



Shamanism and Tantra in the Himalayas

Surendra Bahadur Shahi, Christian Räscher, Claudia Müller-Ebeling

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The first comprehensive guide to the shamans and tantrikas of Nepal

- 605 color and black-and-white illustrations, including 135 color thangkass.
- Includes more than 20 psychoactives never before documented.
- The result of 18 years of field research.

The Himalayan kingdom of Nepal may be the only culture in the world where both shamanic and tantric techniques are still alive and in full practice today. The result of eighteen years of field research, *Shamanism and Tantra in the Himalayas* presents for the first time a comprehensive overview of shamanism that is based on the knowledge and experience of the different tribes from that region. Included are original statements from the various ethnic groups and 135 color thangkass, which act as visual guides to the specific practices of the tantric tradition. In addition to the thangkass, the book is lavishly illustrated with numerous photos of different shamanic healing ceremonies, ritual objects, and culturally significant plants that have never been published before. The book also contains a wealth of original recipes, smoking mixtures, scientific tables, charts, and descriptions of more than 20 plants whose psychoactive properties and uses by shamans have never before been researched or documented.

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