

Visions Of A Huichol Shaman

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Painting the Dream - David Chethlahe Paladin
2003-07-11

A shaman as well as the leading Navajo modern artist, Paladin is one of the first Native American painters to move beyond traditional themes and styles. Praised by the renowned artist Marc Chagall, Paladin's brilliant and evocative paintings are admired for their exuberance, eclecticism, spirituality, and original use of symbols.

The Kaleidoscopic Vision of Malcolm Lowry
- Nigel H. Foxcroft 2019-10-28

The Kaleidoscopic Vision of Malcolm Lowry: Souls and Shamans is an interdisciplinary investigation of the multifaceted, intuitive insight of international modernist writer Malcolm Lowry through an analysis of a selection of works and correspondence. Nigel H. Foxcroft analyzes his psychogeographic perception of the interconnectedness of East-West cultures and civilizations in terms of pre-Columbian Mesoamerican customs; the Mexican Day of the Dead festival; the Atlantis myth; surrealism; and Russian literary, filmic, and political influences. He traces his intellectual efforts in pursuing philosophical and cosmic knowledge to bridge the gap between the natural sciences and the humanities. This monograph identifies Lowry's attempts to reintegrate modernism with primitivism in his quest for an elixir of life for the survival of humanity on the brink of global catastrophe, as indicated in *In Ballast to the White Sea* and *Under the Volcano*. It also examines his sustained endeavors to attain psychoanalytical atonement with himself and his environment in

Ultramarine, Swinging the Maelstrom, "The Forest Path to the Spring," and *October Ferry to Gabriola*. It also discusses the odyssey on which Lowry and his literary protagonists embark to connect with the past and to gain a deeper insight into human nature in *Dark as the Grave Wherein My Friend is Laid*, *La Mordida*, and *"Through the Panama."* Scholars of cultural studies, history, humanities, Latin American studies, literature, and Russian studies will find this book particularly useful.

Rock Crystals & Peyote Dreams - Peter T. Furst
2006

A book about the author's time among the Huichol people, considered the most authentically "traditional" of all Mexican Indians, in west Mexico's Sierra Madre Occidental. It includes transcriptions of myths that function as charters for "being Huichols," descriptions of deities, rituals, beliefs, as well as discussion of the place of hallucinogens in Huichol culture.

Mad Jesus - T. J. Knab 2004

The book not only provides an overview of the Huichol and the plight of Mesoamerican Indians but also sheds light on traditional religion, indigenous Catholicism, messianic cults, urbanization, and indigenous conflicts with the modern Mexican state."--BOOK JACKET.

Shaman, the Wounded Healer - Joan Halifax
1982

Summarizes forms of shamanism in various cultures, looks at its origin, and compares the methods shamans use to gain a vision of other realities

Awaken the Inner Shaman - José Luis Stevens

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2014-03-01

Within you is a greater, wiser self that is not bound by your fears, worries, or perceived limitations. Dr. José Luis Stevens calls this the Inner Shaman—the part of you that connects directly to the true source of the universe. "The shamans of every tradition know that the physical world we can see and touch is a mere shadow of the true spirit world," writes Dr. Stevens. With *Awaken the Inner Shaman*, he presents a direct and practical guide for opening our eyes to the greater wisdom and knowing within—and stepping into the power and responsibility we possess to shape and serve our world. In this rousing and provocative book, he invites readers to discover: What is the Inner Shaman? How an understanding of our deeper spiritual potential shows up in every mystical and scientific tradition. Seeing through the heart—why the heart offers us the most immediate path for accessing the Inner Shaman. Illuminating the Inner Shaman through spirituality, quantum physics, medical science, and experiential knowing. The Inner Shaman in action—how to stop living from the egoic mind and put your true essence in charge. Eight tools to strengthen your connection to the Inner Shaman, and much more. Humanity has become enthralled by the Siren's song of technological progress, which has lured us away from the spiritual source that truly sustains us. In *Awaken the Inner Shaman*, Dr. José Stevens challenges us to reclaim our lost power to heal, see truly, and fulfill our purpose in life. As Dr. Stevens writes: "The Inner Shaman, suppressed and ignored for centuries, can be discovered in the most obvious place possible—within your own heart."

