRQ>



*The Beauty of Nature, the Beauty of the moment also exists in you.  
Dare to express it*



## What Shamanic Vision Community has to share about the River and their River of Life Experiences?

### **(1) Sharing by Iris**

#### **Some Haiku:-**

1. Its lapping voice calls  
Beckons me to hear the message  
What is the secret?
2. I hear you, my soul  
The water reveals secrets  
that need to be heard

The River has always called to me, as has the ocean and babbling brooks. There is something so serene and calm, just to sit and BE by the river's edge, shore, or the sandy beach. The river took on new meaning, once I opened up the 'The River of Life ' Book.

Paul's writings, sharing, introspection and probing enabled me to view things in a whole new perspective.

The River took on new meaning. It was not just a place to sit and reflect but it became the mirror with the answers; for it knew what I was going through at that given moment in time. The River's clarity was my clarity; the murkiness in the River gave me ways to understand the murkiness within my soul-and enabled me to dig deep, wade through the muck and seek clarity.

The answer's that I sought were in the River...for, the River was me and if I was willing to hear, listen, truly see, the answers were there.

The calmness of the River was the calmness in me and I was able to control that calmness.

When I was anxious or rushing, multi-tasking and juggling a lot, I could visit the River, see the churning and fast currents and realize it needed to calm and slow down. Once I slowed down the River, I too felt the 'craziness' lift, and the sense of AHA washing over me.

What I saw in the River, be it swimming beings, rocks, shells, they all offered me insights. "Tell me about yourself", Paul would say..."What messages might you be bringing me today?" The answers were always revealing and insightful and they were GIFTS, teaching valuable lessons that needed to be heard.

I visit the River often...as I do the book-because every time I pick it up, different messages resonate within.

It is a gift I give myself.

### **(2) Sharing by Nidhish Saxena**

It all started on a Sunday Night in 2020 when for the first time somehow, I had joined Church of the Wheel gathering wherein an Old Man (fondly known as Paul) was asking people as to what the coffee bean looked like?

He asked, what was the Coffee Bean saying and trying to communicate with us? What did we see in the bean?

Whenever he came to me, I was like, for God's sake, this is a Bean. Why don't you understand?

There were people in the gathering relating their experiences with the bean and honestly I started feeling being in the middle of hallucinated people who for once did not want to admit that all they were talking about was a bean - a simple picture of a bean!!!

After 3 attempts, he decided to honor the time of the group and we were asked to visualize a path leading to a River. Reluctantly, I allowed myself to follow him (I am so glad and grateful that I did) and the voice had something which took me deep inside, a place wherein I have never been before.

There was a stillness, calmness and something within those few minutes changed and I am not sure after how many years I started visualizing things, a flowing River, vegetation around the river, sound of water was clearly audible and then the Bean appeared!!!

The river had started to flow and since then it has been flowing....

The words mentioned by Paul “Over the Forty Six years, that Dream has evolved, and it has played a significant role in my life” makes me smile every time I read it. On that night he had introduced me to one of the most beautiful things in my life -My River of Life.

Since ages the River has been a source of several things for mankind. For me, it became my Axis Mundi, a source of enchantment, excitement and adventure. My Place, wherein I could be **ME** and be with my raw emotions, peace and escapism at times. A whole new Journey had been initiated.

The river began to symbolize a path that I enjoyed taking. It became a point wherein I could go within at any point of time. The river symbolized and represented my Life and soon She revealed her name.

My ancestors, Guides, Inner child, Paul and several aspects of life started appearing from the River on the shore. Whatever happened or was going to happen started reflecting itself in the River. I could wash my wounds, guilt and get rid of pains by simply immersing myself within the holy water of the river.

The River hugged me, gave me new dreams and soon we became inseparable.

The River has its own narration and storytelling about our life.

As Paul mentions: “ Rivers hold their own stories. Rivers captivate the imagination, they ignite our inspiration, and therefore, they awaken something within us. Rivers stir the soul. Rivers are about life. Rivers contain Life, and they carry within them the nectar of life: Water. The river of Life is a living, dynamic metaphor- a metaphor for our lives. The River of Life is a Reflection of You. It is your River..and your Life!!”

Welcome to the River of Life. May the River continue to flow for Paul, myself and all of us in all realms

May God continue to be with us!!

