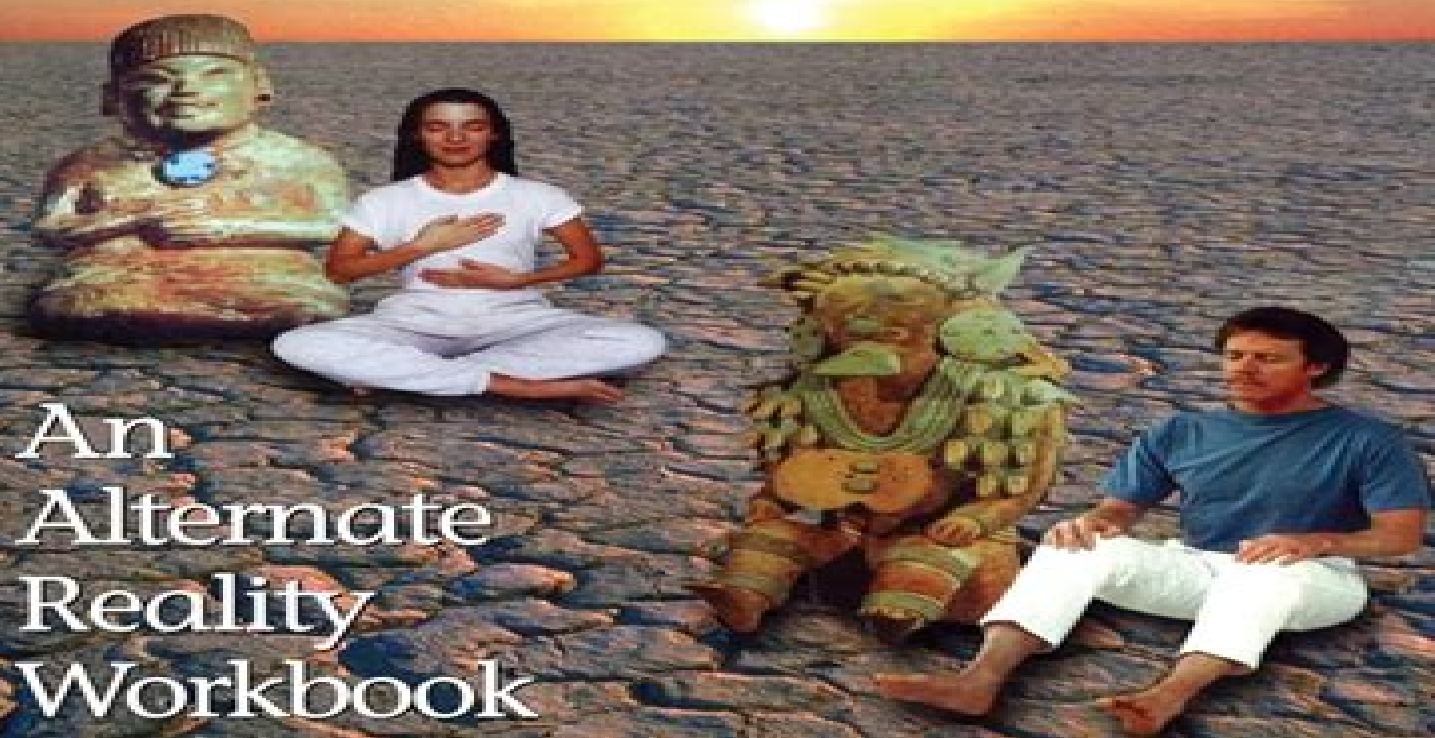


# Ecstatic BODY POSTURES



An  
Alternate  
Reality  
Workbook

**Belinda Gore**

Introduced by Dr. Felicitas Goodman

# Ecstatic Body Postures An Alternative Reality Workbook

**Belinda Gore**



## **Ecstatic Body Postures An Alternative Reality Workbook:**

**Ecstatic Body Postures** Belinda Gore, 1995-05-01 Specific body postures reappear in the art and artifacts of world cultures even those widely separated by time and distance What are these images of unusual postures telling us Medicine people shamans priests and priestesses of indigenous cultures have passed on this sacred body of knowledge for thousands of years Anthropologist Felicity Goodman discovered that people who assume these postures report strikingly similar meditative experiences The results from this research are inspiring proving that certain body gestures and movements allow us to access higher states of consciousness With clear instructions and illustrations Belinda Gore demonstrates these shamanic postures and how to work with them Ecstatic Body Postures is a must read for anyone interested in meditation shamanic practice yoga or body work

**Ecstatic Body Postures** Belinda Gore, 1995-05 With clear instructions and diagrams this manual explores the altered states of consciousness which are triggered as a result of practicing ancient shamanic postures and movements

The Ecstatic Experience Belinda Gore, 2009-03-27 Trance inducing postures for shamanic journeying initiation healing divination and transformation of the soul Provides practices from Mayan Egyptian African Native American Sumerian and other ancient and indigenous traditions Shows how these practices can detoxify the energy body The human need for ecstasy the ability to be free of the limitations of ordinary consciousness is as imperative as the need for food Renowned anthropologist Felicity Goodman claimed that being deprived of ecstasy was the fundamental cause of all forms of addiction Indigenous cultures and the civilizations of antiquity were aware of this and developed specific rituals to induce and channel trance energies to detoxify and nourish the subtle body in order to experience the ecstatic reality that gives life to matter The body postures seen in ancient art from Mayan Egyptian African Native American Sumerian and other ancient and indigenous traditions are a doorway to inducing this kind of ecstatic trance People who assume these postures in a ritual context