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Evidence of posture-mediated
trance can be found worldwide.
By adopting such postures whilst
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shapes the experience of the

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altered state, with most reporting similar experiences with a particular body posture as the nervous system is altered by putting

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Belinda Gore has carried on the work of Dr. Goodman by doing

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Trance-inducing postures for shamanic journeying, initiation, healing, divination, and transformation of the soul • Provides practices from Mayan, Egyptian, African, Native

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American, Sumerian, and other ancient and indigenous traditions

- Shows how these practices can detoxify the energy body

The human need for ecstasy--the ability to be free of the limitations of ordinary consciousness--is as imperative as the need for food.

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Renowned anthropologist Felicitas Goodman claimed that being deprived of ecstasy was the fundamental cause of all forms of addiction. Indigenous cultures and the civilizations of antiquity were aware of this and developed specific rituals to induce and

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channel trance energies to detoxify and nourish the subtle body in order to experience the ecstatic reality that gives life to matter. The body postures seen in ancient art from Mayan, Egyptian, African, Native American, Sumerian, and other

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Ancient and indigenous traditions are a doorway to inducing this kind of ecstatic trance. People who assume these postures in a ritual context are able to experience expanded and transformative states of consciousness. Following up on

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shows how to use the energy awakened by these practices for healing, shapeshifting, initiations into the mysteries of death and rebirth, divination, spirit journeying, and restoring balance to the cosmic patterns disrupted by destructive human activity.

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With clear instructions and diagrams, this manual explores the altered states of consciousness which are triggered as a result of practicing ancient shamanic postures and movements.

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Ecstatic Trance contains in-depth information on 60 ritual body postures and describes them in precise, accurate detail, with clear illustrations. The first

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complete manual on this subject, presented here are age-old postures (one dates back 32,000 years and was inspired by a cave painting) along with newly-researched postures, published here for the first time. Learn these postures and access,

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energize, and integrate your creative potential. Practicing these postures also leads to new insights into healing, inner development, and rebirth. And combined with appropriate rhythmic stimulation--music and dance, for example--the postures

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can engender a profound change in consciousness, leading the participant to experience altered states of reality including visions and ecstatic trance states. The postures themselves do not promote any one belief system or dogma but are elements in an

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overall shamanic worldview. Spirit Journeys

"The book is clearly written for the general reader and includes many descriptions of trance experiences. It may serve as a good introduction to the nature and appeal of the shamanic

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revival in modern Western cultures." —Theological Book Review "... a case study in experiential anthropology that offers a unique mix of autobiography, mythology, experiential research, and archaeological data to support a

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challenging thesis—that certain body postures may help induce specific trance states."

—Shaman's Drum "This is a spellbinding and exceptionally readable book by an extraordinary woman." —Yoga Journal "And suddenly the

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Understanding of my own vision washed over me like a mighty wave... For life or for death, I was committed to that mighty realm of which I was shown a brief reminder, the world where all was forever motion and emergence, that realm where the spirits ride

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the wind."—from the Prologue
Goodman reexamines our notions of the nature of reality by studying the ritual postures of native art assumed by her subjects during trance states. For readers desiring to discover this world of ancient myths, she has

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included a practical guide on how to achieve such ecstatic experiences.

The Groundwork to the Ritual Body Postures and the Trance-Experience Ritual Body Postures combined with sound and rhythm

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are door openers to manifold worlds of consciousness. The anthropologist Dr. Felicitas D. Goodman (1914-2005) came to this insight through more than 20 years of research work. Nana Nauwald carries on this research for 25 years. By combining a

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quick rhythm with special body postures found in different cultures and ages, reaching back up to 40,000 years, body and mind are stimulated to a conscious and creative interplay that leads into a heightened alert state of consciousness. The

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experience in the intentional induced state of trance can be a path to gain healthful insights. They can also open the doors to the potential of one's own creativity, one's own inner wisdom and strength and stimulate self-healing processes.

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This workbook and reference book contains 65 Ritual Body Postures with extensive descriptions to take up a posture. It also includes pictures of ancient statues from which these postures originate and their historical and cultural

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background. Detailed drawings and photographs of the postures complete the practical instructions.

A guide to ecstatic trance for spiritual and emotional development, spirit journeying,

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and connection to the collective unconscious • Describes more than 20 ecstatic trance postures for healing, divination, spirit journeys, shape-shifting, past-life recovery, and connecting to the Akashic field • Explores the physiology and psychology of

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ecstatic trance journeying • Provides guidance for those with little or no experience as well as methods to deepen practice Over the millennia shamanic trance journeying has been used as a way of healing, of providing answers to questions, and of

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offering solutions to individual, family, and community problems. Though traditionally it was the shaman of the community who went on such journeys, the revolutionary work of the late anthropologist Felicitas Goodman shows that we all have these

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shamanic powers. Her research on the body postures found in ancient primitive art and in the practices of contemporary shamans offers each of us the ability to experience ecstatic trance journeys firsthand. A student of Felicitas Goodman and

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Belinda Gore, psychologist
Nicholas Brink examines more than 20 traditional trance postures for divination, decision making, letting go of guilt and grief, healing of illness and emotional pain, spirit journeys, shape-shifting, interacting with

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animal spirits and the dead, and discovering past lives. Exploring the physiology and psychology of ecstatic journeying, he offers guidance for those with little or no experience as well as methods for longtime practitioners to deepen their practice and reclaim

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the extrasensory power of our ancient ancestors. Offering solid theories of how ecstatic trance triggers healing and spiritual development, Brink explains how trance journeying allows us to tap in to the collective unconscious, or Universal Mind, and access the

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information matrix of the Akashic field.

"An important book which deserves the careful attention of serious students of religion."

—Religious Studies Review
Anthropologist and spiritual

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explorer Felicitas Goodman offers a "unified field theory" of religion as human behavior. She examines ritual, the religious trance, alternate reality, ethics and moral code, and the named category designating religion.

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An expert on traumatic stress outlines an approach to healing, explaining how traumatic stress affects brain processes and how to use innovative treatments to reactivate the mind's abilities to trust, engage others, and experience pleasure--

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