

The Ecstatic Experience Healing Postures For Spirit Journeys

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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 ...

[The Ecstatic Experience: Healing Postures for Spirit ...](#)

The Ecstatic Experience: Healing Postures for Spirit Journeys eBook: Gore, Belinda: Amazon.co.uk: Kindle Store

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Ecstasy is a spiritual experience, and the author states that we have a collective longing for it. More than eighty ritual postures have been identified as doo This is a unique book providing valuable both theoretical and practical information about sacred postures, including healing, divination, metamorphosis, spirit journey and initiation postures.

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Ecstatic Trance Body Postures Evidence of posture-mediated trance can be found worldwide. By adopting such postures whilst entering in to ecstatic trance it shapes the experience of the altered state, with most reporting similar experiences with a particular body posture as the nervous system is altered by putting

[What are Ecstatic Body Postures? Part One - Shamanism UK](#)

The ecstatic trance is part of our genetic endowment. Ecstatic Trance helps us to integrate the knowledge and insight gained from the trance experience into our everyday lives. Practicing the ritual body postures can help us to access and energize our own creativity.

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The Ecstatic Experience is the first significant new research on sacred body postures since the death of Goodman in 2005. Belinda Gore has carried on the work of Dr. Goodman by doing continual research on new postures as they've been discovered, and now she offers 20 more ritual body postures that give us more ancient secrets that unlock the ancient wisdom hidden right in our own bodies.

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