are able to experience expanded and transformative states of consciousness Following up on the groundbreaking introduction of this practice in her first book Ecstatic Body Postures Belinda Gore provides a new series of 20 sacred postures and exercises that allow for a deeper understanding and utilization of these shamanic practices She shows how to use the energy awakened by these practices for healing shapeshifting initiations into the mysteries of death and rebirth divination spirit journeying and restoring balance to the cosmic patterns disrupted by destructive human activity

**The Power of Ecstatic Trance** Nicholas E. Brink, 2013-02-22 A guide to ecstatic trance for spiritual and emotional development spirit journeying and connection to the collective unconscious Describes more than 20 ecstatic trance postures for healing divination spirit journeys shape shifting past life recovery and connecting to the Akashic field Explores the physiology and psychology of ecstatic trance journeying Provides guidance for those with little or no experience as well as methods to deepen practice Over the millennia shamanic trance journeying has been used as a way of healing of providing answers to questions and of offering solutions to individual family and community problems Though

traditionally it was the shaman of the community who went on such journeys the revolutionary work of the late anthropologist Felicitas Goodman shows that we all have these shamanic powers Her research on the body postures found in ancient primitive art and in the practices of contemporary shamans offers each of us the ability to experience ecstatic trance journeys firsthand A student of Felicitas Goodman and Belinda Gore psychologist Nicholas Brink examines more than 20 traditional trance postures for divination decision making letting go of guilt and grief healing of illness and emotional pain spirit journeys shape shifting interacting with animal spirits and the dead and discovering past lives Exploring the physiology and psychology of ecstatic journeying he offers guidance for those with little or no experience as well as methods for longtime practitioners to deepen their practice and reclaim the extrasensory power of our ancient ancestors Offering solid theories of how ecstatic trance triggers healing and spiritual development Brink explains how trance journeying allows us to tap in to the collective unconscious or Universal Mind and access the information matrix of the Akashic field