The White Shaman Mural - Carolyn E. Boyd
2016-11-29

Folded plate (1 leaf, 39 x 61 cm, folded to 19 x 16 cm) in pocket.

Rock Art and Regional Identity - Jamie Hampson 2016-06-16

Why did the ancient artists create paintings and engravings? What did the images mean? This careful study of rock art motifs in the Trans-Pecos area of Texas and a small area in South Africa demonstrates that there are archaeological and anthropological ways of accessing the past in order to investigate and

explain the significance of rock art motifs. Using two disparate regions shows the possibility of comparative rock art studies and highlights the importance of regional studies and regional variations. This is an ideal resource for students and researchers.

American Indian Quarterly - 2005

Anthropologica - 2000

The Shamanic Wisdom of the Huichol - Tom Soloway Pinkson 2010-01-29

The Huichol tribes of the Sierra Madre in Mexico have thoroughly retained their ancient way of life. Their shamanic spiritual practices focus on living life in harmony with all things and offer a path path to healing both on a personal and a planetary level.

The Teachings of Don Juan - Carlos Castaneda 2008

Visions of a Huichol Shaman - Peter T. Furst 2007-01-12

The brilliant visionary yarn paintings of the shaman-artist Jose Benitez Sanchez emerge transformed into two-dimensional form from fleeting, sublime visionary experiences triggered by the complex chemistry of the divine peyote cactus. Benitez's visions are of the Huichol universe in Mexico's rugged Sierra Madre Occidental, as that world came into being in the First Times of creation and transformation and in the ongoing magic of a natural environment that is alive and without firm boundaries between the here and now and the ancestral past. Modern yarn paintings—more than 30 in the University of Pennsylvania Museum's collection are illustrated here—have their roots in the sacred art of communication with numberless male and female ancestors and native deities, related in the two remarkable Huichol origin myths also presented here to shed some light on Native American culture and provide some understanding of the religious experience that informs it.

[The Shaman's Mirror](#) - Hope MacLean
2012-08-24

Huichol Indian yarn paintings are one of the world's great indigenous arts, sold around the world and advertised as authentic records of dreams and visions of the shamans. Using

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glowing colored yarns, the Huichol Indians of Mexico paint the mystical symbols of their culture—the hallucinogenic peyote cactus, the blue deer-spirit who appears to the shamans as they croon their songs around the fire in all-night ceremonies deep in the Sierra Madre mountains, and the pilgrimages to sacred sites, high in the central Mexican desert of Wirikuta. Hope MacLean provides the first comprehensive study of Huichol yarn paintings, from their origins as sacred offerings to their transformation into commercial art. Drawing on twenty years of ethnographic fieldwork, she interviews Huichol artists who have innovated important themes and styles. She compares the artists' views with those of art dealers and government officials to show how yarn painters respond to market influences while still keeping their religious beliefs. Most innovative is her exploration of what it means to say a tourist art is based on dreams and visions of the shamans. She explains what visionary experience means in Huichol culture and discusses the influence of the hallucinogenic peyote cactus on the Huichol's remarkable use of color. She uncovers a deep structure of visionary experience, rooted in Huichol concepts of soul-energy, and shows how this remarkable conception may be linked to visionary experiences as described by other Uto-Aztec and Meso-American cultures.

The Eagle on the Cactus - 2000

Collects legends and stories to be shared aloud, including tales of tricksters, transformation, magic and adventure, dos compadres, animals, and the world's beginning.

Shamanism - Mariko Namba Walter 2004

A guide to worldwide shamanism and shamanistic practices, emphasizing historical and current cultural adaptations. * Nearly 200 entries on shamanic belief systems, practices, rituals, and related phenomena * 152 contributors including international experts and pioneering researchers in the field * 100 photos, charts, and tables * Multicultural bibliography of significant materials from the fields of history, ethnography, and anthropology

Art of the Huichol Indians - Kathleen Berrin 1978

People of the Peyote - Stacy B. Schaefer 1996
People of the Peyote explores the Huichol

Indians of Mexico, who are best known for their worship of the peyote cactus. Ritually harvested each year, the peyote flower plays a central role in most Huichol observances of the annual ceremonial round. The Huichols have been the most culturally persistent indigenous group in Mexico and have maintained their pre-Christian religion with only minimal accommodation to Catholicism. Eighteen essays explore Huichol ethnography, ethnohistory, shamanism, religion, mythology, art, ethnobotany, society, and other topics. The authors, including Huichol contributors, are an international array of scholars on the Huichols and indigenous peoples of Mexico.

