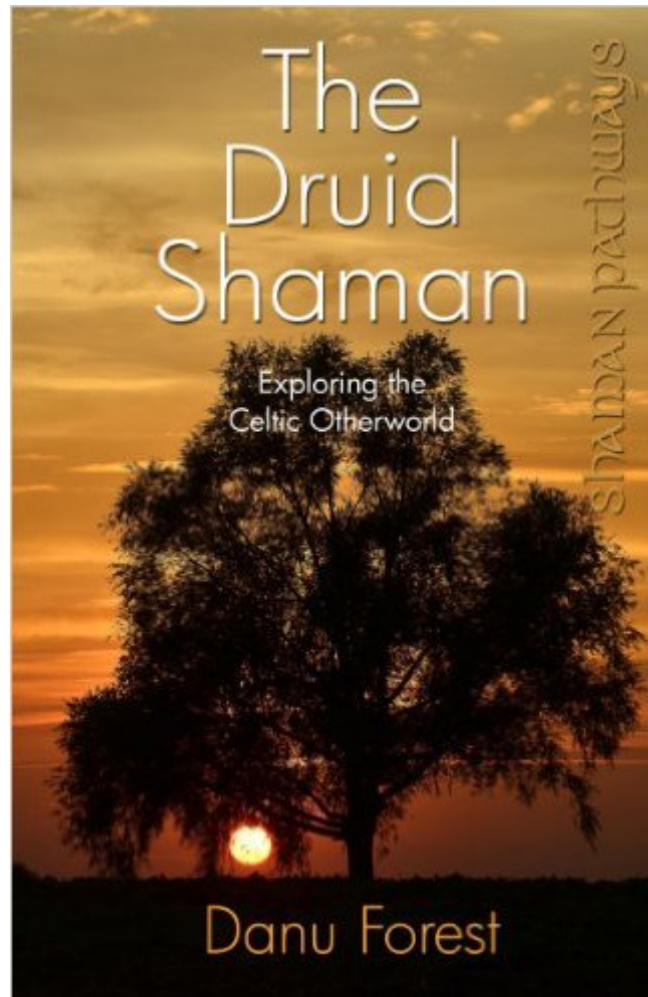


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# Shaman Pathways - The Druid Shaman: Exploring The Celtic Otherworld



## Synopsis

Covering the basics of Celtic shamanism, with reference to traditional lore and source materials through the lens of both ancient and modern Druidry and shamanic practice, *The Druid Shaman* is a well rounded guide, showing the seamless cross over between Druidry and shamanism in the Celtic tradition. It covers topics such as how to attain and work with guides and allies, understanding the spirit realm and interaction with spirits of all kinds, accessing powers of place, traveling the world tree and working with the seven directions and exploring and navigating within the Celtic Otherworld. With practical techniques, exercises and core skills, *The Druid Shaman* can be used as a practical manual as well as a valuable resource for practicing shamans and druids as well as those new to the subject.

## Book Information

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## Customer Reviews

They say good things come in small packages and that is certainly true of *The Druid Shaman*. In just over 80 pages, accomplished practitioner Danu Forest introduces Druidry and Celtic shamanism and explains how to build a modern practice drawing the evidence from ancient finds and contemporary folklore. It is an astonishing feat and this slim volume beats several considerably longer books hands down. Taking readers on a journey, Danu starts by defining Druids and shamanism and finds evidence for their existence in the Celtic past. Being so well researched, this is fascinating stuff but Danu also includes practical guides and exercises right from the first chapter,

and these are the real gems within the book. Exploring posture, the working space, finding an ally, meeting the ancestors, interacting with local spirits, and discovering the otherworld of the shaman, Danu uses her simple, direct, and down-to-earth style to guide readers through their first steps on the path and much more thereafter. She is a natural teacher. A final chapter looks at Druid divination, including several techniques drawn from the Irish myths, which were new to me. For anyone who is curious about Celtic traditions, about Druidry, or about shamanism, this book has it all. I enjoyed every page and would thoroughly recommend it. Good things do indeed come in small packages.

The Druid Shaman, as the title may suggest, looks at shamanism from a specifically Druid perspective, and its place as the ancestral shamanism of Britain and Europe. The book begins with an introduction to the Celts, Druids, what a shaman is and a look at the shamanic tale of Taliesin. Practical Druidic shamanic tools are shared, along with the very important basic tools of how to raise your own energy and power and how to create sacred space. The importance of the world tree and the need for balance reoccurs throughout the book. Whilst there is no attempt by the author to teach shamanic journeying, through a series of guided meditations/pathworking exercises the reader is gently encouraged to learn to make contact with their own Druid guides and indeed the very Earth itself. I have worked with Shamanism for a number of years and as such it was fascinating to read Forest Danu's Druid Shamanism whilst comparing and contrasting it to my own form. Of particular interest to me was the section on divination and as with other areas of shamanism, it was interesting to read about divination from a Druid perspective. As someone who has recently become a student of the OBOD I also enjoyed her explanations of some of the myths, legends and figures that accompany Druidry. This is a well researched book, written by someone who clearly has both the theoretical knowledge and practical experience. The book is also well referenced and has a good reading list for follow up reading. I would highly recommend Druid Shamanism to anyone with any interest in Shamanism in general and in particular Celtic and Druid Shamanism.

I really didn't know what to expect from this book; Druidry and shamanism are two traditions that are not often linked, and as a shamanic practitioner, I'm far more familiar with the latter. But as I read, I was fascinated and impressed. Danu Forest makes the case for Druidry, in its original form, as the native shamanic tradition of the Celts. The shape-shifting and world-traveling heroes from ancient Celtic tales draw us into the customs and practices of the ancestral Celts with their music, their

tools, their rituals. While Ms. Forest gives plenty of background regarding the Celtic spiritual traditions, particularly those with a shamanic bent, this is largely a practical book. It takes the reader through the process of creating shamanic tools, finding spirit allies in nature, connecting with the ancestors, traveling among the worlds and seeking knowledge of the future through divination. I do recommend following it up with further training if you intend to continue with shamanic practice but this book provides a firm foundation for basic shamanic practice in a Celtic style and is an excellent starting point for those who are interested in this path.

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