**Ecstatic Soul Retrieval** Nicholas E. Brink, 2017-03-16 A guide to integrating ecstatic trance soul retrieval and psychotherapy to overcome emotional challenges and deepen your connection to all life on Mother Earth Describes the methodologies of ecstatic trance and psychotherapy explaining how they can be integrated in a way that feels familiar and safe Illustrates five ecstatic postures for strengthening identity uncovering the root of suffering and aligning with a spirit guide Includes three in depth case studies to illustrate how to override negative beliefs and habits and experience oneness with the Earth and all life Sharing the wisdom of shamanic healing Nicholas Brink creates an accessible link between psychotherapy and the ritualized use of ecstatic trance postures He explains how ecstatic trance triggers the imagery that allows us to override negative beliefs and retrieve the lost innocence of the soul He shows us how to broaden healing beyond the resolution of individual emotional and behavioral issues to create harmony in family community society and the world around us Integrating cognitive behavioral therapy narrative therapy and dream analysis the author provides a unique model for tapping into the universal mind in a way that feels familiar and safe He illustrates five ecstatic postures for emotional and spiritual growth moving from finding a place of relaxation in which to strengthen your sense of self to the soul retrieval experience which leads to the death of dysfunctional beliefs and restoration of your original innocence The author shows how spirit guides can support us as we achieve the spiritual consciousness of the shaman and recognize the interdependence of all cultures and all living things on the planet Using three in depth case studies Brink demonstrates how these practices can be used to resolve common psychological issues such as agoraphobia panic attacks irrational anger mood swings obsessive behaviors and control issues Allowing you to find your inner shaman your ability to heal yourself and in turn to contribute to the healing of all life on our planet ecstatic soul retrieval helps you overcome emotional and behavioral problems override negative beliefs and experience oneness with all life on Mother Earth

*Baldr's Magic* Nicholas E. Brink, 2014-03-03 A guide to using ecstatic trance to connect with your ancestors rediscover your extrasensory powers and reclaim the peaceful nature of

humanity Illustrates ecstatic trance postures to connect with the ancient Nordic people to journey to exact points in time and to access powers such as seeing into our future Explains how the coming new age of peace and veneration for Mother Earth was predicted in Norse mythology as the rebirth of the compassionate god Baldr Expands on the stories of the early Nordic gods and goddesses from the Prose Edda and the Poetic Edda Connecting Norse mythology ecstatic trance the Universal Mind and the dawn of a new age of peace and veneration for Mother Earth Nicholas Brink reveals how we can use ecstatic and hypnotic trance to learn more directly and deeply from our distant ancestors rediscover our extrasensory powers and reclaim the original magical nature of humanity The imminent rebirth of a peaceful balanced connected world was predicted in Norse mythology as the return of Baldr the gentle and compassionate Nordic god of truth healing and rune work Illustrating ecstatic trance postures to connect with the ancient Nordic people and their beliefs to journey to exact points in time and to access specific powers such as seeing into our future Brink explores humanity's evolving cycle of consciousness from the era when the Great Mother goddess was the center of life through the transition to the worship of power and physical strength in the Bronze Age and the world of the Vikings He explores the coming return of Baldr and the imminent new age of peace and respect for the earth Through hypnotic divination the author expands the stories of the early Nordic gods and goddesses from the Prose Edda and the Poetic Edda in particular the fertility deities of the Vanir such as Freyr Freyja and Idunn who came before the warrior deities of the Aesir such as Odin Thor and Loki He details the epic battle of Ragnarok and the birth life death and rebirth of Baldr Brink shows how these ancient stories happen outside of time in the past present and future thus Baldr's return is replayed in our death rebirth experiences of life in each dawn with each spring and now with the birth of a new age that we see happening all around us Through the power of trance at this time of rebirth we move full circle to reclaim the magic of the earliest times the times of the Garden of Idunn