Nidhish Saxena

### **(3) A Tribute to Paul’s River of Life by Zenobia Nankani**

Paul always said that the River of Life was a reflection of Self – a living, dynamic force which is a metaphor for our life. Often when I am feeling confused, low or just aimless, my River of Life springs up before me. Bathing in its waters or just listening to its gurgling sounds brings me to a new space where I feel totally free and child like. My Inner Child is most awake at my River of Life.

My River of Life has got me closer to my self – my body, my feelings, my thoughts and most confusion fades away when I am here.

At the very first reading of the book that I had the privilege to attend, Paul most animatedly discussed this book. I hear his voice ring loud in my ears even today. Every exercise is an experience in itself!!! Every connection with the river is different and as it is said you can never place your foot on the same waters twice. The river flows and with it my experiences and my insights; my understanding of life and introspection of self. The multiple possibilities that arise to a question bring newer insights and with that often my questions are answered.

I recall my very very first encounter with my river of life in the Shamanic Workshop. It had ruby red gems for river stones and the memory is etched in my head. I picked them up and saw fire in them. I went way down into the river and in that moment there was a sense of freedom and adventure that raced through my body. I realized that I was trapped in the confines of my mind and only the River was setting me free. I still hold the memory of the feeling within me.

I am truly grateful to Paul for having got this book out to the world to experience its wonders. I treasure my autographed copy.

And I am most thankful to you dear Neelam and for that providential moment of my first interaction with you. I wouldn't be the same person had it not been for that one moment. The Buddha said when the student is ready the teacher appears and when the student is truly ready the teacher Disappears!!! I look upon you as a Wise Crone today more than just a teacher. As for Paul, he continues to remain the Elder of the Tribe!!

#### (4) Dedication to the River of Life by Rachana Kulshrestha

<p>अब इक ठहराव सा है मुझमें कहीं... सदियों से बहती रही हूँ। पहाड़ों से निकली, काटती चट्टानें, तराशती पत्थर, समेटती ज़र्रा-ज़र्रा, घूमती तलहटियों से, जंगलों से होती हुई, पँहुची मैदानों तक। सागर तक जाना है मुझे, मगर अब, इक ठहराव सा है मुझमें। विस्तृत होना है अब। सागर जो होना है, अनंत, अपार, प्रशांत!</p> <p>- रचना कुलश्रेष्ठ</p>	<p>Now There's an intermittent stasis In me somewhere... Been flowing since centuries Spurred out of the mountains Cutting rocks Sculpting stones Gathering every particle Wandering through the foothills Reaching the plains Through the forests and jungles I have to journey to the ocean.</p> <p>But now, There's a stasis in me. I have to become patulous</p> <p>And plorate.</p> <p>For I have to become the ocean, Limitless, plenty and pacific.</p> <p>- Rachana</p>
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<p>दरिया हूँ मैं, बहती रहूँगी भीतर  राह चुनूँगी, रास्ते बदलूँगी,  समय साधूँगी, नया करूँगी सृजन और  फिर विनाश भी करूँगी,  उसका, जो पुराना है और  औचित्य नहीं जिसका।  समेट लूँगी तुम्हें भी बाँहों में  धकेल दूँगी तुम्हारी ही  गहराइयों में...  करोगे साक्षात्कार तुम  स्वयं से...बच न सकोगे अपने आप से  क्योंकि मैं, दरिया हूँ  बहूँगी तुम्हारे भीतर, हमेशा।</p> <p>- रचना कुलश्रेष्ठ</p>	<p>I am the river  Shall flow inside you  I'll choose my path,  Change the course,  Direct the time.  Shall create the new  And destruct that  Which is old and irrelevant  Shall wrap you in my arms  Push you into  Your own depths  You'd face yourself  And you wouldn't escape  Because I, am the river  Shall flow inside you  Always.</p> <p>- Rachana</p>

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### (5) Honoring Paul by Rupali Srivastava

2019 was one of my very low years personally. I had struggled to conceive and after 10 years of efforts I was blessed with a child. Despite this I wasn't happy. there was a constant feeling of vacuum and missing out on something which I wasn't aware of. I was haunted by questions around my existence, my purpose and felt stuck in my life journey. In June 2019 someone suggested shamanism and I started googling about it. The first one to capture my attention was Shamanic Vision and a write up about Paul and Neelam on the website. Something shifted in me that moment and I instantly wrote to Paul enquiring about the Shamanism workshop. There was one happening in Nov 2019 and I enrolled asap.

