



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.

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Itzhak Beery on Shamanism, Part 1 Click here to view: <https://youtu.be/OH4RUIP9PWA>

Itzhak Beery gives a wide-ranging introduction to the topic of shamanism, explaining its meaning across different cultures, some of the varying perspectives and methods used in different countries, the role of the Shaman in communities, how they differ as well as what they have in common, and much more.

Itzhak Beery on Shamanism - Journeying Within, Part 2 Click here to view: <https://youtu.be/JmkA9cpSdTM>

Itzhak continues the discussion and opens the floor to some questions and answers as well. He then guides the class inward, using a rattle to help induce a mental state of inner exploration and openness to the inner world of the earth, of trees, and of our relation to nature and to our own life's journey. If you are watching this on this recording, please do so as a participant, not merely as an observer. Go on your own inner journey and see where it leads! In the sharing, questions, and discussion that followed, new insights and understandings were reached, and you may find that you have one of your own.

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