Genealogies of Shamanism - Jeroen W Boekhoven 2011

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- 1 Approaching shamanism -- 2 Eighteenth and nineteenth-century interpretations -- 3 Early twentieth-century American interpretations -- 4 Twentieth-century European constructions -- 5 The Bollingen connection, 1930s-1960s -- 6 Post-war American visions -- 7 The genesis of a field of shamanism, America 1960s-1990s -- 8 A Case Study: Shamanisms in the Netherlands -- 9 Struggles for power, charisma and authority: a balance -- Bibliography -- Index

Peyote Hunt - Barbara G. Myerhoff 1976

Ramón Medina Silva, a Huichol Indian shaman priest or mara'akame, instructed me in many of his culture's myths, rituals, and symbols, particularly those pertaining to the sacred untiy of deer, maize, and peyote. The significance of this constellation of symbols was revealed to me most vividly when I accompanied Ramón on the Huichol's annual ritual return to hunt the peyote in the sacred land of Wirikuta, in myth and probably in history the place from which the Ancient Ones (ancestors and deities of the present-day Indians) came before settling in their present home in the mountains of the Sierra Madre Occidental in north-central Mexico. My work with Ramón preceded and followed our journey, but it was this peyote hunt that held the key to, and constituted the climax of, his teachings.--from the Preface

[The Beauty of the Primitive](#) - Andrei A.

Znamenski 2007-07-12

Publisher description

[D.H. Lawrence](#) - Dolores LaChapelle 1996

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This book will change the way you think about D. H. Lawrence. Critics have tried to define him as a Georgian poet, an imagist, a vitalist, a follower of the French symbolists, a romantic or a transcendentalist, but none of the usual labels fit. The same theme runs through all his work, beginning with his very first novel, *The White Peacock*, and ending with the last line of his final book, *Apocalypse*. Always it is nature. He said this over and over again, and no one - especially those who feared the "old ways" of harmonious and balanced living on the earth - understood him.

Unknown Huichol - Jay Courtney Fikes 2011
The culmination of 34 years of ethnographic fieldwork and archival research, this book offers ground-breaking insights into fundamental principles of Huichol shamanism and ritual. The scope and length of Fikes's research, combined with the depth of his participation with four Huichol shamans, enables him to convey with empathy details of shamanic initiation, methods for diagnosis and treatment of illness, and motives for performing funeral, deer and peyote hunting and maize-cultivating rituals.

Teachings of the Peyote Shamans - James Endredy 2015-11-17
A rare in-depth look at the inner workings of Huichol shamanism • Describes the five sacred sites of the Huichol and their peyote ceremonies • Explains how the Huichol teachings of awareness, centered on the five points of attention, connect you to your true essence • Reveals the deep relationship between Huichol cosmology, Gnosticism, and Christianity, especially Jesus Christ and the Virgin Mary
Taking place in the heart of the Huichol homeland in western Mexico, this book offers a rare in-depth look at the inner workings of Huichol shamanism, which is permeated with the use of the sacred peyote cactus. Outsiders are almost never allowed access to Huichol sacred sites and ceremonies; however, James Endredy, after years of friendship with Huichol families, earned the privilege nearly by accident. Swayed by persistent pleading, he agreed to take another gringo into the mountains to one of the Huichols' ceremonial centers, and they were both caught. After trial and punishment, Endredy was invited to stay within the sacred lands for the festivities he had illegally intruded