Negotiating a Presence-Centred Christian Counselling Simon Shui-Man Kwan, 2016-04-26 How Christian is Christian counselling In what ways should one's counselling practice be conducted in order to fulfil one's role as a Christian counsellor Is there a counselling practice that truly penetrates into the secular approaches while remaining faithful to the Christian traditions of healing What are the theological roots of secular counselling How may secular counselling both reinforce and challenge the Christian faith In answering these questions this book engages readers to navigate between two frames of reference one Eastern secular social scientific and modern the other Western Christian theological and traditional At levels of both theory and practice this book undertakes to integrate synthesize hybridize revise dichotomize and antagonize the two It proposes a revised presence centred counselling approach which may serve as a perspective that helps us to see things in more depth as we shuttle back and forth between the two frames This book thus negotiates a revised presence centred form of counselling that is theologically grounded social scientifically informed and cross culturally sensitive As the author's counselling practice proceeds mainly in societies where Chinese is the majority the cross cultural examinations and proposals offered in this book

have been bred in a space where Chinese culture meets the Christian Protestantism in particular West This book is an outgrowth of the author s experience teaching Christian counselling courses for 17 years and his 30 year clinical practice experience in places where East meets West namely Hong Kong and South China Guangdong Province A Cultural Handbook to the Bible John J. Pilch,2012-09-21 Analyzes sixty three subjects from the Bible from a cross cultural perspective

Catastrophobia Barbara Hand Clow,2001-05-01 Bestselling author Barbara Hand Clow examines legendary cataclysms and shows how we are about to overcome the collective fear they have instilled in us The long awaited follow up that continues the revelations begun in The Pleiadian Agenda which has sold more than 60 000 copies Explains why contrary to many prophets of doom we are actually on the cusp of an era of incredible creative growth The recent discovery of the remains of ancient villages buried beneath the Black Sea is the latest instance of mounting evidence that many of the mythic catastrophes of history the fall of Atlantis the Biblical Flood were actual events In Catastrophobia Barbara Hand Clow shows that a series of cataclysmic disasters caused by a massive disturbance in the Earth s crust 11 500 years ago rocked the world and left humanity s collective psyche permanently scarred We are a wounded species and this unprocessed fear passed from generation to generation is responsible for our constant expectations of apocalypse from Y2K to the famed end of the Mayan calendar in 2012 Catastrophobia reveals the insidious global forces that have used these collective fears to control humanity for thousands of years But we are in the midst of a tremendous shift in the Earth s 26 000 year precessional cycle and there is every indication that the changes in consciousness over the last 30 years are the beginnings of a collective healing from these deep fears heralding a new age where we will see that the era of cataclysms is ending and a time of extraordinary creative activity is at hand Beowulf's Ecstatic Trance Magic Nicholas E. Brink,2016-01-22 Use ecstatic trance to journey to the time of Beowulf and learn first hand the ancient magic of the early Nordic people Reveals a hidden side to the epic of Beowulf through the perspective of Queen Wealhtheow Shows how Grendel respected and would not harm Queen Wealhtheow because she practiced the ancient magic of the Mother Goddess Freyja Explains how the magic practices of Queen Wealhtheow provide a blueprint for our emergence from the warlike nature of the past millennia into a time of peace and compassion for our Great Mother Earth Using the altered state of ecstatic trance to access the memories of the Universal Mind Nicholas Brink takes us back to ancient Scandinavia to the time of the epic of Beowulf the oldest piece of literature written in the English language Sharing his ecstatic trance techniques along the way his journey allows us to re experience the life and shamanic practices of Queen Wealhtheow the wife of King Hrothgar the king rescued by Beowulf from the torment of the monster Grendel Revealing a hidden side to the epic of Beowulf Brink details how Grendel respected and would not harm Queen Wealhtheow and her teacher Vanadisdotir a priestess of the goddess Freyja for they practiced the ancient magic of the earlier hunter gatherer era when the Great Mother Earth was worshipped In the time of the queen the peaceful and compassionate traditions of this era were becoming forgotten succumbing to settlements kingdoms and

territorial disputes We gain first person experience of Wealhtheow and Vanadisdottr's veneration of the Great Mother and the ancient magic of the early Nordic people as practiced by the seiðr workers seers and spirit travelers the shamans of the time These practices include divination through the goddess Freyr contacting Bear spirits and spirit journeying to various realms As we experience our own time of transition and turmoil much like that of Beowulf's time Nicholas Brink reveals how the original magic of our ancestors as practiced by Queen Wealhtheow provides a blueprint for our emergence from the warlike nature of the past into a time of peace and compassion for our Great Mother Earth

