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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.



PURPOSE

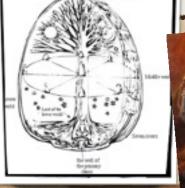
Objectives

- 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).







SHAMANISM

& ITS BASIC SPIRITUAL FUNCTION TO HEAL

By: Carla Frias



http://www.shamanism.co.uk/the-pusanga-the-attraction-powers-of-the-amazon/

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

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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

- 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

