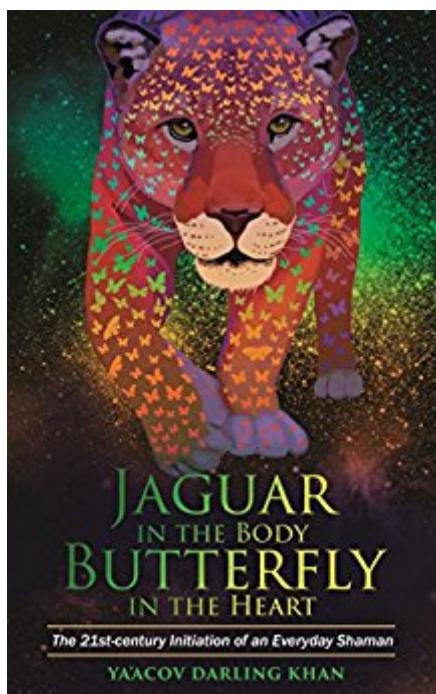


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# Jaguar In The Body, Butterfly In The Heart: The Real-life Initiation Of An Everyday Shaman



## **Synopsis**

'Shaman', which means 'intermediary between spirit and the natural world', is a much over-used and maligned word. It is not a title one can give oneself; it is a vocation and a student is traditionally given this 'job title' by their elders and teachers at a certain point in their journey. This powerful spiritual memoir is the story of Ya'Acov Darling Khan's 30-year journey with shamanism. This healing journey has taken him to the depths of the , dance studios in New York, the caves of South Wales and to the far North of the Arctic Circle. Ya'Acov will share his experiences of studying with an extraordinary range of Native American and South American teachers, and Gabrielle Roth, and working alongside the Achuar and Sappara peoples of the Ecuadorian .This beautifully written book is not only a powerful memoir, but a guide book to all those wishing to return to their indigenous roots, and especially to the many people around the world who are looking to bring in a new dream and a new world.

## **Book Information**

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## **Customer Reviews**

If you want a real, down to earth view into the workings of a real-life, modern shaman, this is it. It's not a catalogue of self-aggrandizing details of success--though there's plenty of excitement and success accounted for in these pages. It's the biography of a spiritual path, with all its ups and downs, weird twists and thankful homecomings--and a real eye opener for anyone who may have some previous knowledge of the author. As a spiritual seeker who came of age in the same time period as the author and has been involved in some of the same practices, I resonated with so many moments--and yet so much was fresh and new to me. I could not put the book down, and when I was done I felt I'd learned a lot and immediately lent it to a friend. If you're looking for a glitzy tale of a fairy-tale shaman who never really existed, this might not be for you. But if you take heart in the story of someone who found their way from youthful folly to astonishing commitment in this messy modern world, this is absolutely for you! I hope there are more books to come from this author.

I was drawn to this book by the cover, the title, and the remark on the back cover that states, this book "is a magnificent adventure story that travel like an arrow right into the heart of what it means to be a conscious human being.....this (book) has the potential to heal the reader and help him or her remember who they really truly are. This book is an autobiography about a person whose life has revolved about finding his spiritual self. In the forward, Shamanism is described as way of existence that honors life, and to find our place, with gratitude and carrying and passing on the torch of life. The book is rich in environmental concerns, dreams, dance rituals, and finding ones ultimate consciousness. The goals of shamanic teaching may be laudable, though I find some of it to be silly (see authors web site with people dancing free form). The forward of the book goes on to state that "the most important work of our times is to dedicate our brilliant creativity as a species towards finding sustainable, socially just, and spiritually fulfilling solutions to the challenges we now face." Shaminism would appeal to those with a strong sense of the mystical side of life, and those with a strong sense of wonder, and much of the author's discernment involves training at isolated places such as with the Sami people living in the Arctic as well as isolated peoples in the . These types of extreme situations certainly take one out of their comfort zone and can provide insight and substance to a person, and that for me was one of the take aways from this book; there are series of rituals dealing the sub consciousness discussed in this book that the author undergoes in remote locations. Of course, Shamanism does not have a monopoly on discernment, e.g. Jesuits have spiritual exercises for discernment, as do many other paths of wisdom. For others contemplation might be meditation or yoga or even swimming. There are many ways to build character. For this

author, connecting with ancestors, dreams, drums, dance, the environment are the way. This book is about the authors path and reads as a mostly interesting autobiography (by the time I was at the end of the book, and the author was in the , the book was no longer a page turner for me).For the author, Shamanism was a path for him to discover "the real me" and he now professionally arranges seminars and workshops to 'spread the gospel.'My sense is that the author wanted to explain his life experience to others by writing the book, as his journey he feels is worth sharing and may benefit others in their own spiritual journeys. The book is well written and he seemed to accomplish that goal.

This is the story of one man's journey into the realms of the spirit, as he progresses towards a clearer understanding of his being. I did enjoy reading about the author's experiences and the rituals that he participated in. There's a lot of insight here to various consciousness expanding activities and rituals. They are very well described, as are their resulting consciousness shifts, and the inner journey of imagination and spirit that they bring. When the book starts out, the author is a very young man. I was actually a bit worried about his lack of social responsibility for a while, but that shifts as the book continues. I actually put the book down after the first few chapters because of it, but eventually picked it back up. While I appreciated his unconventional path, for a while the old person in me was cringing at what seemed to be a young man living to find and pay the next teacher in an effort to feel more satisfied with himself. I just mention it in case other's have the same experience- he really does progress through the book. There's a list of resources in the back. I like how he made a point to say that he didn't really recommend any teachers in particular, though he did seem to have some good ones.

This book really touches me on a very deep level. I am a passionate dancer. I met Gabrielle Roth in her first retreats in Hamburg and I've been following Ya'akov's path for quite some time, enjoying his workshops a lot. Reading his book made so much clearer to me. The red thread that is weaving through his life is fascinating for me. I deeply bow to this path he has taken together with Susannah, his wife. I love his Movement Medicine way so much and his writing is a big gift to me and the dancing community. He is a dancing shaman, yes. Including the shadows as teachers, yes. For me it's like bringing the puzzle pieces together. And I can say many of his sharings brought me to tears, they touched something very deep inside me. To take responsibility for our actions or non-actions in this world, to step back into his masculine power and use it in a way that serves us and the planet. We need many men to follow this path right now. I got his message in his workshops and I can feel

the depth that it is based on even more intensely now. Thank you so much for offering your path to us, Ya'akov. I am looking forward to more Movement Medicine in Hamburg.

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