



# SHAMANISM

## What is Shamanism?

Shamanism is a religious practice that involves a practitioner reaching altered states of consciousness in order to perceive and interact with a spirit world and channel these transcendental energies into this world.

**2022**

### **Itzhak Beery on Shamanism, Part 1**

**Click here to watch-->** <https://youtu.be/Cw1zo49CRI0>

Shamanic scholar, Itzhak Beery, begins by giving an overview of what Shamanism is, and its place in the world, both historically, and in his own life. He then guides the class in their own personal shamanic experience using a candle flame, with each person lighting their own candle at home as Itzhak shakes a rattle to help induce a meditative state.

### **Itzhak Beery on Shamanism, Part 2**

**Click here to watch-->** <https://youtu.be/jtGkGPR4KGY>

Classmates and faculty share their personal experiences of their own shamanic "journeys" during the previous segment. After listening to these, Itzhak opens the floor to questions and discussion about Shamanism in general, and everything from Carlos Castaneda's books to the plight of native peoples whose shamanistic cultures and traditions are being threatened out of existence, to how he views Shamanism as compared to religion, spirituality, etc.

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