

# Shamanism and Tantra in the Himalayas



Claudia Müller-Ebeling, Christian Räscher,  
and Surendra Bahadur Shahi

# Shamanism And Tantra In The Himalayas

**Marilyn Walker PhD**



## **Shamanism And Tantra In The Himalayas:**

*Shamanism and Tantra in the Himalayas* Claudia Müller-Ebeling, Christian Rätsch, Surendra Bahadur Shahi, 2002-09-01  
The first comprehensive guide to the shamans and tantrikas of Nepal 605 color and black and white illustrations including 135 color thangkas Includes more than 20 psychoactives never before documented The result of 18 years of field research The Himalayan kingdom of Nepal may be the only culture in the world where both shamanic and tantric techniques are still alive and in full practice today The result of eighteen years of field research Shamanism and Tantra in the Himalayas presents for the first time a comprehensive overview of shamanism that is based on the knowledge and experience of the different tribes from that region Included are original statements from the various ethnic groups and 135 color thangkas which act as visual guides to the specific practices of the tantric tradition In addition to the thangkas the book is lavishly illustrated with numerous photos of different shamanic healing ceremonies ritual objects and culturally significant plants that have never been published before The book also contains a wealth of original recipes smoking mixtures scientific tables charts and descriptions of more than 20 plants whose psychoactive properties and uses by shamans have never before been researched or documented

**Tantra, Magic, and Vernacular Religions in Monsoon Asia** Andrea Acri, Paolo E. Rosati, 2022-11-03 This book explores the cross and trans cultural dialectic between Tantra and intersecting magical and shamanic practices associated with vernacular religions across Monsoon Asia With a chronological frame going from the mediaeval Indic period up to the present a wide geographical framework and through the dialogue between various disciplines it presents a coherent enquiry shedding light on practices and practitioners that have been frequently alienated in the elitist discourse of mainstream Indic religions and equally overlooked by modern scholarship The book addresses three desiderata in the field of Tantric Studies it fills a gap in the historical modelling of Tantra it extends the geographical parameters of Tantra to the vast yet culturally interlinked socio geographical construct of Monsoon Asia it explores Tantra as an interface between the Sanskritic elite and the folk the vernacular the magical and the shamanic thereby revisiting the intellectual and historically fallacious divide between cosmopolitan Sanskritic and vernacular local The book offers a highly innovative contribution to the field of Tantric Studies and more generally South and Southeast Asian religions by breaking traditional disciplinary boundaries Its variety of disciplinary approaches makes it attractive to both the textual diachronic and ethnographic synchronic dimensions It will be of interest to specialist and non specialist academic readers including scholars and students of South Asian religions mainly Hinduism and Buddhism Tantric traditions and Southeast Asian religions as well as Asian and global folk religion shamanism and magic

*Shamanism* Marilyn Walker PhD, 2020-03-17 Discover the history and core elements of Shamanism Shamanism is a widely used term for a broad range of spiritual practices across time continents and cultures Shamanism is your all in one reference guide to shamanic traditions and healing modalities around the world Entertaining and easy to navigate Shamanism is a rich collection of unique facts and stories from shamanic

