

## Some Shamanic Terms

### **Ordinary Reality.**

This world. a.k.a. the Tonal, the Explicate Order, Surface Reality etc.

### **Shamanic Reality.**

The realms behind this Ordinary Reality, a.k.a. Non-Ordinary Reality, The Nagual, the Implicate Order, etc.

### **SSC.**

Stands for 'Shamanic State of Consciousness' – the trance state shamanic practitioners enter (as opposed to OSC – 'Ordinary State of Consciousness'). Characterised by high theta brainwaves – the brainwaves associated with creativity and spirituality. Can be a very light trance, or very deep. Usually entered through the use of the drum (or rattle) at around 4 beats a second. Or through the use of hallucinogens.

### **Animism.**

Shamanism is a branch of animism – the belief that everything is, in some sense, alive and has a spirit (or is part of Spirit).

### **Axis Mundi.**

a.k.a. The World Tree. The centre of the worlds. A place where all the worlds connect, and so a place that can be used to travel between the worlds.

### **Lower World.**

The home of nature. Characterised by animals, plants, geology, and people living close to nature.

### **Middle World.**

The energetic form of this world.

### **Upper World.**

The 'spiritual' world. Home of human or humanoid beings – spiritual teachers, angels, etc.

### **Tutelage Spirits**

Collective term for one's Lower, Middle and Upper World helpers.

### **Spiritual Lineage.**

One's group of regular helpers from the Upper World.

### **Ancestral Kin.**

One's helper-spirits from the Lower World. May or may not be ancestors from ordinary reality.

### **Entity.**

Something that becomes attached to someone's energy body. May be an 'inanimate' thing (i.e. 'a knife in one's back', 'a thorn in one's side'), or a 'living thing'. This can sometimes lead to...

### **Possession.**

When a living entity takes over somebody ('I don't know what came over me'). Some shamanic traditions will deliberately invite possession by a helpful spirit, for instance in healing or for divination.

### **Depossession.**

The removal of a living attachment/entity.

**Extraction.**

The removal of a non-living entity.

**Dismemberment.**

A healing practice where one is eaten by an animal in the Lower or Upper worlds, and then either regurgitated or defecated out in a new form.

**Psychopomp.**

A shamanic practice to help lost or stuck souls of the dead move on, and return to the light/Spirit.

**Terrapomp.**

To help lost or stuck nature spirits return to the earth.

**The Peoples/Races.**

In shamanism everything is alive. So shamans recognise, in the material world...

- **The Stone People** – the living rocks, minerals and crystals. The first people. Next came the...
- **The Plant People.** Then came...
- **the Standing People** – the trees. Then ...
- **The Animal People.** Lastly came...
- **The Human people.**

In the energy world...

- **The Elementals.** This includes nature spirits (fairies, elves etc.), archetypal beings (angels, dragons etc.), etc..

**Soul loss.**

The idea that we lose a soul, or part of our soul, usually through things such as trauma, abuse, bereavement, co-dependency etc. Symptoms include: depression; fatigue; feeling stuck; lack of enthusiasm; addictions; a sense of something missing.

**Soul retrieval.**

The act of bringing back a lost soul or soul part.

**Recapitulation.**

The healing and letting go of the emotional traumas from the past, and the rebirthing of the self, and the reclaiming of one's wholeness.

**Power Objects.**

Objects used in shamanic journeying or healing for their properties; crystals, feathers, shields, etc. May be in this reality (corporeal), or not (non-corporeal).

**Medicine Wheel**

A sacred space to do shamanic work in. Usually aligned to the four directions (north, south, east and west) and made with an understanding of their significance, affinities and power.

**Transmutation.**

Turning something back into pure light, as a process of cleansing it and transmuting it.

**Shapeshifting.**

The ability to shift one's form and appearance.

**Shaman cf. Shamanic Practitioner.**

We are Shamanic Practitioners. Shaman is a term conferred by one's community, not on one's self.