**Meditation: The Complete Guide** Patricia Monaghan, Eleanor G. Viereck, 2011-10-05 Uniquely comprehensive this one stop resource describes thirty ve distinct meditation practices detailing their historical background and contemporary use ways to begin and additional resources The what and why of meditation in general are discussed with emphasis on helping readers discover what particular type of meditators they are Disciplines grounded in Buddhism Tantrism Taoism Judaism and Islam are included as are contemplative prayer Quaker worship and indigenous traditions Drumming trance dancing yoga mindfulness labyrinth walking gardening and even needle crafts are explored in a spirit that invites and instructs novice devotee and healing professional alike How to choose an approach The authors ask questions that steer readers toward options that match their habits preferences and needs

**Riding Spirit Horse: A Journey Into Shamanism** Michael Drake, 2022-01-04 In this visionary memoir author Michael Drake recounts his spiritual journey into shamanism Drake's engaging narrative moves from his first ecstatic experience as a youth at a church revival to his mystical shamanic awakening transformational pilgrimages to sacred places working with indigenous wisdom keepers to the experiences that prompted his writing particularly his trance experiences riding the drum or Spirit Horse Studying with Native elders and shamans Drake discovered his shamanic gifts as a drummer storyteller and ceremonialist Riding Spirit Horse takes readers on a transcendent pilgrimage of the soul through birth death rebirth ritual and ceremony to the frontiers of expanded consciousness

**Flights of the Soul** John J. Pilch, 2011-04-29 Reports of dreams journeys into the heavens and other alternate states of consciousness abound in the Old and New Testaments and in extrabiblical literature While some scholars have considered such reports to be simple literary devices John J Pilch a leading expert in social scientific interpretation of the Bible believes otherwise As Pilch points out anthropological research on over 400 representative cultures in the world shows that more than ninety percent of these cultures have reported such experiences routinely Factual or not he says biblical accounts of alternate consciousness are both plausible and significant because they constitute a very common real human experience in their respective cultures Drawing on insights from from anthropology cognitive neuroscience psychology and the social sciences Pilch investigates and interprets Old and New Testament accounts of dreams visions journeys into the heavens and other alternate states of consciousness within their cultural contexts The result is a fresh and intriguing take on familiar biblical events Flights of the Soul sheds new light on such things as these Ezekiel's prophetic

