

The background of the cover features a collection of shamanic tools. At the top center is a clear, faceted crystal. To its left is a brass bowl. To its right is another clear crystal. Below these are more crystals and a brass bowl containing a necklace. At the bottom is a long, dark wooden staff. The items are arranged on a dark surface with white, gauzy fabric draped over them.

ANSWER THE CALL TO HEAL

FOR THE ONES WHO'VE DONE
THE WORK –AND STILL FEEL
THE CALL GETTING LOUDER.

BY VONETTA E. TAYLOR
Founder of The Shamanic Method™



WELCOME

I am a shamanic practitioner, ceremonial guide, and founder of The Shamanic Method™ — a year-long certification for the called.

I hold a degree in Cultural Anthropology from Cornell, an Emmy Award-winning career in the arts, and over 30 years of deep practice across Yogic, Tibetan, and Indigenous ceremonial traditions.

I have led 800+ retreats and 15,000+ hours of guided work with seekers, physicians, executives, designers, and leaders on every continent. I founded my Mystery School in 2015. The Shamanic Method™ is its evolution.

My Philosophy:

Transformation is not a single insight. It is an architecture you build — across heart, body, mind, and soul — until your breakthroughs hold and your life begins to reflect who you actually came here to be.

This guide is the beginning of that architecture.

Healing is not instinct. It is architecture.

Vonetta E Taylor

INTRODUCTION

In 2004, I won an Emmy.

The awards came in clusters after that. Communication Arts Magazine. Print Magazine. Design companies across LA, London, and New Zealand began reaching out with offers. One firm in Los Angeles was the most persistent. Every Monday morning at nine o'clock, their receptionist called me to ask if I was ready to come in and meet.

She called for a year. Fifty-two phone calls.

I finally said yes.

I joined the company to pitch on projects, lead creative direction, win the work. And for the first time in my career, I was not winning. After two months, I went to them and told them honestly: I don't belong here. I'm going to go home and figure something else out.

What they said next undid me.

"Please don't go. We need you more for your energy than we need you for these projects."

I had spent five solid years building a career on my ability to design and execute. They were telling me that wasn't the part of me they actually needed.

They told me I could do whatever I wanted. Work from home. Work mother's hours. Bring my son. They would continue paying my rate, one of the highest independent designer rates in the industry. It was, on paper, the perfect job.

I tried working from home for one week. I organized every closet. I caught up on laundry. I cleaned my art studio. I rested. I napped. I did not do a single hour of design work. At the end of the week I told them honestly: nothing happened.

They offered mother's hours instead. I took it.

And then I started getting sick. Colds every week. Headaches I couldn't shake. A persistent low-grade exhaustion that no amount of rest cleared. Eventually I understood. My body was getting sick because my soul was not being fulfilled.

Even though I was good at design, even though I loved it, deeply, as one of the great passions of my life — something underneath was calling me forward. Something the company could already feel before I could. They needed my energy. My soul knew it had something else to give.

I had already acquired what the modern world tells us to chase. The house. The car. The travel. The recognition. The work I was respected for. My soul knew I had done that before. All I wanted, quietly, beneath every award, was to fulfill the purpose I had come here to live.

I just did not yet know what it was.

That not-knowing — that quiet, persistent, embodied not-knowing — was the call.

It would take years before I understood the call was asking me to become a healer. To train healers. To support the awakening of consciousness. To help heal the hearts and the lineages of communities around the world. But the call started with this — the moment I realized that even the perfect job could not contain what I had come here to do.

WHAT THE PATH BECAME FOR ME

In the years that followed, I searched. I studied. I prayed. I traveled. Eventually I found the shamanic path.

I had not gone looking for it specifically. I had arrived at another crossroads in my life. My body, once again, was showing me that I had fallen back into old relationship patterns — the same kinds of patterns I thought I had already crossed beyond. The same body that had been getting sick at the design job was now telling me, again, that something deeper had to change.

When I found the shamanic path, something in me recognized it immediately.

While it was healing me, it was also the answer to my deepest prayer. I had asked, again and again, to know what I had come here to do.

The path was the answer.

What I have learned in the thirty-plus years since is that this is how the real path always arrives. Not as a single brilliant insight. Not as a flash of certainty. But as the slow, undeniable recognition that the thing healing you is the same thing answering the prayer you have been quietly praying for your whole life.

THIS GUIDE WAS WRITTEN FOR YOU

You may not have won an Emmy. But you may know the same moment.

The morning you wake up inside a life that looks right on paper — the right career, the right family, the right spiritual practice — and something in you whispers: not this. This can't be it.

From the outside, your life may appear functional.

You may have built a career, a family, a spiritual practice. You may have healed old wounds and crossed thresholds most people never approach.

