

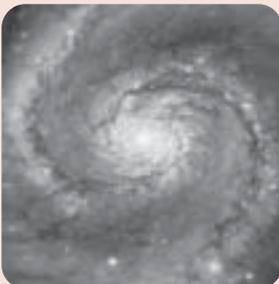
Shamanism and Regression



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What is a Shaman?

"The shaman knows the spirit realm and how to get back."

Shamans are practitioners of a "technology of the sacred", entailing:

- Communication with the world of spirits.
- Access to altered states of consciousness at will.
- Expertise in the manipulation of energy.
- The pursuit of power and wisdom.
- Mastery of the ways of plants, animals, and the elements.
- A "horizontal" view of creation. All life is held as sacred.
- A mandate to perform service and effect change.

Shamans are a repository of their culture's knowledge and history.

"Vision" may be applied to:

- Teach.
- Heal.
- Assist with problems of day-to-day living.
- Guide, inspire, and transform individuals and societies.
- Applied for sacred and/or secular purposes.

One who has "mastered" death; real or symbolic.

- Initiation through Nature or Apprenticeship.
- Familiar with cosmic and physical geography.
- Authority derived from a personal experience of the unseen.

Shamanism is not a pursuit of personal liberation or salvation.

- Not seeking meaning for life, but the experience of being alive.
- Wisdom, Power, Intent instigate transformational change.

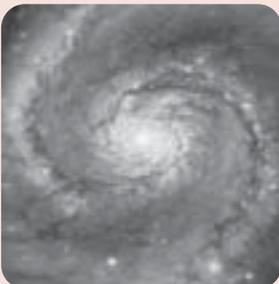
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The Shamanic Worldview

"All things are bound together. All things connect. What happens to the Earth happens to the children of the Earth. Man has not woven the web of life. He is but one thread. Whatever he does to the web, he does to himself."
Chief Seattle

Shamanism constitutes a way of living (and a worldview)

Spirituality is intricately connected to the seen and unseen worlds. Everything contains the energy of the creator within it. As everything originates from the same source, we are equals. All things are alive (including "stone peoples"); we are all related. "Spirituality" implies we are surrounded by a world of spirits. Spirits can be invoked to assist (or hinder) human designs.

Nature is alive and responsive.

An earth-honoring animism is a fundamental premise. The cosmos is a vibrating field of pure energy. We are in constant reciprocal interchange with energy (e.g. *ayni*).
We are fundamentally energy beings.
We live in a world of living energy.
We can never act outside the sphere of *ayni*.
Ayni is in play whether or not we are conscious of it.

Shamanism does not flourish in cultures do not...

Honor life and nature.
Regard the Planet and the Cosmos in spiritual terms.

Shamanism thrives in indigenous cultures whose survival is often dependent upon a deep understanding and relationship to the land and Nature.

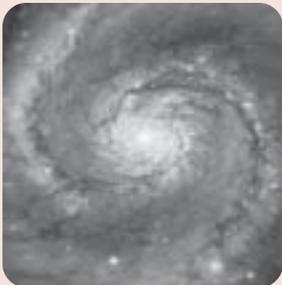
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Contrasting Perspectives

" The decisive question for man is:
Is he related to the infinite or not?" -- Carl Jung

Central role of trance.

Means to access wisdom, transcendence & transformation.

Only a small part of "reality" is perceived in waking consciousness.

Our "superconsciousness" lies outside linear time and space.

Symbols, Myths and Archetypes.

Ritualistic means of induction.

Intent of the work: The reason for the session as is held in our
mind, in our heart, in our will, in our spirit.

Inducing the Trance.

Hypnotherapy

Based upon the scientific model which provides "legitimacy".

Relaxation is commonly the induction method of choice:

Verbal induction, breathing techniques, fatigue, etc.

Emphasis upon words and symbolism for cognitive change.

Trust, rapport, and a sense of safety are important.

Utilizes suggestion and deepening techniques.

Shamanism

Credibility often conferred by culture and/or personal belief.

A variety of methods are used to induce and maintain trance:

Words, symbolism, "power objects", "sacred space",
ritual, ceremony, sound, movement, diet and
occasional use of "medicine plants".

Seen as an "energetic" engagement, not primarily cognitive.

Often Individual work in Group context: Intensifies "energy".

Trust and rapport are important, sense of safety less so.

www.spiritualregression.org