

Shamanism

Shamanism is an ancient spiritual practice, emphasizing first-hand experience of the spirit world, and so is not a religion, with no leader, nor any rules. The Shamanic Journey is a core part of the practice of shamanism throughout the world. The shaman journeys to a nonordinary reality to retrieve information unavailable in ordinary reality, and cultivate relationships with spirit guides.

This spiritual journey provides many means:

- To communicate with various spirits, and ask advice and assistance
- To read a client, and visualize illness
- To heal yourself, someone else, and the land

While in a trance state, a shaman retains consciousness, yet may leave their body and travel among the 3 worlds: ascending into the heavens, descending into the Earth, or to the present world.

A primary principal of shamanism is that everything is alive and has a spirit that you can communicate with. All of life is spiritually interconnected, and each of us are a bridge between the world we see with our eyes, and the world of the unseen.

Shamanism is at least 40,000 years old, so chances are that your ancestors, no matter where they lived, practiced shamanism. “Shaman” comes from the Tungusic speaking peoples who live in Siberia and northern China, and the most common meaning is “he/she who knows or sees”. Shamanism is the oldest method of healing known.