

My name is Anissa and I come from many small places, from parents seeking a new life. It was the perfect way to learn my own rhythm and a difficult way to 'fit in'. No roots, no home town. So I found brothers and sisters around the world who welcome me and call me family.

It was love and a broken heart that lead me to the healing grace of yoga, where I discovered the unity of duality. Transformation is living. No life is without pain or love. Everyone can choose to look on the bright side of life and revere the darkness. Every experience is your own and every you is another me. These things I learn again and again. Life lessons are treasures and mysteries inspiring and conspiring to bless us all. This is my shamanism, and thankfully it is constantly growing.

In daily life you can find me forging and dreaming with my love Jozephus, learning and living from all those who cross my path, working in a hospital, shamanising in the School for Shamanism, enjoying yoga, or walking the beach with the Dude.

If you know the poem the Invitation from Oriah Mountain Dreamer, you can know my ways. If you know Kahlil Gibran's poem of Love you can know my heart. As a blessed child of the sun I seek harmony and joy. As a modern woman I contend with the boundaries of society and my dreams. In these efforts I find strength, insight and light giving way to the wave, the peaks and valleys. This flow is my vision. We are this dance. We are the breath of the divine. We are the inseparable colors of beauty. Let us shine. HeHe.