



[www.southernhorizons.com](http://www.southernhorizons.com)  
800.333.9361  
fax: 818.980.6987  
email: [elizabeth@southernhorizons.com](mailto:elizabeth@southernhorizons.com)

## The Shamans of Peru



Ancient wisdom teaches us that all guides on this planet are here to help us... with our self-imposed isolation, our alignment... our energy forces... with support and wisdom of their forefathers. Indigenous People of all cultures have known for centuries that Creator created the gifts of Great Spirit. When we allow ourselves to step out of own ego and conscience mind and get into the spiritual realm of our being... we are then given the blessings beyond belief.

Shamanism is classified by anthropologists as an archaic magico-religious phenomenon in which the shaman is the great master of ecstasy. Shamanism itself, was defined by the late Mircea Eliade as a technique of ecstasy. A shaman may exhibit a particular magical specialty (such as control over fire, wind or magical flight). When a specialization is present the most common is as a healer.



The distinguishing characteristic of shamanism is its focus on an ecstatic trance state in which the soul of the shaman is believed to leave the body and ascend to the sky (heavens) or descend into the earth (underworld). The shaman makes use of spirit helpers, with whom he or she communicates, all the while retaining control over his or her own consciousness.



Science has now discovered what the ancient ones have known for centuries, that of going into a natural spiritual state known as theta brain wave. Theta reduces the brain waves to 4 -7 cycles per second allowing us to be in deep but conscience state. Normally, we operate in beta brain wave and when we are asleep we are in alpha brain wave which is a much higher frequency. Theta is a more relaxed slower brain wave state.

Important here is that we are connected with our spirit and the Native American Shamanism school of thought, that of being connected to the heartbeat of the earth.



Shamans have used the use of the "Shamanic Journey" as a method to connect with both Power Animals and Spirit Guides to obtain direction on how to help their people or obtain answers for their people.

**Your One-Stop Central and South American Wholesaler**