upon and found his initiation into the Huichol shamanic tradition had begun. Sharing his intimate conversations and journeys with the shaman he calls "Peyote Jesus," the author explains how Huichol belief revolves around the five sacred directions, the five sacred sites, and the five points of attention. As Peyote Jesus explains, the five points of attention refer to dividing your awareness yet staying focused on your inner self. This is not a normal state of consciousness for most people, yet when we maintain these points of attention, we discover our true essence and move closer to God. Endredy undergoes dozens of spiritual journeys with peyote as he makes the pilgrimages to the five sacred Huichol sites with Peyote Jesus. He is shocked by his vision of the Virgin Mary while under peyote's guidance and learns of the deep relationship--strictly on Huichol terms--between their cosmology, Gnosticism, and Christianity, especially Jesus Christ. Providing an inside look at the major ceremonies and peyote rituals of the Huichol, this unexpectedly powerful book reveals the key tenants of the Huichol worldview, their beliefs in the afterlife, and their spiritual work on behalf of all of humanity.

The A to Z of Shamanism - Graham Harvey 2010-04-01
The A to Z of Shamanism has the dual task of exploring the common ground of shamanic traditions and evaluating the diversity of both traditional indigenous communities and individual Western seekers. This is done in an introduction, a bibliography, a chronology, and hundreds of cross-referenced dictionary entries, which explore the consistent features of a variety of shamans, the purposes shamanism serves, the function and activities of the shaman, and the cultural contexts in which they make sense.

Fit Soul, Fit Body - Mark Allen 2010-09-14
From setting appropriate goals for each type of fitness to learning how to feed both body and soul, this ground-breaking guide goes beyond the typical health mantras—eat right, exercise regularly, reduce stress—and explores the emotional and physical obstacles to corporeal and spiritual fitness. Based on the immensely successful training of a six-time Ironman triathlete by a renowned Huichol Indian healer, this handbook seeks to remedy the conspicuous

absence of spirituality in typical Western exercise regimens by explaining how to incorporate the divine into everyday exercises and why the two issues are inexorably linked. After years of respective training, both parties realized that the art of prayer and its signature mindfulness could increase not only one's physical abilities but also the mind, and that fitness wasn't just a matter of good cardiovascular health and strong muscles. Whether training for intense competition or just reaching fitness goals, this indispensable resource discusses how to exceed mental limitations and become successful in any physical, emotional, or spiritual journey.

Mesoamerican Healers - Brad R. Huber
2010-01-01

Healing practices in Mesoamerica span a wide range, from traditional folk medicine with roots reaching back into the prehispanic era to westernized biomedicine. These sometimes cooperating, sometimes competing practices have attracted attention from researchers and the public alike, as interest in alternative medicine and holistic healing continues to grow. Responding to this interest, the essays in this book offer a comprehensive, state-of-the-art survey of Mesoamerican healers and medical practices in Mexico and Guatemala. The first two essays describe the work of prehispanic and colonial healers and show how their roles changed over time. The remaining essays look at contemporary healers, including bonesetters, curers, midwives, nurses, physicians, social workers, and spiritualists. Using a variety of theoretical approaches, the authors examine such topics as the intersection of gender and curing, the recruitment of healers and their training, healers' compensation and workload, types of illnesses treated and recommended treatments, conceptual models used in diagnosis and treatment, and the relationships among healers and between indigenous healers and medical and political authorities.

How to Pray the Shaman's Way - José Luis Stevens 2021

Discover the secrets of prayer for healing and inner peace. This is a book about prayer--but not the kind of prayer that you are probably familiar with. It is a book about prayer that will teach you how to get in touch with the universe and

communicate with Spirit. It is a book that will initiate you into a new way of being, one that will incorporate the wisdom of the ages. Jos Luis Stevens will lead you on a spiritual path that covers the entire range of human experience, from gratitude, worship, and celebration to grief, guilt, affliction, supplication, and suffering. This incredibly potent spiritual practice is one of humankind's most ancient and enduring activities and is as prevalent today as it was thousands of years ago. Building on his decades of training and teaching in the shamanic tradition, Stevens offers a complete guide to this universal, transformative practice in *How to Pray the Shaman's Way*. This book is not only an in-depth exploration of prayer as an innate human phenomenon but also a practical guide for initiating or deepening your own rich prayer practice. Packed with inspired prayers that can be adapted for many different traditions, this book is a deep dive into the world of personal transformation, healing, and spiritual guidance.

