



Shaking Medicine: The Healing Power of Ecstatic Movement (Paperback)

By Bradford P. Keeney

Inner Traditions Bear and Company, United States, 2007. Paperback. Condition: New. Language: English . Brand New Book. A revolutionary call to reawaken our bodies and minds to powerful healing through ecstatic movement - Shows how shaking medicine is one of the oldest healing modalities--practiced by Quakers, Shakers, Bushmen, Japanese, and others - Teaches readers how to shake for physical as well as spiritual therapeutic benefit - Includes 40-minute CD of ecstatic drumming music to use while shaking Shaking Medicine reintroduces the oldest medicine on earth--the ecstatic shaking of the human body. Most people s worst fear is losing control--of their circumstances, of their emotions, and especially of their bodies. Yet in order to achieve the transcendent state necessary to experience deep healing, we must surrender control. Examining cultural traditions from around the world where shaking has been used as a form of healing--from the Shakers and Quakers of New England to the shaking medicine of Japan, India, the Caribbean, the Kalahari, and the Indian Shakers of the Pacific Northwest--Bradford Keeney shows how shaking can bring forth profound therapeutic benefits. Keeney investigates the full spectrum of the healing cycle that occurs when moving from ecstatic arousal to deep trance relaxation. He...



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