visions Enoch's sky journeys Jesus transfiguration and ascension Resurrection appearances in the Gospels Paul's ecstatic vision on the road to Damascus John's heavenly journeys described in Revelation      Shamanic Trance in Modern Kabbalah Jonathan Garb, 2011-04-15 Bringing to light a hidden chapter in the history of modern Judaism Shamanic Trance in Modern Kabbalah explores the shamanic dimensions of Jewish mysticism Jonathan Garb integrates methods and models from the social sciences comparative religion and Jewish studies to offer a fresh view of the early modern kabbalists and their social and psychological contexts Through close readings of numerous texts some translated here for the first time Garb draws a more complete picture of the kabbalists than previous depictions revealing them to be as concerned with deeper states of consciousness as they were with study and ritual Garb discovers that they developed physical and mental methods to induce trance states visions of heavenly mountains and transformations into animals or bodies of light To gain a deeper understanding of the kabbalists shamanic practices Garb compares their experiences with those of mystics from other traditions as well as with those recorded by psychologists such as Milton Erickson and Carl Jung Finally Garb examines the kabbalists relations with the wider Jewish community uncovering the role of kabbalistic shamanism in the renewal of Jewish tradition as it contended with modernity      *Ontological Aspects of Early Jewish Anthropology* Tyson L. Putthoff, 2016-11-28 In *Ontological Aspects of Early Jewish Anthropology* Tyson L. Putthoff explores early Jewish beliefs about how the human self reacts ontologically in God's presence Combining contemporary theory with sound exegesis Putthoff demonstrates that early Jews widely considered the self to be intrinsically malleable such that it mimics the ontological state of the space it inhabits In divine space they believed the self therefore shares in the ontological state of God himself The book is critical for students and scholars alike In putting forth a new framework for conceptualising early Jewish anthropology it challenges scholars to rethink not only what early Jews believed about the self but how we approach the subject in the first place      *Trance Journeys of the Hunter-Gatherers* Nicholas E. Brink, 2016-04-15 Regaining oneness with the Earth through the practice of ecstatic trance Explains how the shamanic techniques of ecstatic trance allow us to connect with animal spirit guides shape shift and discover ways to help heal the Earth Shows how to create personal rituals to maintain oneness with the Earth and all life Illustrates trance postures and rituals from a variety of hunter gatherer societies including ancient Celtic Norse Native American and South American traditions Early man ran with the animals lived with the animals and was one with the wild symphony of the natural world a time fondly remembered as the Garden of Eden or Idunn as it is known in Norse mythology But as humanity shifted from a hunter gatherer lifestyle to one of farming and cities embracing the modern worldview of man's superiority over nature we began ignoring our innate connection with the Earth Now we are waking up to what we've lost yearning to heal our relationship with the Earth and rekindle the oneness with nature that we naturally enjoyed as children Drawing on the work of Felicitas Goodman Thomas Berry Ervin Laszlo and other important voices calling for recognition of our connection with all life author Nicholas Brink shows how ecstatic trance can return us to profound union with our Great



Mother the Earth He details the specific healing and spiritual powers of trance postures and rituals from a variety of hunter gatherer societies including ancient Celtic Norse Native American and South American traditions He explains how the shamanic techniques of ecstatic trance allow us to access waking dreamlike visions where we can connect with animal spirit guides the six directions and the seasons and discover ways to help heal the Earth We can shape shift to see through the eyes of each species of flora and fauna interacting with life forms in the skies on land in the seas and underground as well as journey to the realm of the dead to meet our ancestors Sharing personal trance experiences of healing spiritual connection and divination Brink shows how these practices enable us to create personal rituals to maintain oneness with all life He reveals the spiritual power of being one with your environment and experiencing the spirits of everything around you And as we reconnect with the spirit of the Earth we can once again experience the world not only as alive but also enchanted

**Metaphor-Phosis: Transform Your Stories from Pain to Power** Lesley Tierra, 2012-09-19 Do the same things happen to you over and over Do people treat you in similar ways Do you feel stuck in repeating negative patterns Hidden subconscious stories have a way of creating lots of drama blame and distractions They also drain your energy and keep you from experiencing the life you want So how do you stop such cyclical patterns and free yourself from the past To truly change your outer life its necessary to first shift your inner life Through a complete toolbox that takes you beyond mere psychological tricks and into the dimension of Spirit Metaphor phosis helps you harness the extraordinary power within to transform your life My own journey in self healing and helping others heal has taught me that whether you want to improve your life or make major changes the magic key lies in discovering your limiting subconscious patterns and diffusing their energy so when you focus on what you desire instead theres nothing in the way to block its manifestation Metaphor phosis helps you do just that catalyzes a potent shift so you emerge a different person It teaches how to Discover your limiting stories Unhook from subconscious patterns and beliefs Determine your lifes purpose Manifest your dreams and visions Through a blend of personal story scientific facts practical teachings and effective tools learn how to clear repetitive experiences heal wounds and create a freer more fulfilling life Come explore your unique inner treasures to shift your stories from limitation and imprisonment to possibility and freedom *Therapeutic Touch Inner Workbook* Delores Krieger, Dolores Krieger, 1996-10 Therapeutic touch is an example of how complementary medicine is gaining mainstream popularity and acceptance This seeks to go beyond techniques to explore the transpersonal nature of the process demonstrating how the act of healing deeply affects the philosophy of both the client and the healer *The Beauty of the Primitive* Andrei A. Znamenski, 2007-07-16 For the past forty years shamanism has drawn increasing attention among the general public and academics There is an enormous literature on shamanism but no one has tried to understand why and how Western intellectual and popular culture became so fascinated with the topic Behind fictional and non fictional works on shamanism Andrei A Znamenski uncovers an exciting story that mirrors changing Western attitudes toward the primitive The Beauty of