In Sept 2019, I received an email from Shamanic vision which read ' A Call to the River of Life'. It felt as if it was a real call for me and I immediately wrote back saying I am willing to participate. To my luck, I was amongst the 6 chosen ones who got an opportunity to read the book, participate in the learning and sharing. I had no idea where I was heading, who all are going to be there etc. I just listened to my heart, booked my tickets to Ahmedabad and flew.

Those two days of reading River of Life were life changing for me personally. It anchored me, it stabilized me and also reassured me that I am with my tribe now and am on the right path. River of Life is a deep self healing book written for everyone who wants to move on the spiritual path. It was my dream to see Paul conduct workshops around the globe teaching people the learning from "River of Life ' book. I am sure, he would be doing it wherever he is in his own way.

You will always be in our hearts Paul. Your teachings of Being open and curious, Impeccable Shamanism are so ingrained now that it's a way of BEing.

With deep respect and gratitude ,

Rupali

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***Paul often referred to Shamanism as “Open Canvas for the Soul”***

“The Beauty of the Open Canvas of the Soul.... To Live in such a Way, there is no dogma. Instead, here is an unfolding, a Way to honor the Pathway of the Soul. Walk in your own Painting. And in doing so, you create the Beauty of your Own Way of BEing. Take ownership of your canvas, and hand the paintbrush to your Soul.”

Paul, Church of the Wheel, June 28, 2020

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**Tribute To Paul**

**A Letter to Dad**

It is hard to believe that one year has gone by since your passing. A lot has happened in 2021.

It had its up's and down's, though, I'm happy to say that it's been a more positive year than a negative one for me. I've been enjoying my time at work and I have been in good company and high spirits. 2021 held a lot of time for personal growth as I have been discovering things about myself.

I've been able to do things and express myself that has been in accordance to me, which has been very affirming and comforting.

I am in a comfortable place.

There are things I know I will be improving upon and there are things that I want in life.

I am taking steps to address these things.

I still fondly remember the times we had shared together, and I am forever thankful for those times and all that you have done for me and taught me.

I look back to the past to honor it and it's lessons.

But I'll keep moving forward--my eyes on the future as I live in, and enjoy, the present.

Much love to you Dad,

Kennie

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**From Father to Son**

November 8, 1957:

I was thrilled, and excited at first seeing the all-perfect baby boy that my young wife Dolores had delivered and presented to me, to our families and to the world.

We named our son: Paul Jerome Hinsberger.

Little did we know at that time of the exciting adventures our little fellow would give, not only to us his family, but to the world that lied ahead of him.

Early on it became quite apparent that Paul was bound to be a great achiever in all that he would endeavor and challenged throughout his life.

Paul has authored several short stories, publications, and books among those published are “Beyond the Shadows” by Paul Hinsberger and his most recent book “The River of Life”, both available at Amazon.

Early in his life he became very interested in Shamanism. He studied everything he could find about it. With his brilliant mind and training, it didn't take long for Paul to become a world renowned Shamanic Practitioner while living in India with his beloved wife Neelam.

In early 2017 Paul, along with his wife Neelam, started a quarterly E-Magazine in India.

In 2019 Paul started a weekly broadcast program called “The Church of the Wheel” where he gathered a faithful following here in the USA.

In 2020 Paul co-existed with his wife Neelam in India for a while, and later with his sister Theresa and myself here in Burley, Idaho, USA.

Sadly, Paul succumbed at our home here in Burley last year on January 13th, 2021.

We in the USA, and those in India and around the world who have come to know Paul and follow in his footsteps will long remember him for his sense of humor, wisdom and love of animals, humanity, and nature as well as the masterful Shamanic Practice that he created.

May he rest in peace among us as we remember his Sprit this month of January 2022, “The first anniversary of his passing”.

