

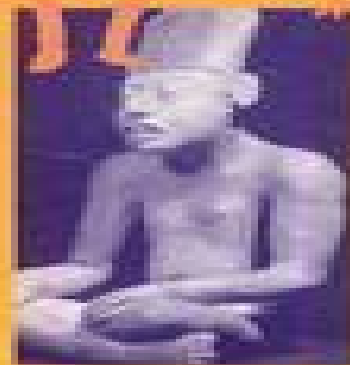


Felicitas D. Goodman  
& Nana Nauwald

# Ecstatic Trance

New Ritual Body Postures

## A Workbook



Shekoye Koko Publications

# Ecstatic Trance New Ritual Body Postures

**Simon Shui-Man Kwan**



## **Ecstatic Trance New Ritual Body Postures:**

*Ecstatic Trance* Felicitas Daniels Goodman, 2003      *Ecstatic Trance* Felicitas D. Goodman, Nana Nauwald, 2003-10

Ecstatic Trance contains in depth information on 60 ritual body postures and describes them in precise accurate detail with clear illustrations The first complete manual on this subject presented here are age old postures one dates back 32 000 years and was inspired by a cave painting along with newly researched postures published here for the first time Learn these postures and access energize and integrate your creative potential Practicing these postures also leads to new insights into healing inner development and rebirth And combined with appropriate rhythmic stimulation music and dance for example the postures can engender a profound change in consciousness leading the participant to experience altered states of reality including visions and ecstatic trance states The postures themselves do not promote any one belief system or dogma but are elements in an overall shamanic worldview      *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      **Ecstatic Trance** Nana Nauwald, Felicitas D. Goodman, 2021-01-22 The Groundwork to the Ritual Body Postures and the Trance Experience Ritual Body Postures combined with sound and rhythm are door openers to manifold worlds of consciousness The anthropologist Dr Felicitas D Goodman 1914 2005 came to this insight through more than 20 years of research work Nana Nauwald carries on this research for 25 years By combining a quick rhythm with special body postures found in different cultures and ages reaching back up to 40 000 years body and mind are stimulated to a conscious and creative interplay that leads into a heightened alert state of consciousness The experience in the intentional induced state of trance can be a path to gain healthful insights They can also open the doors to the potential of one s own creativity one s own inner wisdom and strength and stimulate self healing processes This workbook and reference book contains 65 Ritual Body Postures with extensive descriptions to take up a posture It also includes pictures of ancient statues from which these postures originate and their historical and cultural background Detailed drawings and photographs of the postures complete the practical instructions      *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 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 Felicitas 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

**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 Felicitas 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

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

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 **Anthropological Abstracts Vol 4** Ulrich

