

# Therapeutic Shamanism

## Shamanic Terminology



### **Ordinary Reality.**

This world. a.k.a. the Tonal, the Explicate Order, Surface Reality etc.

### **Shamanic Reality.**

The realms behind this Ordinary Reality, a.k.a. Non-Ordinary Reality, The Nagual, the Implicate Order, etc.

### **SSC.**

Stands for 'Shamanic State of Consciousness' – the trance state shamanic practitioners enter (as opposed to OSC – 'Ordinary State of Consciousness'). Characterised by high theta brainwaves – the brainwaves associated with creativity and spirituality. Can be a very light trance, or very deep. Usually entered through the use of the drum (or rattle) at around 4 beats a second. Or through the use of hallucinogens.

### **Animism.**

Shamanism is a branch of animism – the belief that everything is, in some sense, alive and has a spirit (or is part of Spirit).

### **Axis Mundi.**

a.k.a. The World Tree. The centre of the worlds. A place where all the worlds connect, and so a place that can be used to travel between the worlds.

### **Lower World.**

The home of nature. Characterised by animals, plants, geology, and people living close to nature.

### **Middle World.**

The energetic form of this world.

### **Upper World.**

The 'spiritual' world. Home of human or humanoid beings – spiritual teachers, angels, etc.

### **Tutelage Spirits**

Collective term for one's Lower, Middle and Upper World helpers.

### **Spiritual Lineage.**

One's group of regular helpers from the Upper World.

### **Ancestral Kin.**

One's helper-spirits from the Lower World. May or may not be ancestors from ordinary reality.

### **Entity.**

Something that becomes attached to someone's energy body. May be an 'inanimate' thing (i.e. 'a knife in one's back', 'a thorn in one's side'), or a 'living thing'. This can sometimes lead to...

### **Possession.**

When a living entity takes over somebody ('I don't know what came over me'). Some shamanic traditions will deliberately invite possession by a helpful spirit, for instance in healing or for divination.

### **Depossession.**

The removal of a living attachment/entity.

### **Extraction.**

The removal of a non-living entity.

**Dismemberment.**

A healing practice where one is eaten by an animal in the Lower or Upper worlds, and then either regurgitated or defecated out in a new form.

**Psychopomp.**

A shamanic practice to help lost or stuck souls of the dead move on, and return to the light/Spirit.

**Terrapomp.**

To help lost or stuck nature spirits return to the earth.

**The Peoples/Races.**

In shamanism everything is alive. So shamans recognise, in the material world...

- **The Stone People** – the living rocks, minerals and crystals. The first people. Next came the...
- **The Plant People.** Then came...
- **the Standing People** – the trees. Then ...
- **The Animal People.** Lastly came...
- **The Human People.**

In the energy world...

- **The Elementals.** This includes nature spirits (fairies, elves etc.), archetypal beings (angels, dragons etc.), etc..

**Soul loss.**

The idea that we lose a soul, or part of our soul, usually through things such as trauma, abuse, bereavement, co-dependency etc. Symptoms include: depression; fatigue; feeling stuck; lack of enthusiasm; addictions; a sense of something missing.

**Soul retrieval.**

The act of bringing back a lost soul or soul part.

**Recapitulation.**

The healing and letting go of the emotional traumas from the past, and the rebirthing of the self, and the reclaiming of one's wholeness.

**Power Objects.**

Objects used in shamanic journeying or healing for their properties; crystals, feathers, shields, etc. May be in this reality (corporeal), or not (non-corporeal).

**Medicine Wheel**

A sacred space to do shamanic work in. Usually aligned to the four directions (north, south, east and west) and made with an understanding of their significance, affinities and power.

**Convergence points.**

At the very top of the Upper World, and at the very bottom of the Lower World, points where everything merges back into oneness (into light, at the Upper Point, and into 'earth' at the Lower Point).

**Transmutation.**

Turning something back into one of the Convergence Points, as a process of cleansing, reforming and transmuting it.

**Shapeshifting.**

The ability to shift one's form and appearance.

**Shaman cf. Shamanic Practitioner.**

We are Shamanic Practitioners. Shaman is a term conferred by one's community, not on one's self.