cultures You'll find engaging entries on cultural beliefs spiritual motifs sacred objects and rituals like Vibrational Medicine and Soul Retrieval recovering lost souls or soul parts Shamanism includes Shamanic handbook Explore the history and mythology of Shamanic cultures as well as engaging info on spiritual ecology or the back to nature movement All about rituals Learn about numerous rituals and techniques like healing with crystals and extracting malevolent spirits with a Soul Catcher Animism to Zoroastrian This guide is organized alphabetically for easy reference so you can build your knowledge on the go Discover the magic mythology and healing history of Shamanism with this introductory guide Haunted by the Archaic Shaman H. Sidky, 2008-01-01 Haunted by the Archaic Shaman critically engages the general discourse on shamanism by using ethnographic data gathered among different ethnic groups in the Nepal Himalayas to address several key conceptual issues and problems in the scholarly field of shamanic studies **Shamanism** Gary Edson, 2014-04-14 The ancient practice of shamanism touches many cultures and spiritual philosophies This book offers an in depth look at the beliefs and practices centered on the shaman a person believed to have powers to heal and communicate with the spirit world It explores shamanism and its associated myths artifacts and legends as a communally endorsed acknowledgment of the supernatural or spirit world that evolved in the Neolithic Period and continues to appeal today The work is heavily illustrated featuring more than 90 of the author's drawings of masks fetishes carvings and ongon and 40 rare photographs of shamans medicine men and women and healers **The Himalayas** Andrew J. Hund, James A. Wren, 2018-06-15 A thorough and detailed resource that describes the history culture and geography of the Himalayan region providing an indispensable reference work to both general readers and seasoned scholars in the field The Himalayas An Encyclopedia of Geography History and Culture serves as a convenient and authoritative reference for anyone exploring the region and seeking to better understand the history events peoples and geopolitical details of this unique area of the world It explores the geography and details of the demographics discusses relevant historical events and addresses socioeconomic movements political intrigues and controversies and cultural details as to give an overarching impression of the region as a coherent and cohesive whole Readers will come away with a vastly heightened understanding of the geographical region we recognize as the Himalayas and grasp the issues of geography history and culture that are central to contemporary understandings of the human culture in the region The alphabetically arranged and succinct entries provide easy access to detailed authoritative information Additionally sidebars throughout the book relate compelling facts that point readers to new and interesting avenues of exploration The volume also includes a chronological overview of the region ten primary source documents and a comprehensive bibliography of supporting works *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 **Water and Human Societies** David A. Pietz, Dorothy

Zeisler-Vralsted, 2021-08-18 This book explores the historical relationships between human communities and water Bringing together for the first time key texts from across the literature it discusses how the past has shaped our contemporary challenges with equitable access to clean and ample water supplies The book is organized into chapters that explore thematic issues in water history including Water and Civilizations Water and Health Water and Equity and Water and Sustainability Each chapter is introduced by a critical overview of the theme followed by four primary and secondary readings that discuss critical nodes in the historical and contemporary development of each chapter theme Further readings at the end of each chapter invite the reader to further explore the dynamics of each theme The foundational premise of the book is that in order to comprehend the complexity of global water challenges we need to understand the history of cultural forces that have shaped our water practices These historical patterns shape the range of choices available to us as we formulate responses to water challenges The book will be a valuable resource to all students interested in understanding the challenges of water use today

**Not in His Image** John Lash, 2006 Basing much of *Not in His Image* on the Nag Hammadi and other Gnostic writings John Lamb Lash explains how a little known messianic sect propelled itself into a dominant world power systematically wiping out the great Gnostic spiritual teachers the Druid priests and the shamanistic healers of Europe and North Africa *Acorns: Windows High-Tide Foghat* Joshua Morris, 2013-01-23 *Acorns* delineates the future of humanity as a reunification of intellect with the Deep Self Having chosen to focus upon ego established securely by the time of Christ much more beta brain wave development will destroy our species and others which process has already begun We create our own realities through beliefs intents and desires and we were in and out of probabilities constantly Feelings follow beliefs not the other way around Introducing the Mythological Crescent Harald Haarmann, Joan Marler, 2008 There is a broad cultural

region with related traditions of mythical beliefs interconnected by long term contacts during prehistoric times This area called here the Mythological Crescent is a zone of cultural convergence that extends from the ancient Middle East via Anatolia to southeastern Europe opening into the wide cultural landscape of Eurasia The very old interconnections between Eurasia and Anatolia are explored in this study for the first time In a comparative view striking similarities can be reconstructed for the ancient belief systems and the imagery of both regions which suggest convergent cosmological conceptualizations of high age The beliefs and ritual practices of the indigenous peoples of Eurasia are rooted in the shamanism of the oldest cultural layers of the Palaeolithic Although socioeconomic development in Anatolia was markedly different from cultural evolution in Eurasia the hunters and gatherers in Anatolia who adopted sedentary lifeways did not entirely lose their ancient beliefs during the transition to plant cultivation in the eighth millennium BCE Archaic beliefs and imagery fused with new practices and innovations during the development of agrarian societies One diagnostic motif which was perpetuated from the Palaeolithic to the Neolithic and beyond is represented by the production of female figurines statuettes Their significance for communal life has been linked to spiritual concepts of the continuity of life the vegetation cycle and the protection of the natural habitat of all living things as recorded in myths and historical folk art of Uralic and other peoples The bear plays a significant role as a mythical animal in the imagery of Eurasia whereas this motif was lost in Anatolia during the transition from antiquity to the Middle Ages

