

# Healing Thoughts

## *Applying Therapeutic Shamanism In Your Daily Life*

"Steven Rogat has put together a comprehensive and highly readable guide to personal development in a shamanic integration of his own experience as well as many other resources. It will benefit anyone who uses it."

— Serge Kahille King, Ph.D.,  
author of *Circumstances*  
and *Kahuna Healing*

STEVEN ROGAT

# Healing Thoughts Therapeutic Shamanism A Bridge Between Metaphysics Psychotherapy

**Ann M. Drake**



## **Healing Thoughts Therapeutic Shamanism A Bridge Between Metaphysics Psychotherapy:**

*Healing Thoughts, Therapeutic Shamanism* Steven E. Rogat,1997      **Healing Thoughts, Therapeutic Shamanism** Steven E. Rogat,1997      **The Emergence of Somatic Psychology and Bodymind Therapy** B. Barratt,2010-05-11

Somatic psychology and bodymind therapy the simultaneous study of the mind and body are challenging contemporary understandings of the psyche of what it means to be human and how to heal human suffering      **Subject Guide to Books in Print** ,1991      **Books in Print Supplement** ,2002      *Forthcoming Books* Rose Arny,1997      **Healing Thoughts** Steven E. Rogat,2002      **The Shaman's Way of Healing** August Thalhamer,2022 Shamanism Family Constellations Psychotherapy the Christian Healing Tradition their similarities and differences illustrated with examples from a practitioner of all these methods August Thalhamer Austrian Catholic theologian psychotherapist and urban shaman is answering his calling to build bridges Over the last half century Thalhamer has been able to discover the harmony resonating between these seemingly mutually exclusive worldviews in theory and in practice Here he outlines the academic and intuitive paths that led to his own shamanic way of healing This guide is a one stop reference work for anyone interested in Shamanism If your curiosity has ever left you wondering What value does shamanic wisdom ancient and contemporary have for the Western world and how can we integrate it into our lives This book will provide you with a solid harbor for launching your own personal journey one you can always return to for inspiration Univ Prof Dr H H B ttner Wismar wrote in the rzteblatt Mecklenburg Vorpommern 8 2015 the medical journal for the German edition This book actually belongs in the hands of medical students and young doctors because by the way it conveys western education tradition and partly humanistic dimensions of medicine We should again seek out the foundations on which the edifice of our philosophical and religious culture rests also with regard to our mental health Today s medical students would of course be recommended to study philosophy again in addition to physics which by the way was abolished by the Prussian Ministry of Culture in 1861 I enjoyed reading and thinking a lot      **Religious Books and Serials in Print** ,1982      *The Shamanic Journey* Paul Francis,2017-05-23 An introduction to the ancient practice of shamanism including step by step practical exercises More than just a book about shamanism however the book is a detailed examination as to how our turning away from shamanism led to many of the mental health and environmental problems we now face and the vital role shamanism can play in our recovery      Shamanism and Spirituality in Therapeutic Practice Christa Mackinnon,2012 Explores the shamanic themes of altered states of perception integrative wholeness of mind body soul and spirit and transformative healing approaches and explains how a therapist can effectively integrate these into his or her practice Original      **New Age Journal** ,1996

**Bridge to Light and Love** Michael and Kathie Waters,2017-10-30 Michael and Kathie Waters considered themselves average everyday citizens that is until a devastating illness swept them into an amazing journey that was anything but average When an unexpected path unfolded before them a strange turn of events propelled them into a surprising spiritual

awareness This newfound enlightenment changed everything they thought they knew or understood about the world and as their bond with those beyond the veil strengthened long forgotten information was revealed Based on recollection and long kept journals The Bridge to Light and Love tells the Waters incredible story in a down to earth honest way It isn't that unusual to experience metaphysical and spiritual phenomena What is unusual is to read about these experiences as though they are everyday occurrences Mike and Kathy tell their story as if they are sharing their conversations with dear old friends old friends who just happen to be in non physical form Their message is true to the heart and reminds us to look beyond the everyday world and know without a shadow of a doubt that we are always being cared for and guided by companions on the other side Rosie Kuhn PhD Author of The Unholy Path of a Reluctant Adventurer

