



An Introduction to Shamanism

By Lynn Bieber

There is an awakening taking place all over the planet: An awakening of ancient memories, of future knowing. This awakening is spawned by the longing in the human heart to reconnect with the source of all life. Many people are responding to this awakening, this longing, through an intense interest in the ancient art of the Shaman.

The following is a quote from Michael Harner's website, www.shamanism.org.

"Over tens of thousands of years, our ancient ancestors all over the world discovered how to maximize human abilities of mind and spirit for healing and problem-solving. The remarkable system of methods they developed is today known as 'shamanism,' a term that comes from a Siberian tribal word for its practitioners: 'shaman' (pronounced SHAH-mahn). Shamans are a type of medicine man or woman especially distinguished by the use of journeys to hidden worlds otherwise mainly known through myth, dream, and near-death experiences."

Hank Wesselman, author of three novels about shamanism, refers to the Modern Mystics of today. Modern Mystics are involved in awakening spiritually to the sacred domains of life. They are actively involved in spiritual growth, social and environmental issues.

Paul Ray and Sherry Anderson authored "Cultural Creatives," an exciting report resulting from their volumes of research into attitudes and values of thousands of people all over the world. They contend there are approximately 50 million Americans, that is 25% of the adult population, with beliefs and values that fit into this category. The majority of these people believe they are alone in their beliefs and actions.

These are but three of the many people representing a massive shift in consciousness that is reaching into all levels of society. The common denominator in this movement is a recognition that we are all connected, a part of the whole. Many of the ancient practices, once considered meaningless and primitive, are being reclaimed and molded into forms that fit our modern day practices.

Copyright ©2009 Lynn Bieber