

Bumps in the Night!!!!

September 2013 Issue

Paranormal "U"

Information on Shamans

What is a Shaman? What do they do?

By Tracey Tanner, TnT Paranormal Investigators LLC

A Shaman is a person who acts as an intermediary between the natural and supernatural/paranormal worlds. Shamanism was used by our ancestors to contact spirits. The Shaman would essentially cross over into another dimension where they would receive information, guidance and healing. This then would be taken back to the Shamans tribe or community. There are many different names for Shamans as there are many different cultures that use Shamanic practices all over the world. A Shaman is not gender specific as there are men and women who practice. Shamanism seems to be making a comeback in today's times. From my experience with the few Shamans I have spoken with, they attempt to make contact with the entity/spirit occupying our client's space. Some of the Shaman's help the entity/spirit to pass over and some just try to find out why the entity is there including what it wants. Shamanism is used for good of people and not used for negative outcomes.

Miracle or Fantasy?

Contributed By Rev. Kathy Houck, Independent Paranormal Investigations Research Consultant

There is a scant percentage of the global population that couldn't use a little spiritual and emotional healing. When we invest our time, energy and love to others we leave a little of ourselves behind. Those who follow a Shamanic path call these pieces of you, *soul shards*. Deep wounding of this nature can impact a person's ability and desire to properly function socially with friends, family and the community. Shamanic Practioners work to act as a medium between the visible world and the spirit world that most people can never hope to see.

A Shaman in the more traditional sense works with those in their tribal communities. The role is essentially the same as a practioner though to become a Shaman would mean the designation would be passed down through either heritage or by a rite of passage that can take many years. Beware of one who would profess to be Shaman who has not lived their entire lives within a tribe. A Shamanic Practioner however, just might be the liaison between the living and the unseen that could provide the answers and healing that you have needed for a lifetime.

Using a combination of techniques such as Native American journeywork, Sigmund Frued's dream interpretation and Carl Jung's shadow work psychology, Shamanic Practioners often provide the type of counsel that just can't be found in modern day mental health care. Instead of simply treating the mind, the spirit is as well incorporated into the care and consideration that a client receives.

So, what does this mean from a paranormal standpoint? It just may mean that the shadows you see out of the corner of your eye, recurrent memories from places you have never been, that aching feeling of living a cursed life or the longing of your soul for a lover you have never known, might not be as crazy as it sounds. These are the bits of emotional energy referred to as soul shards. The answers to these afflictions could very well lie in the beyond and Shamanic Practioners believe the healing can begin in the here and now.