And still, somewhere beneath the surface, the same patterns repeat. The same relationships. The same fears. The same internal conflicts.

You experience breakthroughs that don't hold. You attend retreats that don't last. You begin to wonder, quietly, if the call inside you is real — or if you are imagining it.

I wrote this guide because that quiet wondering almost cost me my life.

And because, on the other side of it, I found something I want every person at this threshold to know.

WHY WE REPEAT THE SAME PATTERNS

Many people believe that awareness alone creates change. But awareness is only the beginning.

You can understand your trauma and still repeat destructive relationships. You can experience profound spiritual openings and still feel disconnected from your purpose. You can attend ceremonies, retreats, trainings, and workshops — and still feel lost afterward.

Why?

Because transformation is not simply intellectual. It is relational. Energetic. Emotional. Embodied. Real change happens when we begin working with the deeper structures organizing our lives — the beliefs we inherited, the identities we built for survival, the stories we unconsciously continue to repeat.

Healing is not only about what we release. It is also about what we become.

And becoming requires more than insight. It requires architecture.

THE CALL TOWARD PURPOSE

At a certain point, healing stops being only about yourself.

You begin to sense that your experiences — including your suffering — have prepared you for something larger.

You may feel called to help others heal. To create more meaningful work. To serve a community. To guide transformation in others. To bring wisdom and presence into the world.

For some, this becomes a quiet knowing. For others, it arrives as an awakening that cannot be unfelt.

But everyone who walks this path shares one thing in common.

They can no longer return to the old life unchanged.

A PRACTICE FOR INTERRUPTING OLD PATTERNS

Transformation begins the moment we stop unconsciously repeating the past.

But most people do not know how to interrupt the patterns shaping their lives.

They continue reacting from old emotions, old fears, old identities, old survival strategies.

One of the first steps is learning how to pause long enough to choose differently.

The practice that follows is simple. It can also become a powerful threshold into a new relationship with yourself.



THE THRESHOLD PRACTICE

Find a quiet space.

Stand facing the East — the direction traditionally associated with new beginnings, illumination, and transformation.

Place both feet firmly on the ground. Close your eyes. Take three slow breaths.

As you breathe, imagine yourself standing between two versions of your life: the self you are ready to release, and the future that is asking to emerge through you.

Place one hand on your heart. Ask yourself:
"What pattern am I ready to stop repeating?"

Wait quietly. Do not force the answer. Allow whatever arises to come honestly. Then ask: **"What would the next step look like if I fully trusted the life I am being called toward?"**

Again, listen quietly. When you receive even the smallest insight, speak it aloud. Then take one physical step forward.

Transformation requires action. Not only insight. Not only healing. But a conscious decision to begin moving with what you know is true. Before leaving the practice, place your hand on your heart and say:
"I am willing to become who I was meant to be."

Then open your eyes.

The path does not appear all at once. It reveals itself one decision at a time.

THE FIRST THREE DECISIONS

Every meaningful shift in my life required a decision.

Not an insight. Not a breakthrough. A decision — the kind you make once, and then keep making for years afterward, until it stops being a choice and becomes who you are.

These are the three I made, in the order I made them. I share them not as prescription but as proof. If they were available to me — a single mother really on her own, who had no idea what was about to unfold — they are available to you.

DECISION 01 —

I WILL NO LONGER FINANCIALLY STRUGGLE.

This was my first. And it was a sacred one.

I had been raised to believe that suffering was holy. That to be a spiritual woman meant to be a poor one. That charging for your gift was somehow dirty and shameful. This belief almost broke me, not because I lacked talent, but because I had not yet given myself permission to receive in proportion to the depth I carried.

The day I decided I would no longer financially struggle was the day I stopped apologizing for wanting a beautiful life. A home. A garden. Healthy, organic food. The freedom to rest.

I understood that my financial dignity was not a betrayal of the path. It was the floor that allowed me to walk it without burning out.

Your version of this decision will be your own. Maybe it sounds like: **I will no longer underprice my work.** Or: **I will no longer hide my gift to make others comfortable.** Or: **I will no longer build a life that depends on my exhaustion to function.**

Whatever the language — make it. Out loud. Today.

DECISION 02 —

I WILL NO LONGER WAIT FOR PERMISSION.

For years I waited for someone with credentials to tap me on the shoulder and say yes, you're the one.

I waited for a teacher to anoint me. I waited for a degree, a green light, some external sign.

Nobody handed it to me. I had to claim it.

The work does not care about your credentials. It cares about your devotion, your training, your honesty, and your willingness to be changed by it.

Lineage matters — but lineage is earned through apprenticeship, not gifted at birth.