**Love and Spirit Medicine** Shonagh Home, 2013-04-30  
Love and Spirit Medicine chronicles the author's mystical journey through the end of her marriage and into a focused shamanic exploration of entheogenic mushrooms A love relationship unfolded during that time sending her into a dark night of the soul Shonagh continued her shamanic explorations with the plant medicine and discovered a well of resources Using the mushrooms as a portal to the spirit worlds Shonagh experienced a profound transformation of consciousness She realized that the ceremonial use of sacred mushrooms offered a powerful path in her spiritual exploration Each journey brought her into direct connection with the realms of the sacred Through these journeys she cultivated relationships with otherworldly beings that nourished her on a soul level Through her desire to know Spirit and experience deep connection she ultimately discovered her own divinity and her connection to the All Ultimately this is the story of my journey into Self It became necessary for me to fall in love with the mystery of my own being My experiences with the mushroom medicine have cultivated an intimate relationship with Mother Earth and a coterie of spirit beings Through the use of sacred mushrooms I have experienced an expansion of consciousness I never thought possible It has deepened my sense of belonging within a vast universe of countless realms This medicine is a potent portal into the world of the spirits she writes in the introduction Shonagh forms a unique relationship with the spirit world that has been made possible through her mushroom journeys Like many traditional shamans through the ages she finds herself to be a conduit for Spirit thereby bringing through wisdom and guidance for herself and her community She is eventually led into a very ancient practice as a medicine oracle and her life is

forever changed Love and Spirit Medicine is an unusual love story a tale that exemplifies what is possible through the reverent use of plant medicine for healing and transcendence on every level of our being It s the story of a woman who ultimately discovers her journey is not about finding a soul mate but coming to know and love her own soul

**Health and Religious Rituals in South Asia** Fabrizio Ferrari,2011-03-07 Drawing on original fieldwork this book develops a fresh methodological approach to the study of indigenous understandings of disease as possession and looks at healing rituals in different South Asian cultural contexts Contributors discuss the meaning of disease possession and healing in relation to South Asian religions including Hinduism Islam Buddhism and Sikhism and how South Asians deal with the divine in order to negotiate health and wellbeing The book goes on to look at goddesses gods and spirits as a cause and remedy of a variety of diseases a study that has proved significant to the ethics and politics of responding to health issues It contributes to a consolidation and promotion of indigenous ways as a method of understanding physical and mental imbalances through diverse conceptions of the divine Chapters offer a fascinating overview of healing rituals in South Asia and provide a full length sustained discussion of the interface between religion ritual and folklore The book presents a fresh insight into studies of Asian Religion and the History of Medicine

**Journeys in the Kali Yuga** Aki Cederberg,2017-12-12 A beautifully evocative account of one man s odyssey to discover authentic and unbroken magical traditions in the East and reawaken them in the West Details the author s encounters with the Naga Babas his initiation into their tradition and his experience at the Kumbh Mela the largest spiritual gathering on Earth Shares the similarities he discovered between the teachings of the Indian tradition and the Western traditions of magic alchemy and pagan pantheons Introduces a wide cast of characters including Goa Gil the world renowned guru of the Goa techno trance scene and Mahant Amar Bharti Ji a raised arm Baba who for more than 40 years has held up one arm in devotion to Shiva Beautifully detailing his spiritual pilgrimage from West to East and back again in the age of strife known as the Kali Yuga Aki Cederberg shares the authentic and unbroken magical traditions he experienced in India and Nepal and how his search for a spiritual homeland ultimately led him back to his native Europe Cederberg explains how his odyssey began as a search for spiritual roots something missing in the spiritually disconnected life of the Western world where the indigenous traditions were long ago severed by the spread of Christianity Traveling to India he encounters the ancient esoteric order of mystic wild naked holy men known as the Naga Babas the living source of the Hindu traditions of magic and yoga Immersing himself in the teachings of the tradition he receives an initiation and partakes in the Kumbh Mela the largest spiritual gathering on Earth With his evocative descriptions Cederberg shows how traveling in India can be an overwhelming even psychedelic experience Everything in this ancient land is multiplied and manifold people and things sights and sounds joy and suffering Yet beyond the apparent confusion and chaos a strange subtle order begins to reveal itself He starts to glimpse resemblances and analogies between the teachings of the Indian tradition and the Western traditions of magic alchemy and pagan pantheons He meets a wide cast of characters from

