



# The Ecstatic Experience: Healing Postures for Spirit Journeys

*Belinda Gore*

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## **The Ecstatic Experience: Healing Postures for Spirit Journeys** Belinda Gore

Trance-inducing postures for shamanic journeying, initiation, healing, divination, and transformation of the soul

- Provides practices from Mayan, Egyptian, African, Native 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. 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 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 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 the groundbreaking introduction of this practice in her first book, *Ecstatic Body Postures*, Belinda Gore provides a new series of 20 sacred postures and exercises that allow for a deeper understanding and utilization of these shamanic practices. She 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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