If you do not have a lineage yet, you begin building one the day you commit. You are not waiting to be chosen. You are waiting for yourself to choose.

DECISION 03 —

I WILL BUILD THE LIFE THAT SUPPORTS ME TO DO THE WORK.

Most people compartmentalize.
Healing happens at retreats.
Real life happens at home.
This decision collapses that wall.

The way you cook, sleep, parent, work, rest, and love — these become the practice. Your daily floor (five minutes of stillness, kept every day) is the architecture beneath every breakthrough you will ever have.

Your living teacher (one of them, sat with for at least a year) is the river that keeps your well from running dry.

Your one honest conversation with someone you love about the call you are feeling is the act that turns the private knowing into a public life.

These are small. They are also everything.

Begin with one this week.

WHAT PRACTITIONERS & CLIENTS SHARE

Patrick Sullivan | Philosopher, Herbalist

"Over many years I have experienced a variety of therapists, counselors, shamans, and psychologists. When I attended a Men's Retreat with Vonetta Taylor, I wasn't expecting to be greatly impressed. But Vonetta has clearly done her personal inner work at such depth that she exudes a core authenticity that engenders trust and makes her work so much more effective.



Following the Retreat, we were given an excellent Integration Manual to help us maintain and enhance the progress we had made. In only two days, a random group of troubled men experienced release from prior blockages and traumas to be transformed into a spiritual brotherhood of creative, energized beings capable of living their lives at a new level."

Chahe Demian | Strategic Design Development Leader, Apple

"My journey of self discovery started with Vonetta's program. Her guidance and mentorship provided the tools for me to achieve happiness and success in both my personal and professional lives. She taught me how to dream again—to dream big, laugh and live from the heart. Years later, the program has stayed with me. I tap into the tools every day to align myself with the universe and show up in my authenticity."



Linda Neff | Chief Philanthropy + Brand Strategy, Planned Parenthood

"My two-year mentorship with Vonetta resulted in an extraordinary professional and personal exploration. Her work informed how I now show up in the world—centered, grounded, strong. Our collaboration set into motion the vision for our organization's single largest philanthropic donation in 85+ years."



WHAT REAL TRANSFORMATION REQUIRES

In modern culture, healing is often approached as a technique. But meaningful transformation requires more than information or temporary emotional release.

It requires: **Presence** — the ability to stay in the room with what is uncomfortable.

Discernment — the capacity to tell real teachers from charismatic ones.

Embodiment — the willingness to live the teaching, not only know it.

Integrity — the choice to keep the small promises you make to yourself.

And **lineage** — the rivers of wisdom that have carried this work for thousands of years before you arrived.

This is why so many people experience breakthroughs without lasting change. Because the breakthrough is not the work. The breakthrough is the doorway. The work is what you build on the other side.

The deeper path of healing asks us not only to awaken, but to embody. Not only to receive — but to build.

YOU MAY BE READY FOR THIS PATH IF...

- You feel called toward deeper purpose.
- You know your life is meant for something more meaningful.
- You are tired of repeating the same emotional cycles.
- You want your healing to become embodied and lasting.
- You feel drawn toward helping others heal.
- You are seeking a path rooted in integrity, depth, and wisdom.
- You want to live in greater coherence with who you truly are.

THE PATH FORWARD

What I shared with you in this guide is one threshold.

The work I now teach is the rest of the architecture — the structure that holds you steady on the other side of every breakthrough you have, and that turns your private gift into a sustainable, beautiful life of service.

The Shamanic Method™ emerged through three decades of ceremony, contemplative practice, anthropological study, and guiding others through profound transformation. It integrates the Medicine Wheel, indigenous frameworks, embodiment practices, nervous-system awareness, ethical foundations, and the business literacy required to build a life around the work.

Today, this work is taught through The Shamanic Practitioner Certification™ — a year-long training for seekers, practitioners, coaches, therapists, and transformational leaders who feel called toward deeper healing, purpose, and service.





THE PATH OF HEALING IS NOT ALWAYS EASY.

AN INVITATION

Vonetta is personally guiding the first cohort. This inaugural year is a unique opportunity to learn directly from the founder and be part of the foundation of this lineage. But there comes a moment when remaining the same becomes more painful than changing.

That moment is often the beginning.

If this guide resonates with you, I invite you to explore The Shamanic Method™ and the Shamanic Practitioner Certification™. Whether you are a seeker standing at the threshold of change or a practitioner ready to deepen your work, this path was created for those who feel called toward transformation, purpose, and service.

You are not here by accident.

You may already be hearing the call.



WATCH VONETTA WORK

shamanicmethod.com

READ VONETTA'S BOOK

amazon.com/dp/BODWLC4PD2

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