Signed: Dad, your father; *Hal Hinsberger*, 1/6/2022

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### **Shraddhanjali to Paul by Zenobia Nankani**

I believe in the spirit of Santa, not the commercial fat old man in a red suit but the Angel of God and the Wise One – the messenger of the Divine. The first time I met dear Paul I felt like my prayer as a little girl to meet Santa was answered.

He sat there in the class with the energy of a wise grandfather. I sat listening to Paul and Neelam, in awe of everything they were speaking about, not a clue on what I was doing there. Yet I knew that a higher purpose had brought me to them. Paul at the end of the session spoke about respect of plant and plant medicine and dissuaded on the use of Ayahuasca – something clicked within me and I went up to Paul and asked if I could hug him. With that began my intimate relationship with him. Paul was like a wise ancestor whom I could consult in this physical realm. I took my problems to him and he always had sound advice for me. Every time a soul I knew transitioned, even if it was the middle of the night, I would seek his help in psychopomp and he always, always connected for me. A man true to his words. One who followed his Red Road impeccably and made sure we stayed connected to ours.

His theatrics and sound effects made sure that the concept was well understood and stayed in my memory. Every time I sit by my River of Life I thank Paul for introducing the concept. I often picture him eating berries with his elder and guide by his own River of Life. Today he is the elder guide for me. I often hear his inimitable voice speaking to me. His shamanic drumming track and power song give me goosebumps even today.

And then sometime in 2019 I saw him in a very human state of being. His trying to work upon himself for the sake of the love of his life, Neelam. I saw a new Paul – one who had very human problems. A white man living in a noisy, loud, hot country like India, not familiar with the language and his having learnt few phrases, “Hey Bhagwan” being the one most popular!! The last time I met him he was happy to return to the US for a vacation. Who knew that he’d never return and all that we will be left with will be a handful of his ashes!!

Au Revoir Paul till we meet in your realm again. I will always hold your teachings dear to my heart. I miss your Sunday Church of the Wheel gatherings, your pearls of wisdom, your anger and disdain when something is not understood the right way or not done impeccably or where the principle of NO GAP was not followed.

The lessons of the Shamanic way of life you taught me are etched in my soul. I often catch myself speaking in your words. Those words that hold so much truth in them.

Miss you Paul and I hope you find your peace. I am sure you will always look over the tribe with the loving, indulgent eyes of an elder.

May peace be with you, may peace be upon you, may peace be your salvation.

A-Ho!

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### **Dr. Roksana Badruddoja**

Paul strived to teach us how to break out of old unconscious conditioning. The central question he posed to us is : Is our action supporting our newly integrated aspects of our healing ♥and expansion?

We love you Paul.

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### **Homage to Paul by Iris**

Thank you for the gift of seeing when I thought there was nothing there, for the gift to hear through the silence, for the gift of touch and feel and appreciate the various textures in my life.

Thank you for the gift of knowing, and the gift of just BEING.

Iris

### **Tribute from Samir**

I'll always remember him from when I first saw him climbing up the stairs to the floor where him and Neelam were to teach us the Shamanic Vision advanced practitioner lessons. He was witty, jovial, loving, caring and especially empathetic thru the next 3 days. We became friends on that trip and next met at his home in

Ahmedabad where he was to impart to me a gift that I would treasure and cherish for the rest of my life – The River of Life.

It was the book reading of his book – The River of Life, which funnily didn't quite go as he had planned – the plan was for him to simply narrate the book and seek feedback from the 10 participants he had invited to his home over the next 2 days, but it transmuted into one of the most revealing, enthralling and intense workshops I've ever attended. My connection to the rivers and my riverbed as my axis mundi was so fixating that those images will forever remain with me. We got to know so much about ourselves, it was incredible. We had amazingly deep discussions, revelations that would shock our core, all at the river or all guided by our own individual versions of the rivers. From his definitions to our individual experiences, the gamut of knowledge that was shared and garnered was astounding. Especially when they started breaking into concepts of masculine and feminine to participants starting to connect instantly with their higher selves bringing in messages that would silence the class for the next half hour. We learnt holding each other in the circles, we learnt methods and tools that would shape most of my spirituality and my own individual experiences from there on.