mystical hucksters in Rishikesh and the veritable army of naked chillum smoking mystics of Maya Devi to Goa Gil the world renowned guru of the Goa techno trance scene and Mahant Amar Bharti Ji an urdhvabahu or raised arm Baba who for more than 40 years has held up one arm in devotion to Shiva After extensive traveling and immersing himself in the extraordinary world of India Cederberg returns to his native soil of Europe Traveling to holy places where old pagan divinities still linger in the shadows of the modern world he dreams of forgotten gods and contemplates how they might be awakened yet again reconnecting the West with its own pre Christian spiritual traditions sacred landscapes and soul *How Music Works* Rolf Bader, 2021-04-07 How do we understand culture and shape its future How do we cross the bridge between culture as ideas and feelings and physical cultural objects all this within the endless variety and complexity of modern and traditional societies This book proposes a Physical Culture Theory taking culture as a self organizing impulse pattern of electric forces Bridging the gap to consciousness the Physical Culture Theory proposes that consciousness content what we think hear feel or see is also just this spatio temporal electric fields Music is a perfect candidate to elaborate on such a Physical Culture Theory Music is all three musical instrument acoustics music psychology and music ethnology They emerge into living musical systems like all life is self organization Therefore the Physical Culture Theory knows no split between nature and nurture hard and soft sciences brains and musical instruments It formulates mathematically complex systems as Physical Models rather than Artificial Intelligence It includes ethical rules for maintaining life and finds culture and arts to be Human Rights Enlarging these ideas and mathematical methods into all fields of culture ecology economy or the like will be the task for the next decades to come **Expanding Mindscapes** Erika Dyck, Chris Elcock, 2023-11-21 The first collection of its kind to explore the diverse and global history of psychedelics as they appealed to several generations of researchers and thinkers Expanding Mindscapes offers a fascinatingly fluid and diverse history of psychedelics that stretches around the globe While much of the literature to date has focused on the history of these drugs in the United States and Canada editors Erika Dyck and Chris Elcock deliberately move away from these places in this collection to reveal a longer and more global history of psychedelics which chronicles their discovery use and cultural impact in the twentieth century The authors in this collection explore everything from LSD psychotherapy in communist Czechoslovakia to the first applications of LSD 25 in South America to the intersection of modernism and ayahuasca in China Along the way they also consider how psychedelic experiments generated their own cultural expressions where the specter of the United States may have loomed large and where colonial empires exerted influence on the local reception of psychedelics in botanical and pharmaceutical pursuits Breaking new ground by adopting perspectives that are currently lacking in the historiography of psychedelics this collection adds to the burgeoning field by offering important discussions on underexplored topics such as gender agriculture parapsychology anarchism and technological innovations *Ralph Metzner, Explorer of Consciousness* Cathy Coleman, 2024-10-01 Includes contributions from Rick Doblin Charles S Grob Stan Grof Stanley Krippner Dennis McKenna



the late Christian R tsch Richard Strozzi Heckler Claudia Mueller Ebeling Dorothy Fadiman Luis Eduardo Luna and others Explores Ralph s childhood his time at Harvard with Timothy Leary and Richard Alpert Ram Dass his work with Agni Yoga and transpersonal psychology his development of ecopsychology and his in depth psychedelic research Renowned as a pioneering psychologist psychedelic elder alchemical explorer and shamanic teacher the late Ralph Metzner 1936 2019 contributed profoundly to consciousness research transpersonal psychology and contemporary psychedelic studies across his more than 50 year career Celebrating the life and legacy of Ralph Metzner this book explores how Ralph touched the lives of those around him in extraordinary and remarkable ways recasting people s worldviews and inspiring the flowering of creativity personal growth and spiritual transformation There are recollections from the pivotal years of the Sixties when Ralph conducted research with Timothy Leary and Richard Alpert Ram Dass Other contributors describe Ralph s involvement in the School of Actualism in the 1970s and the profound impact that Agni Yoga had on Ralph s explorations of consciousness and his healing therapies We also learn about Ralph s development of Green Psychology or ecopsychology his mystical work exploring prenatal realms of consciousness and channeling and his healing and transformative Vision Circles Academic colleagues and a who s who of fellow psychedelic researchers share stories from their work with Ralph illuminating his depth of knowledge and broad impact This book paints a complete portrait of Ralph Metzner in his well known roles as therapist and psychedelic pioneer and as an intrepid explorer of consciousness until the very end of his life

