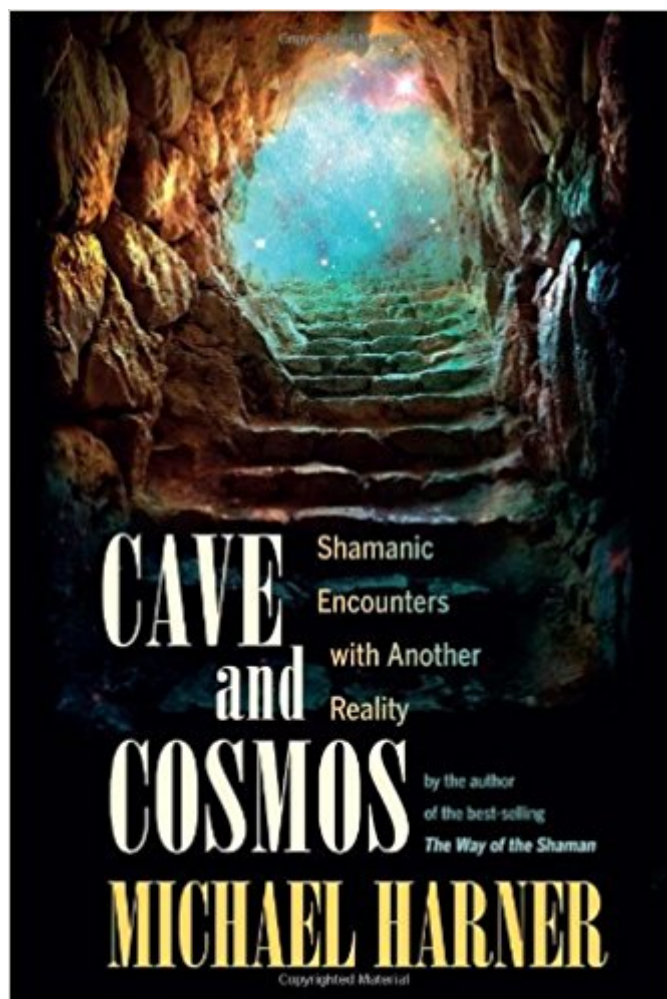


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# Cave And Cosmos: Shamanic Encounters With Another Reality



## Synopsis

In 1980, Michael Harner blazed the trail for the worldwide revival of shamanism with his seminal classic *The Way of the Shaman*. In this long-awaited sequel, he provides new evidence of the reality of heavens. Drawing from a lifetime of personal shamanic experiences and more than 2,500 reports of Westerners'™ experiences during shamanic ascension, Harner highlights the striking similarities between their discoveries, indicating that the heavens and spirits they've encountered do indeed exist. He also provides instructions on his innovative core-shamanism techniques, so that readers too can ascend to heavenly realms, seek spirit teachers, and return later at will for additional healing and advice. Written by the leading authority on shamanism, *Cave and Cosmos* is a must-read not only for those interested in shamanism, but also for those interested in spirituality, comparative religion, near-death experiences, healing, consciousness, anthropology, and the nature of reality. Praise for Michael Harner and *The Way of the Shaman* • "What Yogananda did for Hinduism and D. T. Suzuki did for Zen, Michael Harner has done for shamanism" namely, bring the tradition and its richness to Western awareness. • "from Higher Wisdom, by Roger Walsh and Charles S. Grob • "Wonderful, fascinating. | Harner really knows what he's talking about. • "Carlos Castaneda, best-selling author of *The Teachings of Don Juan* and *The Active Side of Infinity* • "An intimate and practical guide to the art of shamanic healing and the technology of the sacred. Michael Harner is not just an anthropologist who has studied shamanism; he is an authentic white shaman. • "Stanislav Grof, author of *The Adventure of Self-Discovery* • "Harner has impeccable credentials, both as an academic and as a practicing shaman. Without doubt (since the recent death of Mircea Eliade) the world's leading authority on shamanism. • "Nevill Drury, author of *The Elements of Shamanism* • "Michael Harner is a great shaman. He also proves that a person can be both a scientist and a shaman. • "Bo Bair Rinchinov, Siberian Buryat shaman

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## Customer Reviews

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The pioneering work of MICHAEL HARNER, PhD, brought shamanism to the West. In 1979, he and

his wife, Sandra Harner, created the Center for Shamanic Studies, which later became the Foundation for Shamanic Studies, the world's foremost shamanic training organization. In 1987, he left academia to devote himself full-time to shamanism. His classic books on the subject have been translated into many languages.