Twilight Language of the Nagual - Marilyn Tunneshende 2004-07-27

Reveals how the Nagual shamans move between this world and the dream realms • Shows how the Twilight Language of Dreaming is an avenue for understanding the energetic gateways of human existence • Presents detailed exercises for practical experiences in extra-lucid dreaming
Twilight Language of the Nagual is a shamanic and spiritual account that illuminates the author's experiences under the tutelage of don Juan Matus, the Toltec shaman who mentored Carlos Castaneda, and the sorceress doña Celestina. The author journeys from a mountaintop peyote pilgrimage of the Huichol people of western Mexico to the home of Tibetan monks in Mexico City and the hut of a Mazatec mushroom shaman in a remote Oaxacan village. She learns the Twilight Language of Dreaming, an avenue for understanding the energetic gateways of human existence. Don Juan Matus defines the language of this dream power and doña Celestina tutors on sex, reproduction, and male-female affairs in relation to the state of the world. *Twilight Language* enables communication between beings of the upper and lower realms. The author describes how it is possible for our individual and collective consciousness to be transported to higher levels.

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At the conclusion of each of her narratives she offers detailed exercises for experiences in extra-lucid dreaming as well as case studies showing how to apply dreaming techniques in the “real” world. *Twilight Language of the Nagual* is both a serious navigational aid to other realms revealed through dreams and an exploration of the energy techniques of dream power for healing and enlightenment.

Teachings of the Peyote Shamans - James Endredy 2015-11-19

A rare in-depth look at the inner workings of Huichol shamanism • Describes the five sacred sites of the Huichol and their peyote ceremonies • Explains how the Huichol teachings of awareness, centered on the five points of attention, connect you to your true essence • Reveals the deep relationship between Huichol cosmology, Gnosticism, and Christianity, especially Jesus Christ and the Virgin Mary Taking place in the heart of the Huichol homeland in western Mexico, this book offers a rare in-depth look at the inner workings of Huichol shamanism, which is permeated with the use of the sacred peyote cactus. Outsiders are almost never allowed access to Huichol sacred sites and ceremonies; however, James Endredy, after years of friendship with Huichol families, earned the privilege nearly by accident. Swayed by persistent pleading, he agreed to take another gringo into the mountains to one of the Huichols’ ceremonial centers, and they were both caught. After trial and punishment, Endredy was invited to stay within the sacred lands for the festivities he had illegally intruded upon and found his initiation into the Huichol shamanic tradition had begun. Sharing his intimate conversations and journeys with the shaman he calls “Peyote Jesus,” the author explains how Huichol belief revolves around the five sacred directions, the five sacred sites, and the five points of attention. As Peyote Jesus explains, the five points of attention refer to dividing your awareness yet staying focused on your inner self. This is not a normal state of consciousness for most people, yet when we maintain these points of attention, we discover our true essence and move closer to God. Endredy undergoes dozens of spiritual journeys with peyote as he makes the pilgrimages to the five sacred Huichol sites with Peyote Jesus. He is

shocked by his vision of the Virgin Mary while under peyote’s guidance and learns of the deep relationship--strictly on Huichol terms--between their cosmology, Gnosticism, and Christianity, especially Jesus Christ. Providing an inside look at the major ceremonies and peyote rituals of the Huichol, this unexpectedly powerful book reveals the key tenants of the Huichol worldview, their beliefs in the afterlife, and their spiritual work on behalf of all of humanity.

Anthropology and Religion - Robert L. Winzeler 2008

Drawing from ethnographic examples found throughout the world, this text covers what anthropologists know or think about religion, how they have studied it, and how they interpret or explain it. A key text for students of upper division courses in the anthropological study of religion.

