

Engl. 22/68

297 891



Shamanism

The Neural Ecology of Consciousness and Healing



Michael Winkelman

BCU Cluj-Napoca



FILOL 2007 11427



BERGIN & GARVEY

Westport, Connecticut • London





Contents

<i>List of Illustrations</i>	<i>ix</i>
<i>Preface</i>	<i>xi</i>
<i>Acknowledgments</i>	<i>xvii</i>
1 <i>Shamanism and Consciousness: An Introduction</i>	<i>1</i>
CHAPTER OVERVIEW	1
INTRODUCTION: ANTHROPOLOGY AND THE STUDY OF CONSCIOUSNESS	2
THE NATURE OF CONSCIOUSNESS	9
A NEUROPHENOMENOLOGICAL APPROACH TO CONSCIOUSNESS	23
BRAIN STRUCTURES AND CONSCIOUSNESS: THE TRIUNE BRAIN	29
SYMBOLIC CONSCIOUSNESS: PRESENTATIONAL AND REPRESENTATIONAL MODALITIES	38
SUMMARY	52
2 <i>The Nature and Basis of Shamanism: Cross-Cultural and Neurophenomenological Perspectives</i>	<i>57</i>
CHAPTER OVERVIEW	57
THE PHENOMENA OF SHAMANISM	58

THE SHAMAN AS AN ETIC PHENOMENON	63
THE SHAMAN'S INITIATORY CRISIS	78
VISIONARY EXPERIENCE: SOUL FLIGHT AND THE GUARDIAN SPIRIT QUEST	85
SHAMANIC SPIRIT RELATIONS AND SELF-TRANSFORMATION	93
SHAMANISM AND PSYCHOCOGNITIVE INTEGRATION	101
SUMMARY	110
 3 <i>Physiological and Phenomenological Bases of Altered States of Consciousness</i>	 113
CHAPTER OVERVIEW	113
CULTURAL AND ALTERED STATES OF CONSCIOUSNESS	115
MODES, STATES, PHASES, AND WARPS OF CONSCIOUSNESS	117
DIFFERENT ASCs IN THE INTEGRATIVE MODE OF CONSCIOUSNESS	124
THE BIOLOGICAL BASIS OF THE INTEGRATIVE MODE OF CONSCIOUSNESS	127
PSYCHOPHYSIOLOGY OF THE SHAMAN'S ASC	146
THE MEDIUMS AND POSSESSION ASC	154
MEDITATIVE ASC	163
SUMMARY	187
 4 <i>Physiological Bases of Shamanistic Therapies</i>	 191
CHAPTER OVERVIEW	191
GENERAL PHYSIOLOGICAL BASES FOR SHAMANISTIC THERAPIES	192
STRESS AND WELL-BEING: RITUAL EFFECTS ON THE AUTONOMIC NERVOUS SYSTEM	201
THERAPEUTIC EFFECTS OF HALLUCINOGENS	209
NEUROTRANSMITTERS, PSYCHOINTEGRATORS, AND ORGANISMIC FUNCTIONING	217
MEDITATION AS THERAPY	223
SUMMARY	229

5	<i>Psychophysiological Dynamics of Shamanistic Healing</i>	231
	CHAPTER OVERVIEW	231
	RITUAL HEALING: FORMS AND FUNCTIONS	232
	MEDICINE'S SYMBOLIC REALITY	236
	NEUROGNOSIS, BIOSOCIALIZATION, AND SYMBOLIC PENETRATION	243
	PSYCHOSOCIAL DIMENSIONS OF SHAMANISTIC AND RELIGIOUS HEALING	251
	SHAMANIC ILLNESS AND SPIRITUAL EMERGENCY	262
	POSSESSION ILLNESS AND THERAPY	267
	MEDITATIVE EFFECTS ON SELF AND EMOTIONS	273
	SUMMARY	275
	NOTES	276
	<i>Bibliography</i>	277
	<i>Index</i>	307