### **Pagan Christmas**

Christian R tsch, Claudia Müller-Ebeling, 2006-10-24 An examination of the sacred botany and the pagan origins and rituals of Christmas Analyzes the symbolism of the many plants associated with Christmas Reveals the shamanic rituals that are at the heart of the Christmas celebration The day on which many commemorate the birth of Christ has its origins in pagan rituals that center on tree worship agriculture magic and social exchange But Christmas is no ordinary folk observance It is an evolving feast that over the centuries has absorbed elements from cultures all over the world practices that give plants and plant spirits pride of place In fact the symbolic use of plants at Christmas effectively transforms the modern day living room into a place of shamanic ritual Christian R tsch and Claudia M ller Ebeling show how the ancient meaning of the botanical elements of Christmas provides a unique view of the religion that existed in Europe before the introduction of Christianity The fir tree was originally revered as the sacred World Tree in northern Europe When the church was unable to drive the tree cult out of people s consciousness it incorporated the fir tree by dedicating it to the Christ child Father Christmas in his red and white suit who flies through the sky in a sleigh drawn by reindeer has his mythological roots in the shamanic reindeer herding tribes of arctic Europe and Siberia These northern shamans used the hallucinogenic fly agaric mushroom which is red and white to make their soul flights to the other world Apples which figure heavily in Christmas baking are symbols of the sun god Apollo so they find a natural place at winter solstice celebrations of the return of the sun In fact the authors contend that the emphasis of Christmas on green plants and the promise of the return of life in the dead of winter is

just an adaptation of the pagan winter solstice celebration      *Bear* Wolf D. Storl, 2018-01-09 Since the beginning of human history bears have been regarded as animals of great power Ethnobotanist and cultural anthropologist Wolf Storl who spent years in the wilderness with bears explores the fascinating relationship between bears and humans including the history mythology healing lore and biology of this formidable creature Storl takes the reader from the bear caves of the Neanderthals to the bear worshipping Siberian tribes of today from the extinct cave bear to the modern teddy bear Bears were traditionally seen as a kind of forest human under whose shaggy fur a king or a god was hidden he explains Vividly illustrating the power of myths and fairy tales to reveal more than scientific treatises about the true nature of beings especially in the case of bears Storl restores this magnificent animal to its rightful place at the forefront of the human imagination as well as among the dwellers of the forest      *Principles of Multicultural Counseling and Therapy* Uwe P. Gielen, Juris G. Draguns, Jefferson M. Fish, 2008-06-19 In an era of globalization characterized by widespread migration and cultural contacts psychologists counselors and other mental health professionals face a unique challenge how does one practice successfully when working with clients from so many different backgrounds Gielen Draguns and Fish argue that an understanding of the general principles of multicultural counseling is of great importance to all practitioners The lack of this knowledge can have several negative consequences during therapy including differences in expectations between counselor and client misdiagnosis of the client's concerns missed non verbal cues and the client feeling that she has been misunderstood This volume focuses on the general nature of cultural influences in counseling rather than on counseling specific ethnic groups Counseling practices from all over the world not just those of Western society are explored Bringing together the work of a diverse group of international experts the editors have compiled a volume that is not only concise and teachable but also an essential guidebook for all mental health professionals

## Unveiling the Magic of Words: A Report on "**Shamanism And Tantra In The Himalayas**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Shamanism And Tantra In The Himalayas**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound affect the souls of its readers.

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### **Shamanism And Tantra In The Himalayas Introduction**

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