I've been able to use the guidance from The River of Life to great effects thru my thick and thins, for my clients and seekers who've sought healing and guidance. I've been able to learn to mold it to my preferences based on the guides present, the cases of the seekers, and my own state of mind to calm me down and guide me whenever I have needed it to work for myself. The various meanings of the rivers, the elements of water, it's properties and how they shape our world and life will always be my treasure to keep. He always used to say that he didn't expect the concepts in the book to be so amenable to me and that I imbibed the concept the fastest. I'll always stay proud of it.

Through it all though, what evolved the best was our friendship. A man's man, a true and gentle friend, a great confidant – he was a man to have around when I needed him most. If there is one qualm, I could never hear his story narrated by him. He was an incredible storyteller, all in the most loving grandpa style. I really wanted to know him better. He did for me what only a select few can surpass on this planet and I'll truly be grateful to him and his presence. I just wish I could have been present with him in his last days, in energy, spirit or physically.

To him, his spirit, his presence in all ways that are possible, yet unknown to me, I wish the best for his journey forward and beyond.

Also, blessings to his greatest gift to humanity – The River of Life, may it lead countless more paths forward.

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### **Tribute by Simi**

Paul's gentle smile and bear hugs would just win you over instantly. His quiet manner of teaching fiery shamanic truths would amaze and enchant me. He was always inspired and desired mostly to help you become aware so you suffer less. While Paul kindly suggested, Neelam made me "dig deeper" into the truth of the moment.

I recall Paul saying "Anger is not bad. Ask yourself, what gift does it hold for you?"

Paul's compassionate energy suffused me and as I dug and dug, I discovered the gems hidden behind what I called "anger". I could see what he was trying to show me — that every emotion is a blessed gift and transformation lies in integrating it!

Today, as I practice staying aware, I realize that truly each emotion of feeling can be transformed into bliss. Bliss is our natural state. All we need to do is become aware of it so we can experience it.

Paul was a true Shaman, a universal spirit and the heart of compassion.

Sending you many prayers and blessings Paul and may you spread more joy and love.

Neelam may you stay shining - igniting hearts, as you always do.

Love

Simi

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### **Tribute by Diedre**

I was drawn to my teacher Paul for just one reason and that is I was able to connect with his energy or aura. I am blessed and lucky that I got the opportunity to study three courses under his guidance.

Paul you were one of the most calm and poised souls, I came across.

My composition for you -

Paul standing tall amongst the crowd, spreading his warmth to welcome the crowd, always a smile across his radiant face, always there to give his warm embrace, Paul my teacher you will surely be missed, it's 2022 and your name still appears on my most beloved list, am looking for answers, hoping to find some, with a yearning that you would jump out of nowhere and say life is just fun.

I know we may never meet in this life time but my dearest teacher Paul can't wait for our paths to cross in our next life time...

Till we meet again..You will be surely missed. Miss and love you my teacher.

Diedre

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*As per the Hindu calendar, Paul's one year of passing fell on 2<sup>nd</sup> January, 2022. We gathered at Neelam's home for a beautiful prayer ceremony called Despacho.*

*An Aya (death) Despacho is created to assist the deceased in their journey into the afterlife. Through ceremony, participants create a rainbow bridge to ease the process of crossing over. According to the Q'ero shamans, after death our physical body returns to the earth. Our wisdom returns to the mountains, our soul returns to the stars.*

*The Aya Despacho is also a celebration of life, bringing closure to a life just lived. It is a participatory ceremony in which family and friends of the deceased reminisce, laugh, cry, and celebrate.*

*During an Aya Despacho ceremony, participants sense the wisdom of this indigenous tradition rooted in archetypal energies. As they use their breath to express their hopes and wishes and place symbolic objects into the layers of the Aya Despacho, a rainbow bridge is created. The first two layers represent the lower world, which embodies the spirit of the earth and her ancient feminine powers. The next two layers represent the middle world, the world in which we live and the life of the person who has died. The last three layers represent*

*the upper world, the world of our becoming. The structure of an Aya Despacho ceremony is traditional. However, the intention is to step beyond structure, beyond time, and into the unseen world of the spirits and the ancestors.*

*We are sharing with you some of the pictures from the Despacho Ceremony conducted for Paul on 2<sup>nd</sup> January, 2022*



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He IS here, yet he has sailed away to the other world. Only his words remain, "Be the Best YOU that you can BE.

Aho Paul, Aho !



**You will always be loved. We miss you !!**