



The Ecstatic Experience: Healing Postures for Spirit Journeys

Belinda Gore

Download now

[Click here](#) if your download doesn't start automatically

The Ecstatic Experience: Healing Postures for Spirit Journeys

Belinda Gore

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.

 [Download The Ecstatic Experience: Healing Postures for Spir ...pdf](#)

 [Read Online The Ecstatic Experience: Healing Postures for Sp ...pdf](#)

Download and Read Free Online The Ecstatic Experience: Healing Postures for Spirit Journeys Belinda Gore

From reader reviews:

Cameron Keller:

Book will be written, printed, or outlined for everything. You can recognize everything you want by a e-book. Book has a different type. To be sure that book is important factor to bring us around the world. Close to that you can your reading ability was fluently. A e-book The Ecstatic Experience: Healing Postures for Spirit Journeys will make you to be smarter. You can feel far more confidence if you can know about everything. But some of you think which open or reading the book make you bored. It is not make you fun. Why they might be thought like that? Have you searching for best book or ideal book with you?

Leslie Babcock:

The ability that you get from The Ecstatic Experience: Healing Postures for Spirit Journeys could be the more deep you digging the information that hide in the words the more you get enthusiastic about reading it. It does not mean that this book is hard to understand but The Ecstatic Experience: Healing Postures for Spirit Journeys giving you excitement feeling of reading. The author conveys their point in selected way that can be understood by means of anyone who read that because the author of this publication is well-known enough. That book also makes your vocabulary increase well. So it is easy to understand then can go with you, both in printed or e-book style are available. We highly recommend you for having this particular The Ecstatic Experience: Healing Postures for Spirit Journeys instantly.

Brandon Jenkins:

The Ecstatic Experience: Healing Postures for Spirit Journeys can be one of your beginning books that are good idea. Most of us recommend that straight away because this guide has good vocabulary that could increase your knowledge in vocab, easy to understand, bit entertaining but nevertheless delivering the information. The author giving his/her effort to get every word into pleasure arrangement in writing The Ecstatic Experience: Healing Postures for Spirit Journeys but doesn't forget the main position, giving the reader the hottest along with based confirm resource details that maybe you can be considered one of it. This great information may drawn you into new stage of crucial thinking.

Phillip Darrah:

Some people said that they feel weary when they reading a publication. They are directly felt this when they get a half areas of the book. You can choose the particular book The Ecstatic Experience: Healing Postures for Spirit Journeys to make your own personal reading is interesting. Your own skill of reading ability is developing when you just like reading. Try to choose simple book to make you enjoy to read it and mingle the idea about book and examining especially. It is to be first opinion for you to like to wide open a book and read it. Beside that the guide The Ecstatic Experience: Healing Postures for Spirit Journeys can to be your brand-new friend when you're experience alone and confuse in doing what must you're doing of the time.

Download and Read Online The Ecstatic Experience: Healing Postures for Spirit Journeys Belinda Gore #G61LO7AKJ30

Read The Ecstatic Experience: Healing Postures for Spirit Journeys by Belinda Gore for online ebook

The Ecstatic Experience: Healing Postures for Spirit Journeys by Belinda Gore Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Ecstatic Experience: Healing Postures for Spirit Journeys by Belinda Gore books to read online.

Online The Ecstatic Experience: Healing Postures for Spirit Journeys by Belinda Gore ebook PDF download

The Ecstatic Experience: Healing Postures for Spirit Journeys by Belinda Gore Doc

The Ecstatic Experience: Healing Postures for Spirit Journeys by Belinda Gore Mobipocket

The Ecstatic Experience: Healing Postures for Spirit Journeys by Belinda Gore EPub