

meet....

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Where did you first meet shamanism?

I was in my early twenties, in the wilderness of Norwegian Lapland, I was sitting on top of a high hill. Below me I saw Sami reindeer herders walking across the tundra, Indian file. The sight could have been hundreds of years old, and the experience awakened something in me, a calling.

Which teachers and teachings have influenced you the most?

My first teacher in the US, Mahadyuni, was a powerful, courageous, and wise old woman. The first time we sat facing each other in her tipi she read me like an open book. Then I knew everything was possible. Since then I have studied with many other teachers, mainly in the US. I am an eternal student.

What makes your heart sing? Watching hawks rise and circle on the wind. Seeing people awakening and letting their spirit do the same.

What is the most bizarre situation that you have found yourself in on your shamanic path? Back in the 1980's, one of my teachers in the USA and I went to the dump with a truckload of garbage. When we began to unload, he told me to start praying and thank mother earth for taking my garbage. I did what he said, but he just kept saying, "Louder!" I raised my voice, and soon I had about 30 people watching and listening while I unloaded the truck, thanking mother earth at the top of my voice. My ears turned very red.

Where on earth do you feel most at home? When I access that inner childlike place of curiosity and adventure, I feel at home almost anywhere, wilderness or cities, but my favorite places are the mountains in the western US, the deserts in Arizona and New Mexico, and the pyramids in Mexico.

What do you do for fun? I like to move, so I go for long runs, go kayaking, and do a bit of martial arts and archery. Or even better; if someone lends me a swift horse, and there is an open trail through the forest. I also love a good action film, martial arts film, or a great Western.

What is your favourite food? When I go on wilderness expeditions in Lapland I make sure to get my favorite meal before we take off: venison steak with cranberry sauce, followed by lots of vanilla ice cream.

What music do you like? Rock and country music, in that order. I also listen to traditional American Indian music. I like the power and the focus it holds. It's not entertainment, though. It's the mystery expressed in song and drumming

Best book and film? Reading 'Siddhartha' by Herman Hesse as a teenager was my most impactful reading experience. Right now my favorite book is 'Birdsong' by Elphick, Pedersen and Svensson. It has a sound module with an electronic recording of each bird. Sometimes there is a wonderful film where I feel spellbound, and know that something is very, very right and true. 'Avatar' is such a one. 'Geronimo' with Wes Studi is the film I have watched the most times.

What message to your 12-year-old self would you give?

Find your own vision, walk your own path. Be willing to take big risks, no matter what anyone else says. Stay close to the earth, find your connection to spirit, and always trust your instincts.

A wish for the future? Let there be much more love, compassion, understanding, generosity, creativity, joy, freedom, wisdom and truth.