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Ecstatic Body Postures: An Alternate Reality Workbook

Belinda Gore

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Specific body postures reappear in the art and artifacts of world cultures, even those widely separated by time and distance. What are these images of unusual postures telling us? Medicine people, shamans, priests, and priestesses of indigenous cultures have passed on this sacred body of knowledge for thousands of years. Anthropologist Felicita Goodman discovered that people who assume these postures report strikingly similar meditative experiences. The results from this research are inspiring, proving that certain body gestures and movements allow us to access higher states of consciousness. With clear instructions and illustrations, Belinda Gore demonstrates these shamanic postures and how to work with them. *Ecstatic Body Postures* is a "must read" for anyone interested in meditation, shamanic practice, yoga, or body work.

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