



Sangoma Trance States

Ingo Lambrecht PhD

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Exploring Indigenous Consciousness Disciplines in South Africa. What does happen in the mind of a trancing sangoma, the traditional healer of South Africa? Dr Ingo Lambrecht, a renowned clinical psychologist and a sangoma himself, explores this question, not only through his own personal experiences, but also through the words of powerful sangomas. This book skilfully interweaves personal experiences with scholarly research, into an unusual tapestry that carefully maps the specific trance states of sangomas. It explores some of the consciousness disciplines available to sangomas. The powerful sangomas not only share with Dr Lambrecht their own maddening pain during their spiritual initiation, but also speak of their effective techniques, practices and psi effects whilst in different trance states. The specific mapping of sangoma trance states is compared to other indigenous shamanic practices around the world. From this meticulous integrative work, a model of sangoma trance states emerges that has been endorsed by sangomas as being close to their own experiences of mastering their altered states of consciousness. A unique book.

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