Shamanism & Its Basic Spiritual Function To Heal

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BELIEFS

- Respect for nature
- All living beings have a soul
- Health = spiritual and non-spiritual factors.
- Let go of the repressed
- Act as a spiritual guidance
- Mind-body-spirit - “restore the soul”

PHD Kelly Turner studied stage 4 cancer patients
• 7/9 improved due to emotional/spiritual factors

The soul is the spiritual, nonphysical part of us that is the center of our emotions, feelings, and spirit.

RITUALS & PRACTICES

- • Moving forces between us
- • Give shaman powerful psychic visions
- • Cultural variations

1. Pre-ceremony: plant-based diet, no salt, fasting
2. Ceremony
   - drums, music, chanting
   - breathing techniques
   - psychedelics: enhance mental change
3. Dreams
   - access to alternate world, spiritual realms
   - aka deep meditation, madness, ecstasy, inspiration
   - shaman acts as spokesperson
4. Post-ceremony: diets, therapy

PURPOSE

Objectives
1. Understand one’s sense of self
2. Maintain ancestral medicine
3. Adopt a more holistic lifestyle

Intermediary between profane and sacred world
• Alter state of mind, body and spirit
• Reach new levels of consciousness
• Receive healing powers and info. from divine

“Disease is not just a mechanical, physiological, or stress-induced condition, but rather as one that includes energetic, spiritual, and emotional component” (Grim, 54).

SHAMANISM

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BENEFITS

This experience can: help improve more than just the physical wellbeing, it can restore a persons purpose and meaning in of life.

• Self-awareness
• Connection with reality
• Ancestral medicine
• Study of patients with TMD
  • Physical and mental improvements

LIMITATIONS

• Western medicine needs to move beyond the physical
• We forget the need to reflect
• Neglecting of tribes in Amazon Jungle

Shamanism is known as the oldest spiritual and mystical practice still existing in our planet.
• Its presence dates back 30 to 40 thousand years ago
• Primary task is to help others restore ones wholeness in themselves and in the community.
• Not tied to a specific culture, but is present in different religions/communities