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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Shamanism

By Jeremiah P. Huck

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Update of an article I published many times.

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Shamanism is an ancient form of mysticism. Although there are many localized variations, the basic tenet is that all things are sacred and alive. Shamans are experts in this perspective and act as priests, holy persons, guides, researchers, explorers or professionals. Most have the ability to enter trance or altered states to access information related to their work.

The shaman acts as a bridge. While in contact with life in other dimensions of the universe, they also use what is available in the local environment as an aid in returning a person, place or situation back into balance.

The historical paths to becoming a shaman are many and varied. Before we had instant mass communication, and global travel, a would be shaman lived in a small village like all our ancestors. These small tribal settings were located in different ecosystems, some tropical, some cold, mountainous, valley, desert, forest, etc. Each place had it's own unique energy, with different plants and animals. You won't find a whale in the desert, so each potential shaman had very different life experiences and local resources to work with. Also, mythological systems vary a great deal.

Individuals were called to become shamans for varied reasons. Some were simply born sensitive. Some individuals had a near-death experience, mental break, disease or accident which caused them to search for a method for their personal recovery. Through trial and error they found a mineral, plant, location, ceremony or something to help cure them. Upon their recovery, they became shamans specialized to that problem. People came to them for their secret knowledge when in a similar situation. Thus, a new shaman was born into the community.

Still others had a big dream, went on a vision quest or entered an apprenticeship with another shaman. Some became shamans because it was a family tradition, much like doctors tend to run in families.

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Some were forced to become shamans because of a need in the community. Sometimes the shamans and village elders watched the children, searching for a distinguishing sign or omen; they looked for the troublemaker, the curious one, the adventurer, the leader or the shy one. When they found what they felt was the right personality, they often placed that child in training...even against their wishes, since the needs of the tribe were considered more important.

Today, there are still traditional shamans in every culture, but there are also modern shamans. There are people today who have reawakened an interest in this ancient profession and are in training.

Jeremiah P. Huck

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Out Of This World – Shamanism Healing

By Eric Cho

Many of the ancient cultures of the world adhered to one or the other form of Shamanism. This is a tribal healing tradition where a Shaman is said to transcend the boundaries of the conscious world and travel to a world unbeknown to the ordinary man. Here, the Shaman converses with spirits and come back with secrets that allows him to heal others, foretell the future, control the weather and even ward off attacks.

The word 'Saman' is defined as a technique of ecstasy. A Shaman is a practitioner who is able to enter an altered state of consciousness where he can communicate with the supernatural. He acts as an intermediary between the world of man and the world of Gods and often has the power to descend to the realm of the dead. He leaves his body when he is in trance. This trance is induced by chanting, beating of the drum or passionate dancing. In the more unsophisticated cultures, Shamans even used to take to fasting, ingesting psychotropic drugs or even undergo torture to achieve the trance.

As seen from the practices, Shamanism is based on the principle that the world is divided into 2 distinct parts - that visible to the ordinary man, and that visible only to the man with powers. In the second part, there is a miraculous world populated by the spirits who influence the world of the living and who are always willing to help. The Shaman acts as a link between the two worlds and works for the benefit of his society. Shamans are therefore experts employed by animistic societies.

Healing is the most important function of the Shaman followed by prophecy. Shamanism, in the larger sense of the word, is thus perhaps the oldest form of healing. It is a form of religious medicine that originated more than 25,000 years ago. The healing practices of most of the ancient cultures stem from a shamanic tradition.

The Shaman is often credited with magical healing powers and is crowned as the religious or spiritual

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head of a tribe. He is called upon to treat the sick and to drive away demons. It is important to remember that in most ancient cultures, sickness was considered to be the result of demoniac forces acting on the individual. The difference between the ordinary man and the Shaman is that while the man is possessed by spirits, the Shaman controls the spirits.

All this may lead one to believe that Shamanism is an occult practice that is buried in the past and that it has no significance to the modern man. But Shamanism is still practiced all over the world, although it has evolved into different forms. Native Americans are said to perform Soul Flights to heal. In Tibet, the Shamans use a drum to help them in soul retrieval. In Kerala, Shamans are closely tied to the temple and use amulets and music to contact the spirits of the nether world. Shamans in Africa often use hallucinogenic plants to induce trance.

Shamanism has found a place in modern day healing because of the importance it places on the soul, mind and spirit. Shamanic healing includes relief from pain, anxiety, stress and emotional healing. It is believed that there is an inner Shaman in everyone - a force that can be released if one is able to concentrate hard enough. Unleashing the power of this inner Shaman will help cure maladies that afflict us.

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