Good book for beginning students of shamanism and a nice followup to Harner's "The Way of the Shaman," (1980) The two books together provide an easy beginning study and practice of what he terms "core" shamanism, a universal form of shamanism that floats free of culture. His books are essentially descriptions of techniques and reports of the visionary results..As one who learned about shamanism from Harner 27 years ago, enjoyed his teaching immensely, completing all the courses from his FSS, became a certified shamanic counselor, taught in many small shamanic circles and worked as a shamanic healer, I, along with others have waited for this book for decades. Now I have read it with some pleasure, nostalgia and surprise that the author restricted himself to the same methods, student accounts of "journeys", a bit of personal experience and more stories of the upper world. Harner is an important central figure in returning some popular attention to shamanism as a spiritual practice so it is surprising that "Cave and Cosmos" stays so narrow in its focus while there are so many questions to discuss if shamanism is to have any chance to gain more understanding, contemporary support, and any chance of making the world a better place. To be fair, Harner has no obligation to write more broadly about the nature and place of a shamanic spiritual path in contemporary society, or the possible ways in which such a practice could engage the practitioner in contemporary concerns, but one would hope that the ordinary middle world destruction would illicit something along those lines from him. His repetitive accounts of his early experiences and the reports of "journeys" from students are interesting for those readers new to shamanism, but reports about what people do with their visionary experience are far more important and they are missing here. Do students go on to establish long term, disciplined practices? How does their introduction to shamanism change their engagement in the world? What are the obligations and responsibilities of students who successfully acquire shamanic abilities through relationships with the helping spirits? What percentage of workshop attendees get those skills and keep them? Is there an actual contemporary shamanic community beyond the next FSS workshop? Why is core shamanism so easily subsumed into the pop psych of the new age community? So definitely read Harner's two popular books. Then if you find the methods successful and wish to continue, begin a more broad, serious study and practice, then engage; do something with it. Mother earth needs our attention.

Anthropologist Michael Harner has brought us thirty years of experience in the understanding and practice of "core shamanism". This pioneering work through the Foundation for Shamanic Studies cannot be underestimated as to its impact on our understanding of spiritual cosmology, spiritual healing, and ways of knowing. As a Christian ordained minister I find the experience of being a shamanic practitioner fascinating, challenging some of my assumptions, and stretching my capacity to be of help beyond my imagining. I find Harner and the other authors on core shamanism opening up an expanded spiritual cosmology based on practices that are simple, compassionate, and do not rely on any drugs/plant medicine. The spiritual "mapping" that is described in this book, testimonies of many of the practitioners who have gone through training, along with the appended information on healing for physicians and health professionals, is new material that we do not see in his initial book, *The Way of the Shaman*, (which is still important). He is not afraid to mention that some approaches and methods have changed over the years, giving us the sense that we have a clear framework but there is plenty of room for evolving practices.

Michael Harner's 'Cave of the Cosmos' is the result of 60 years of studying Shamanism as an anthropologist and shaman. There are 2 worlds, the Ordinary Reality [OR] and the Non Ordinary Reality [NOR]. The NOR is a spiritual world where spiritual beings wait for us to ask them for help, in healing ourselves and others and to ask questions that have no answer here, but the answers exist there. Sandra Ingerman has a DIY 6 Cd set on Shamanistic Journeying.. it is very easy, anyone can do it.

Michael Harner does it again! His first book is a classic in Shamanism and *The Cave and the Cosmos* presents Shamanism in a whole new light - the ancient, original and true way to recognizing we are not what we think we are. *The Cave and the Cosmos* presents a compilation of Harner's own, and various other people's life changing journeys, healings and discoveries in the Upper worlds of "Heaven" and the Lower worlds of Animal Totems, guides, and Paradisical scenes where we discover there really is no "Hell". This is a seminal book of the Changing Age, the move away from structured, controlling religions, and it provides each of us the opportunity to explore Spirituality and will bring us back to our true being. One of the best understandings of this material is the idea that there is no need for mind altering drugs to get us to have a true Spiritual experience - it is easy and safe to use the simplest of all ways, the rhythmic drum beat of 120 beats per minutes. All one needs is an mp3 recording of the drumming, some light blocking eye shades, and a focused

determination to travel up or down to worlds that are waiting for us, with our Soul's natural guides waiting to help us have more joy-filled lives by knowing that we are absolutely loved by the universe and can awaken to our true nature as infinite spiritual beings on a great journey in physical reality.

If you've ever wondered what shamanism is all about, read this book. It's not a "how-to" (which is probably covered in Harner's "Way of the Shaman"). Rather, it's an accounting of real shamanic journeys around the globe from the typically cross-cultural perspective of a trained anthropologist - who is also a shaman. The only reason I give four stars instead of five is that the anthropology-focused aspect can be heavy reading at times. But there are so many gems of knowledge and excitement in here. Read only if you're ready to have your worldview expanded!

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