



The Body of Myth: Mythology, Shamanic Trance, and the Sacred Geography of the Body

J. Nigro Sansonese

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Long ago the ancestors of the Greeks, Romans, and Hindus were one people living on the Eurasian steppes. At the core of their religion was the "shamanic trance," a natural state but one in which consciousness achieves a profound level of inner awareness. Over the course of millennia, the Indo-Europeans divided and migrated into Europe and the Indian subcontinent. The knowledge of shamanic trance retreated from everyday awareness and was carried on in the form of myths and distilled into spiritual practices--most notably in the Indian tradition of yoga. J. Nigro Sansonese compares the myths of Greece as well as those of the Judeo-Christian tradition with the yogic practices of India and concludes that myths are esoteric descriptions of what occurs within the human body, especially the human nervous system, during trance. In this light, the myths provide a detailed map of the shamanic state of consciousness that is our natural heritage.

This book carries on from the works of Carl Jung and Joseph Campbell to show how the portrayal of consciousness embodied in myth can be extended to a reappraisal of the laws of physics; before they are descriptions of the world, these laws--like myths--are descriptions of the human nervous system.

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