

Shamanism - Healing Approach Based on the Early Roots of Daoism

The early roots of all healing can be attributed to “shamanistic” approaches with an embracing and deeper approach to forces that one cannot easily understand with the rational mind. Such a process entailed a willingness to connect with one’s own “nature” and its inseparability with the “totality” of all that permeates around us (including realms that may not always be perceptible in everyday consciousness).

Since the formative centuries involved in the development of Daoism evolved around self-cultivation and tuning into “nature,” the early practices of Daoism in healing are often associated with shamanism.

This talk explores some of the practices of early Daoism and how these “shamanistic” tools can be relevant and even instrumental in the healing process.

What is Classical Chinese Medicine?

Classical Chinese Medicine (CCM) has her roots deeply entwined with the philosophies of Daoism, Confucianism, and Buddhism. It has evolved from the classical teachings of the ancient Daoist medical texts of China. These include the, Huangdi Neijing – Su Wen, Tai Su, Ling Shu; the Nan Jing; Mai Jing, Shang Han Lun; Jia Yu Jing and the teachings from the Imperial Medical Academy of the Song Dynasty and the subsequent Four Great Masters of the Jin-Yuan period – Liu Wansu, Zhang Congzheng, Li Gao and Zhu Danxi.

ACCM is committed to enriching the practice of Acupuncture by reclaiming the heritage and legacy of Classical Chinese Medicine. Highlighted in this undertaking is the study of the ancient Daoist texts, the history of ideas and their influence in the development of styles of practice.

What is Traditional Chinese Medicine?

Many of the ancient Daoist medical texts have been lost or discarded over the millennia as China has undergone many cultural and political upheavals. For example, the rise of Neo-Confucianism in the eleventh century CE, where the old Daoist philosophy and medical texts were banned or destroyed and again in the nineteenth century with the introduction of Western Medicine in China when there was an attempt to “Westernize” Chinese medicine.

Training in Chinese medicine in Ireland and most Western countries today typically focuses on the practice and principles of Traditional Chinese Medicine (TCM). This is the system of medicine that evolved following the Cultural Revolution in China.

**Healing Approach Based on the Early Roots of Daoism – Shamanism,
what is it included (Content proof: Watch here!)**

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