



Becoming You

SHAMANISM

What is Shamanism?

Shamanism is the oldest spiritual and healing practice on the planet dating back 50,000 years. This tradition has grown out of humanity's experience of evolving out of the earth and our intimate connections to our mother.

When we journey into the inner realms through the doors of perception using our minds eye to explore the wondrous world of imagination, we can tap into the greater store of wisdom that our ancestors have accumulated throughout the milenia. This ancient wisdom can help us heal ourselves each other and the earth.

By understanding the word "shamanism" we would know that it is one of the oldest tribal healing traditions of indigenous people, which can be found in many different cultures worldwide. As well as many other methods, the one thing they have in common is communication and interaction with the spirit world. It is the oldest way in which human race has sought connection with Creation.

Shamanism is the path to knowledge which is gained through experience of many aspects of life, such as rituals, ceremonies, prayer, meditation, trials and tests. It is the practise, or discipline of interconnectedness and unlimited potential; which can create a total transformation of self.

I study Celtic Shamanism under the mentorship of Martin Duffy and Annette Peard at Shamanism Ireland in Dunderry Park, Meath.

What is Shamanic Journeying?

Shamanic journeying is a technique that is learned and mastered while being experienced and practiced. By allowing a person to symbolically journey, they will hear and feel various things. A shaman guides you through your first journey, and then the you are free to take the reins of each subsequent flight.

What is Shamanic Drumming?

Shamanic Drumming is a rhythmic form of drumming. Its purpose is to induce a range of ecstatic trance states in order to connect with the spiritual dimension of reality.



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