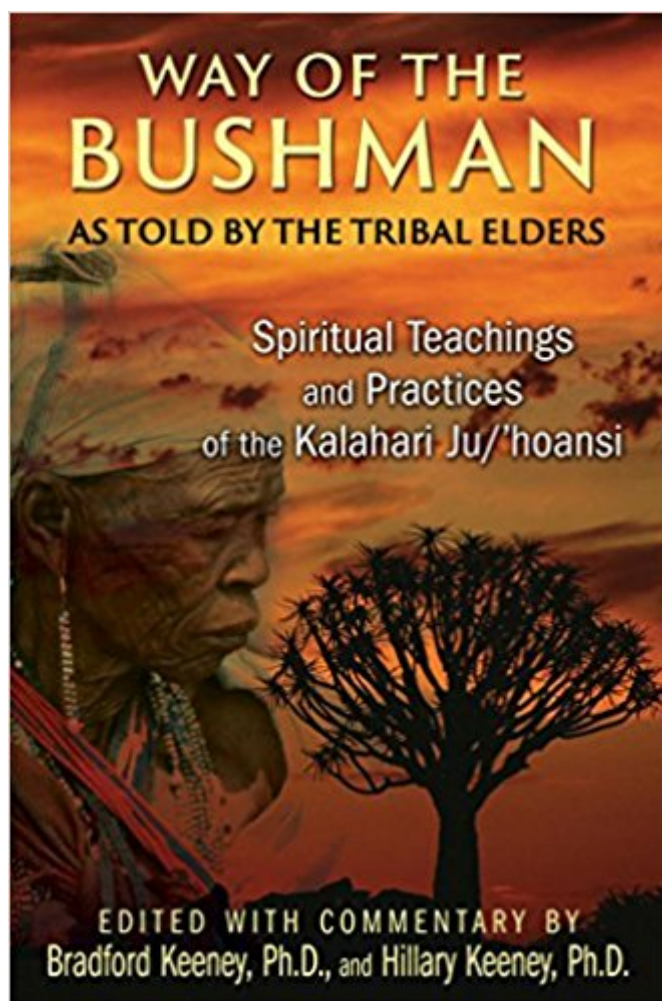




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# Way Of The Bushman: Spiritual Teachings And Practices Of The Kalahari Ju/â€™hoansi



## Synopsis

The first comprehensive presentation of the core teachings of the Kalahari Bushmen as told by the Tribal Elders • Reveals how the Bushmen are able to receive direct transmissions of God's love for healing and spiritual transformation • Explores tribal legends and teaching tales, the importance of dreams and animals, and the origins of their dances, rituals, and ceremonies Step into the imaginative realm of one of the oldest continuous cultures on Earth, the Kalahari Ju/hoansi Bushmen. Translated by Beesa Boo, a Bushman, and interspersed with detailed commentary from Bradford and Hillary Keeney, this book presents the core teachings of the Kalahari Bushmen as told by the tribal elders themselves. Decades in the making, it constitutes the first comprehensive work on the world's oldest tradition of healing and spiritual experience. Told in their own words, these teachings reveal how the Bushmen are able to receive direct transmissions of God's love in the form of the universal life force, n/om. The individuals who are filled with this force describe it as an awakened, energized feeling of love that inspires a spontaneous and heightened ecstatic awareness that opens mystical perception. Having your heart transfixed by this force enables true healing and spiritual growth to occur. Experiencing the force in your entire being, through a vision of "God's egg", awakens deep spiritual wisdom and extraordinary healing gifts. Those who "own the egg" are blessed with the ability to have direct communication with the Divine, a "rope to God," and can communicate with others for all "ropes" are connected. Conveying the deep love that is the dominant emotion of Bushman spirituality, the book explores tribal legends and teaching tales, the importance of dreams and encounters with animals, the origins of their dances, such as the giraffe dance, and specific rituals and ceremonies, including puberty rites for boys and girls. "As the elder teachers of the Ju/hoan Bushman (San) people, we hold the most enduring traditional wisdom concerning healing and spiritual experience. This book is a testimony of our ecstatic ways. We happily share our basic teachings about spirituality and healing with those whose hearts are sincerely open."