Historical Dictionary of Shamanism - Graham Harvey 2015-12-15

A remarkable array of people have been called shamans, while the phenomena identified as shamanism continues to proliferate. This second edition of the *Historical Dictionary of Shamanism* contains with examples from antiquity up to today, and from Siberia (where the term “shaman” originated) to Amazonia, South Africa, Chicago and many other places. Many claims about shamans and shamanism are contentious and all are worthy of discussion. In the most widespread understandings, terms seem to refer particularly to people who alter states of consciousness or enter trances in order to seek knowledge and help from powerful other-than-human persons, perhaps “spirits”. But this says only a little about the artists, community leaders, spiritual healers or hucksters, travelers in alternative realities and so on to which the label “shaman” has been applied. This second edition contains a chronology, an introduction, and extensive bibliography. The dictionary contains over 500 cross-referenced dictionary entries on individuals, groups, practices and cultures that have been called “shamanic”. This book is an excellent access point for students, researchers, and anyone wanting to know more about Shamanism.

The Flowers of Wiricuta - Tom Pinkson 1997

The author integrates his apprenticeship with Huichol shamans into his inspiring work with

terminally ill children and their families. *The Flowers of Wiricuta* is the gripping autobiographical account of Tom Pinkson's decade-long immersion in the shamanic traditions of the Huichol tribe of north central Mexico, who have retained their ancient way of life more thoroughly than other indigenous groups, and are known primarily for the use of peyote in their spiritual traditions. Pinkson has successfully integrated their teachings into his work with terminally ill children and their families. His book is a heart-felt record of a personal search for a clearer understanding of the true self.

The Jaguar Within - Rebecca R. Stone

2012-09-21

Shamanism—the practice of entering a trance state to experience visions of a reality beyond the ordinary and to gain esoteric knowledge—has been an important part of life for indigenous societies throughout the Americas from prehistoric times until the present. Much has been written about shamanism in both scholarly and popular literature, but few authors have linked it to another significant visual realm—art. In this pioneering study, Rebecca R. Stone considers how deep familiarity with, and profound respect for, the extra-ordinary visionary experiences of shamanism profoundly affected the artistic output of indigenous cultures in Central and South America before the European invasions of the sixteenth century. Using ethnographic accounts of shamanic trance experiences, Stone defines a core set of trance vision characteristics, including enhanced senses, ego dissolution, bodily distortions, flying, spinning and undulating sensations, synaesthesia, and physical transformation from the human self into animal and other states of being. Stone then traces these visionary characteristics in ancient artworks from Costa Rica and Peru. She makes a convincing case that these works, especially those of the Moche, depict shamans in a trance state or else convey the perceptual experience of visions by creating deliberately chaotic and distorted conglomerations of partial, inverted, and incoherent images.

Huichol Women, Weavers, and Shamans - Stacy B. Schaefer 2015-06-15

For centuries the Huichol (Wixárika) Indian

women of Jalisco, Mexico, have been weaving textiles on backstrap looms. This West Mexican tradition has been passed down from mothers to daughters since pre-Columbian times. Weaving is a part of each woman's identity—allowing them to express their ancient religious beliefs as well as to reflect the personal transformations they have undergone throughout their lives. In this book anthropologist Stacy B. Schaefer explores the technology of weaving and the spiritual and emotional meaning it holds for the women with whom she works and within their communities, which she experienced during her apprenticeship with master weavers in Wixárika families. She takes us on a dynamic journey into a realm of ancient beliefs and traditions under threat from the outside world in this fascinating ethnographic study.

The Shaman's Mirror - Hope MacLean

2011-12-15

Huichol Indian yarn paintings are one of the world's great indigenous arts, sold around the world and advertised as authentic records of dreams and visions of the shamans. Using glowing colored yarns, the Huichol Indians of Mexico paint the mystical symbols of their culture—the hallucinogenic peyote cactus, the blue deer-spirit who appears to the shamans as they croon their songs around the fire in all-night ceremonies deep in the Sierra Madre mountains, and the pilgrimages to sacred sites, high in the central Mexican desert of Wirikuta. Hope MacLean provides the first comprehensive study of Huichol yarn paintings, from their origins as sacred offerings to their transformation into commercial art. Drawing on twenty years of ethnographic fieldwork, she interviews Huichol artists who have innovated important themes and styles. She compares the artists' views with those of art dealers and government officials to show how yarn painters respond to market influences while still keeping their religious beliefs. Most innovative is her exploration of what it means to say a tourist art is based on dreams and visions of the shamans. She explains what visionary experience means in Huichol culture and discusses the influence of the hallucinogenic peyote cactus on the Huichol's remarkable use of color. She uncovers a deep structure of visionary experience, rooted in Huichol concepts of soul-energy, and shows

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how this remarkable conception may be linked to visionary experiences as described by other Uto-Aztecan and Meso-American cultures.

