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Shamanism & Its Basic Spiritual Function To Heal

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BELIEFS

- * Respect for nature
 - * All living beings have a soul
 - * Health = spiritual and non-spiritual factors.
 - * Let go of the repressed
 - * Act as a spiritual guidance
 - * Mind-body-spirit - "restore the soul"
- PHD Kelly Turner studied stage 4 cancer patients
- 7/9 improved due to emotional/spiritual factors

The soul is the spiritual, nonphysical part of us that is the center of our emotions, feelings, and spirit.



RITUALS & PRACTICES

spirits

- * Moving forces between us
 - * Give shaman powerful psychic visions
 - * Cultural variations
1. **Pre - ceremony:** plant-based diet, no salt, fasting
 2. **Ceremony**
 - ▶ drums, music, chanting
 - ▶ breathing techniques
 - ▶ psychedelics: enhance mental change
 3. **Dreams**
 - ▶ access to alternate world, spiritual realms
 - ▶ aka deep meditation, madness, ecstasy, inspiration
 - ▶ shaman acts as spokesperson
 4. **Post-ceremony:** diets, therapy

SHAMANISM

& ITS BASIC SPIRITUAL FUNCTION TO HEAL

By: Carla Frías

PURPOSE

Objectives

1. Understand ones sense of self
2. Maintain ancestral medicine
3. Adopt a more holistic lifestyle

Intermediary between profane and sacred world

- * Alter state of mind, body and spirit
- * Reach new levels of consciousness
- * Receive healing powers and info. from divine

"Disease is not not just a mechanical, physiological, or stress-induced condition, but rather as one that includes energetic, spiritual, and emotional component" (Grim, 54).

BENEFITS

This experience can: help improve more than just the physical wellbeing, it can restore a persons purpose and meaning in of life.

- * Self-awareness
- * Connection with reality
- * Ancestral medicine
- Study of patients with TMD
 - * Physical and mental improvements

LIMITATIONS

- * Western medicine needs to move beyond the physical
- * We forget the need to reflect
- * Neglecting of tribes in Amazon Jungle



"THE PUSANGA - THE ATTRACTION POWERS OF THE AMAZON." Howard C. Charging.
<http://www.shamanism.co.uk/the-pusanga-the-attraction-powers-of-the-amazon/>

- Shamanism is known as the oldest spiritual and mystical practice still existing in our planet.
- Its presence dates back 30 to 40 thousand years ago
- Primary task is to help others restore ones wholeness in themselves and in the community.
- Not tied to a specific culture, but is present in different religions/ communities