the Primitive explores how shamanism an obscure word introduced by the eighteenth century German explorers of Siberia entered Western humanities and social sciences and has now become a powerful idiom used by nature and pagan communities to situate their spiritual quests and anti modernity sentiments The major characters of The Beauty of the Primitive are past and present Western scholars writers explorers and spiritual seekers with a variety of views on shamanism Moving from Enlightenment and Romantic writers and Russian exile ethnographers to the anthropology of Franz Boas to Mircea Eliade and Carlos Castaneda Znamenski details how the shamanism idiom was gradually transplanted from Siberia to the Native American scene and beyond He also looks into the circumstances that prompted scholars and writers at first to marginalize shamanism as a mental disorder and then to recast it as high spiritual wisdom in the 1960s and the 1970s Linking the growing interest in shamanism to the rise of anti modernism in Western culture and intellectual life Znamenski examines the role that anthropology psychology environmentalism and Native Americana have played in the emergence of neo shamanism He discusses the sources that inspire Western neo shamans and seeks to explain why lately many of these spiritual seekers have increasingly moved away from non Western tradition to European folklore A work of intellectual discovery The Beauty of the Primitive shows how scholars writers and spiritual seekers shape their writings and experiences to suit contemporary cultural ideological and spiritual needs With its interdisciplinary approach and engaging style it promises to be the definitive account of this neglected strand of intellectual history

**Contemplative Literature** Louis Komjathy, 2015-08-31 An anthology of primary texts on meditation and contemplative prayer from a wide range of religious traditions This is the first theoretically informed and historically accurate comparative anthology of primary texts on meditation and contemplative prayer Written by international experts on the respective texts and corresponding traditions Contemplative Literature provides introductions to and primary sources on contemplative practice from various religious traditions The contributors explore classical Daoist apophatic meditation Quaker silent prayer Jewish Kabbalah Southern Buddhist meditation Sufi contemplation Eastern Orthodox prayer Pure Land Buddhist visualization Hindu classical Yoga Dominican Catholic prayer Daoist internal alchemy and modern therapeutic meditation Each introduction to a contemplative text discusses its historical context the associated religious tradition and literature the method of contemplative practice and the text s legacy and influence Volume editor Louis Komjathy opens the work with a thoughtful consideration of interpretive issues in the emerging interdisciplinary field of contemplative studies Readers will gain not only a nuanced understanding of important works of contemplative literature but also resources for understanding contemplative practice and contemplative experience from a comparative and cross cultural perspective We have not seen anything this bold and this global since Friedrich Heiler wrote his classic study on the typology of prayer over eighty years ago Komjathy and his essayists have vastly expanded the scope depth and sophistication of this project here In the process they have struggled with all of the critical questions around religious pluralism tradition and religious authority and have emboldened the comparative project

itself Contemplation and comparison it turns out go very well together Jeffrey J Kripal author of Comparing Religions Coming to Terms Teachers and scholars undergraduate and graduate students and general readers interested in contemplative practice will cherish a book like this I m happy that Louis Komjathy has done this great work It will undoubtedly be hailed as a milestone Ruben L F Habito author of Healing Breath Zen for Christians and Buddhists in a Wounded World

Delve into the emotional tapestry woven by Crafted by in Dive into the Emotion of **Ecstatic Body Postures An Alternative Reality Workbook** . This ebook, available for download in a PDF format ( \*), is more than just words on a page; it's a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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