Gateway Mexico - Nathan D. Horowitz
2018-11-28

A travelogue, a coming of age story, a gritty philosophical reflection; a clear-eyed, passionate study of culture, nature, and the mind. With sex, drugs, violence, mental illness, tamales, and sensitive poetry. "Nathan D. Horowitz's 'Gateway Mexico' has the fine subtitle 'Adventures of another gringo who wanted to be a shaman,' which conveys well what the book is about, and also the mixture of seriousness and irony which makes the book very worth reading. The adventures of the youthful, naive, first-person narrator, who is also called Nathan and may well be more than just an alter ego of the author, lead us through Mexico and Ecuador, always in search of the hallucinogenic plants or plant mixtures peyote and ayahuasca. His wondering, often self-doubting view, and his experiences with flora and fauna and with the indigenous communities where he seeks shamanistic experiences and healing from the pain of the world, shape the mood of this book, which recalls a little Carlos Castañeda, a little Wade Davis' phenomenal 'One River.'

Ciro Guerra's film 'The Embrace of the Serpent' also comes to mind when reading." -- Wolfgang Ratz
The Woman in the Shaman's Body - Barbara Tedlock, Ph.D. 2009-09-02

A distinguished anthropologist—who is also an initiated shaman—reveals the long-hidden female roots of the world's oldest form of religion and medicine. Here is a fascinating expedition into this ancient tradition, from its prehistoric beginnings to the work of women shamans across the globe today. Shamanism was not only humankind's first spiritual and healing practice, it was originally the domain of women. This is the claim of Barbara Tedlock's provocative and myth-shattering book. Reinterpreting generations of scholarship, Tedlock—herself an expert in dreamwork, divination, and healing—explains how and why the role of women in shamanism was misinterpreted and suppressed, and offers a dazzling array of evidence, from prehistoric African rock art to modern Mongolian ceremonies, for women's shamanic powers. Tedlock combines firsthand

accounts of her own training among the Maya of Guatemala with the rich record of women warriors and hunters, spiritual guides, and prophets from many cultures and times. Probing the practices that distinguish female shamanism from the much better known male traditions, she reveals:

- The key role of body wisdom and women's eroticism in shamanic trance and ecstasy
- The female forms of dream witnessing, vision questing, and use of hallucinogenic drugs
- Shamanic midwifery and the spiritual powers released in childbirth and monthly female cycles
- Shamanic symbolism in weaving and other feminine arts
- Gender shifting and male-female partnership in shamanic practice

Filled with illuminating stories and illustrations, *The Woman in the Shaman's Body* restores women to their essential place in the history of spirituality and celebrates their continuing role in the worldwide resurgence of shamanism today.

Plant Spirit Medicine - Eliot Cowan
2014-04-01

Whether you live in a mountain cabin or a city loft, plant spirits present themselves to us everywhere. Since its first printing in 1995, *Plant Spirit Medicine* has passed hand-to-hand among countless readers drawn to indigenous spirituality and all things alive and green. In this updated edition, Eliot Cowan invites us to discover the healing power of plants—not merely their physical medicinal properties, but the deeper wisdom and gifts that they offer.

Enriched by many new insights, this guide unfolds as a series of chapters on how plant spirit medicine helped Cowan resolve specific challenges in his own healing journey and in his work with others. In the telling, we learn how plant spirits can directly communicate with and aid all of us, including:

- Plant spirit medicine's five-element view of healing
- Ways to assess our own states of health and balance
- Receiving guidance from plants, including those found within herbal preparations
- New passages on community and sacred plants such as peyote, marijuana, and tobacco
- Additional interviews with plant shamans across diverse traditions, and more

Yoga Journal - 1990-01

For more than 30 years, *Yoga Journal* has been helping readers achieve the balance and well-being they seek in their everyday lives. With

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every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are

dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.