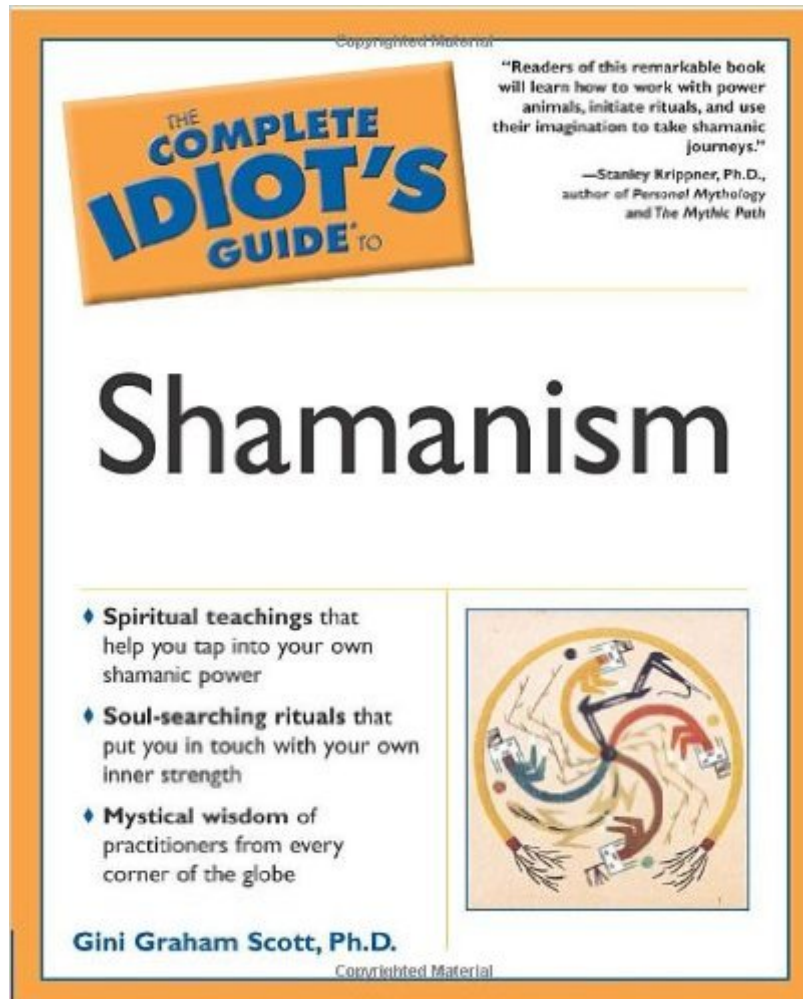


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# The Complete Idiot's Guide To Shamanism



## Synopsis

Youâ™re no idiot, of course. You know that shamans are also known as medicine men and women, who use the power of the mind and call on spiritual helpers to heal the afflicted. However, this ancient art has been put to more modern uses, including problem solving, empowerment, and personal mastery. But you donâ™t have to trek through steamy rain jungles or frigid Siberian tundra to become enlightened in the ways of shamanism! The Complete Idiotâ™s Guide® to Shamanism will show exactly how to discover your own shamanic powerâ™and how that power will guide you in your everyday life! In this Complete Idiotâ™s Guide®, you get: --Shamanic historyâ™from its origins in Paleolithic times to its spreading influence today. --Power animalsâ™where to locate them and how they communicate with you. --How to take a shamanic journeyâ™traveling through the Lower, Upper, and Middle Worlds, and exploring your past or future. --Shamanic healing techniques in use with modern medicine. Â

## Book Information

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## Customer Reviews

I am no expert on shamanism--which is why I thought this book would be a good one for me to read. But this book was not for me. The author's version of shamanism is totally different than what I have read or experienced. Her idea of a shamanic journey is no different than a guided meditation. And she views shamanic practice in a totally psychological way. She believes that a shaman can heal psychological problems but medical problems should only be taken to a medical doctor. She doesn't

seem to understand that the spirit world is real and not a figment of the imagination. She also seems to think that a person chooses their power animal. Another thing that bothered me was that many of the pictures in the book were of neo-pagan or wiccan rituals but the author never made an effort to explain how these religions are related to shamanism. She also states that the majority of shamans are male--which is totally untrue--it may be true in some places, like south america--but korean shamans are almost exclusively female and in many places the number of male and female shamans are equal. I wanted to like this book--I generally like the complete idiot's guides--but this one seemed like fluff to me.

Gini Graham Scott has done an excellent job in putting together a 'general introduction' to Shamanism in this book. She takes a number of different topics regarding it and describes them in terms virtually everyone can understand and makes it clear all who read this can benefit from using various "shamanic techniques" in their own lives. She also cautions in a few places in the book about those who claim to be "shamans" but may be using the term to profit from it more than helping people go on shamanic journeys. Ms Scott devotes a couple chapters to the "history" of shamanism, starting from prehistoric times to the present, as well as describing its forms in various parts of the world. Even if all of these forms of shamanism developed independently of each other, it's interesting how they all seem to share some common ideas. I liked how Ms Scott talks a bit about "power animals," I have a handful I work with when doing meditations and have found them to be very helpful. Ms Scott also does a great job describing the various "shamanistic worlds," Upper, Middle & Lower and what you will find in each of them. Ms Scott also describes the process behind going on a shamanistic journey and what to expect and what to watch out for on such journeys. This is a topic that up until recently most people found to be very mysterious and now that it seems to be gaining in popularity I'm glad to see a book like this out that gives a good overall view of what shamanism is and isn't. I have friends that are shamans and now I have a much better understanding of who they are and what they do.

"Complete Idiot's Guide" to ancient religious practices based on what can be "experienced".... says it all kind of. Pretty much a waste of money from my point of view. Another donation to the public library book sale for our small town.

Very informative.

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