### **Shamanic Dimensions of**

**Psychotherapy** Robin van Löben Sels, 2019-11-13 In Shamanic Dimensions of Psychotherapy Healing through the Symbolic Process Robin van L ben Sels uniquely and honestly recounts her personal journey toward a shamanic understanding of psychotherapy Exploring the disruptive breakthrough of visions and dreams that occurred during her analysis personal life and psychoanalytic training van L ben Sels illustrates how the phenomenology of ancient shamanism is still alive and how it is a paradigm for the emergence and maturation of the psyche in people today This original book delves into van L ben Sels's personal experience of the shaman identifying such eruptions as a contemporary version of the archaic shaman's initiatory call to vocation The book is split into two parts It begins by outlining the shamanic personality in history recognizing this as an individual that has been called out of a collectively sanctioned identity into a creative life and the unconscious shaman complex they consequently face especially in psychotherapeutic relationships Practical as well as theoretical the second part outlines the shamanic attributes that underline psychotherapeutic relationships silence sound mask rhythm gesture movement and respiration and usefully describes how to use them as asanas for consciousness or vehicles toward psychological awareness With clinical examples and personal stories throughout this book's unique Jungian perspective addresses contemporary expressions of the shaman complex in our current world Shamanic Dimensions of Psychotherapy Healing through the Symbolic Process will be essential reading for Jungian analysts and psychotherapists in practice and in training as well as for academics and students of Jungian and post Jungian studies It will be especially helpful and illuminating to those who have experienced an involuntary plunge into the depths and who seek ways to articulate their experience The Soul of Healing Jane Dally, 2008 Anthropological research reveals that shamanism comprises a 40 000 year old spiritual and healing system with a pan global distribution Drury 1989 Harner 1990 Tedlock 2005 Vogel 2003 This thesis attempted to demonstrate that neoshamanism the contemporary expression of this ancient tradition Jakobsen 1999 Kehoe 1996 Lindquist 1997 2004 Taylor Townsend 1988 Wallis 2001 can enhance the therapeutic potential of conventional counseling and psychotherapy practice Utilizing the qualitative research methodology Organic Inquiry the author investigated individuals experiences of neoshamanic soul retrieval a particular therapeutic intervention within the praxis of

neoshamanism Six research participants engaged in a group interview sharing their transformational stories related to neoshamanic soul retrieval and their participation in this study The research findings suggest that the potential of neoshamanic soul retrieval to effect therapeutic change in clients is valid and measurable and the author provides a supported argument for the integration of the technique into the practice of counseling and psychotherapy

**Neo-shamanism and Mental Health** Karel James Bouse, 2019 This book explores the contemporary practice of Neo shamanism and its relationship to mental health Chapters cover the practice of Neo shamanism how it differs from traditional shamanism the technology of the shamanic journey the lifeworlds of some of its practitioners as well as its benefits and pitfalls The author's analysis draws on an in depth study of existing literature original qualitative phenomenological research into the lifeworlds of practitioners and nearly three decades of observation and experience as a student teacher and practitioner of Neo shamanism She discusses the potential role of Neo shamanic journey technology as an approach for psychology based studies of consciousness and anomalous phenomena its value as a tool for self exploration as part of a supervised curriculum as well as the possible therapeutic applications of the journey and shamanic healing protocols for use by mental health professionals This book is a rich and timely resource for students and teachers of psychology anthropology and sociology psychotherapists and anyone who is interested in consciousness and parapsychology Karel James Bouse is the Director of the Institute of Esoteric Psychology USA She earned her Ph D in Psychology from Saybrook University USA and her Ph D in History American Studies from the University of Maryland USA She has been a student teacher and practitioner of Neo shamanism for nearly 30 years

*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

Healing of the Soul Ann M. Drake, 2009-05 Ann M Drake gives us one of the most detailed descriptions of shamanic healing in the literature The text begins with her shamanic initiations in the jungles of Borneo and takes us through her journey as a clinical psychologist dedicated to the healing of her clients In so doing she extends the territory of shamanism into clinical psychology by demonstrating through clinical case histories how shamanic techniques such as soul retrieval and extraction enhances the healing of numerous types of traumatic and dissociative disorders Healing of the Soul is a must read for all mental health professionals wanting to integrate shamanism into psychotherapeutic practice

Soulfulness David England, 2018-05-08 This book brings the wisdom of the ancient healing practice of shamanism together with the insights of contemporary psychology to provide an integrated approach to the treatment of traumatic symptoms Soulfulness has two historic shamanic roots Mayan and Native American psychology a psychology of Self as expressed in the many aspects of the Medicine Wheel the wheel of health and wholeness and the Shamanic Journey and Soul Retrieval as practiced in traditional societies throughout the world notably the Tungus tribes of Siberia This book presents the ancient wisdom of shamanic theory and practice in a form which is fit for use within the mainstream of twenty first century psychotherapeutic endeavour including an extensive explanation of Shamanic Psychology and a practical description of the ceremonies of the Shamanic Journey and Soul Retrieval

Alternative States of Consciousness in Shamanism, Imaginal Psychotherapies, Hypnotherapy, and Meditation Including a Shamanism and Meditation Inspired Personal and Professional Training Program for the 21st Century Psychotherapist Allen Holmquist, 2009-08 Shamanism hypnosis imaginal psychotherapies and meditation are based on the use of what we in the modern western world think of as non ordinary human consciousness These four modalities have fundamental similarities and differences in purpose theory technique type of alternative consciousness and their application of non ordinary reality Shamanism the oldest and most intertwined with the cultures in which it is practiced will be explored as a model for individual healing and transformation and professional training The shamanic way will also be explored as a model of consciousness and a world view that offers individuals groups and society much needed coping mechanisms healing techniques and transformative values that may be helpful in dealing with this trying and important transition time for humanity Imaginal therapies meditation and hypnosis all have their roots in shamanism although in some parts of the world at certain times in history shamanism borrowed from meditation in its adaptation and development

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