Oberdiek, 2014-06-30 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* *The Routledge Companion to Ecstatic Experience in the Ancient World* Diana Stein, Sarah Kielt Costello, Karen Polinger Foster, 2021-12-31 For millennia people have universally engaged in ecstatic experience as an essential element in ritual practice spiritual belief and cultural identification This volume offers the first systematic investigation of its myriad roles and manifestations in the ancient Mediterranean and Near East The twenty nine contributors represent a broad range of scholarly disciplines seeking answers to fundamental questions regarding the patterns and commonalities of this vital aspect of the past How was the experience construed and by what means was it achieved Who was involved Where and when were rites carried out How was it reflected in pictorial arts and written records What was its relation to other components of the sociocultural compact In proposing responses the authors draw upon a wealth of original research in many fields generating new perspectives and thought provoking often surprising conclusions With their abundant cross cultural and cross temporal references the chapters mutually enrich each other and collectively deepen our understanding of ecstatic phenomena thousands of years ago Another noteworthy feature of the book is its illustrative content including commissioned reconstructions of ecstatic scenarios and pairings of works of Bronze Age and modern psychedelic art Scholars students and other readers interested in antiquity comparative religion and the social and cognitive sciences will find much to explore in the fascinating realm of ecstatic experience in the ancient world 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      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      The Great Shift Michael Drake,2018-09-29 The Great Shift is about the new era of humanity We have entered the new epoch of humanity s spiritual evolutionary journey into higher consciousness Our present world is one in which order is arising out of chaos Everything is changing and seeking equilibrium The conditions are nothing short of a rebirth We are quite literally witnesses and participants in the shift from individual to planetary consciousness We are part of the emerging consciousness and the signs are everywhere It is here now and we all have a part to play in it This book is a guide to navigating the shift from an old paradigm into a new one It is deeply rooted in the shamanic and Taoist traditions which are a fountain of wisdom and knowledge for restoring our relationship with the Earth Shamanism and Taoism are a way of living in harmony with nature rather than an adherence to a religious doctrine By practicing these ways of being we awaken our soul calling and our connection to nature They provide a myriad of responses to the spiritual quest of self discovery They are ways that embed us in the living web of life yielding greater awareness and perspective These practices are easily integrated into contemporary life and provide a means of navigating the turbulent times in which we live      **Fire and Rain, Answering the Rune's Call** Sara Annon,2019-01-18 This series rises out of my personal journey with the Runes that began during a Mask Dance workshop in Northern Germany the birthplace of the runes During the week I spent in a lovely seminar house secluded in among the trees bordering the heather of the Lunebergerheide I found myself tasked with telling the story of the Runes as one of creation not destruction We used shamanic drumming and rattling to drive the visionary state and a specific body posture to guide our experience My time was spent deep in a philosophical discussion with the energetic field of the Runes It was impressed on me that the two fundamental distortions in the historical practice of Runes were the suppression of sexual energy in Christianity and the Germanic tribe s practice of ritual killing to gain personal power I was shown how this combination inherently leads to atrocities My first step was to seek out any creation stories I could find that were related to the runes Somewhat to my surprise I did not find any direct or obvious correlations between the runes names and the stories In fact the use of the runes as an alphabet turned out to be driven by the Christian Church Then I looked into the current practice of Rune Stances and found their origins were both recent and suspect Along the way I had to admit that if the



creation story of the runes was readily accessible they would not have had to grab hold of an ignorant mixed blood New Mexican to tell their tale What I had to offer was my own idiosyncratic view of the situation Since I had experience with ecstatic trance postures I wondered if rune shapes corresponded with ancient ecstatic body postures Once I turned towards the much older and more mysterious visionary roots of the Runes my path to a runic story of creation began to open I ended up with a mosaic of a sacred World Tree made of ancient bits and pieces I hope they can open creative experiential doors for those drawn to work in the runic realms Keywords Ancestry Creation Myths Ecstatic Trance Postures Epigenetics Rune Stances Runes Sacred Speech World Tree Shamanism Sustainable      Psychological Anthropology for the 21st Century Jack David Eller,2018-10-03 This book provides a comprehensive introduction to psychological anthropology covering both the early history and contemporary state of the field Eller discusses the major themes theories figures and publications and provides a detailed survey of the essential and enduring relationship between anthropology and psychology The volume charts the development celebrates the accomplishments critiques the inadequacies and considers the future of a field that has made great contributions to the overall discipline of anthropology The chapters feature rich ethnographic examples and boxes for more in depth discussion as well as summaries and questions to support teaching and learning This is essential reading for all students new to the study of psychological anthropology      **My Word is Mighty** Nana Nauwald,2022-05-27 The Power of Healing with Strengthening and Protecting Words Shamans in indigenous communities and healing practitioners in our culture work with word magic and magic words Behind the ritual words in spells invocations prayers and chants there are often hidden powers The word is embodied thought which becomes action in the word and creates reality How important it is to become aware of the effect of words is also shown by the dark side of word magic harm spells harm words in medicine verbal beatings in education and bullying Based on more than thirty years of experience in shamanic work Nana Nauwald shows practical ways to healing strengthening and protecting words and rituals that everyone can use in everyday life and for their own ritual work      The Essence of Soul Retrieval Walter Cooke,2009 The ancient practice of soul retrieval is one of the most powerful healing processes that you will learn while walking the shamanic path with heart In this illustrated book you will learn the formal process carried out by modern core shamanic practitioners to retrieve the lost soul essence of a person and effectively reintegrate it so the client may then heal the deepest wounds of their soul Sandra Ingerman and Alberto Villoldo have written several popular books to help the layman understand what soul retrieval is and why one might want to embark on the soul retrieval journey However what is missing is a step by step guide that supports the shamanic practitioner in learning how to do the actual work That is why this book was written An ePUB version item 8541804 suitable for Apple iPad or SONY readers is also available for download

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