## Book Information

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## Customer Reviews

“First and foremost, Bradford Keeney has danced with the San (Bushmen) and met them at a kinesthetic level of understanding that is unparalleled in previous anthropological research. Having met the elder healers on their own terms, Brad developed a deep relationship that brought a new voice and insight to the representation and interpretation of their healing dance. Hillary and Brad have a very special physical and academic skillset and an exceptional dedication to research. This book reveals new depths in the beliefs and practices of San (Bushman) healing that will hopefully be as valuable for the San (Bushmen) as a record and guide in a fast-changing world as it is for the wider world to appreciate these extraordinary people.” (Chris Low, anthropologist and physician, African Studies Centre, University of Oxford)

“Other anthropologists had not succeeded in pushing through to the deep experience that is the key to Bushman spirituality. With Brad Keeney’s acceptance as a healer, hitherto closed doors began to open. This work describes in previously unavailable detail how the Bushmen learn the techniques of transition and transformation, how they journey to the spirit realm, and how they climb the ropes of God. As we read the words of these Bushman elders, we can almost feel what it must be like to undertake such journeys.” (David Lewis-Williams, Ph.D., founder of the Rock Art Research Institute, University of Witwatersrand)

“Bradford and Hillary Keeney have broken through the dusty curtain that often separates anthropologists from the people whose beliefs and practices they want to understand. Instead of writing exclusively about their own impressions, they foreground the teachings of Ju’hoan Bushman elders from northeastern Namibia. Their parallel commentary shows how a form of circular interaction and change-oriented activities have kept the ancient religion and its practitioners alive and successful despite major social upheaval in their community over the past century or more. It is a poignant reminder that the opportunity to share the experiences described with rare insight in this ‘bible’ may never arise in the same way again.” (Janette Deacon, Ph.D., archaeologist and authority on Bushman rock art)

“Way of the Bushman is a powerful spiritual testament. The Kalahari Bushman elders provide a credible and extraordinary guide for the

healing journey to radical ecstasy. This book will alter your consciousness and help you dance with the divine. • (Carl Hammerschlag, M.D., faculty member at the University of Arizona Medical School and author of *Th*) • Rare ancient wisdom desperately needed in today's world. • (Robbie Holz, coauthor of *Secrets of Aboriginal Healing* and author of *Aboriginal Secrets of Awakening*)

Bradford Keeney, Ph.D., is a renowned traditional healer, spiritual teacher, musician, and scholar. His fieldwork with the Kalahari Bushmen (San) in Namibia and Botswana began more than two decades ago. He is the author of many books, including *Bushman Shaman* and *Shaking Medicine*. Hillary Keeney, Ph.D., is a traditional healer, spiritual teacher, dancer, scholar, and associate editor of *Dance, Movement, and Spirituality*. Together the Keeneys cofounded the Keeney Institute for Healing.

The editors of *Way of the Bushman* have put together a rare gem in the spiritual library of books. This isn't just a story but the actual words and teachings of the oldest culture we know -- a culture that is becoming extinct and one that does not ordinarily record or write their sacred teachings. From the introduction, the bushman elders give testimony of their ecstatic spiritual universe and proclaim that the strongest healers are almost gone. As I read each page the teachings came alive and I felt happy reading about the ways in which they transform suffering, love God and each other and dance to keep the relationships right with all of creation and mystery. I am intrigued at the ecstatic emotion that comes to the strongest healers by way of dreams and deep feelings of love. The Keeney's give commentary to many of the core teachings and the insight given is unique in that Bradford Keeney is recognized as a "Heart of the Spears" or one who holds the strongest medicine and knows the ways of the bushmen from personal interaction with the strongest healers for more than a decade. For anyone serious about spirituality and getting a divine connection and learning raw and untamed insight into spiritual life and healing -- I highly recommend this book.

Valuable information but difficult reading in that the language is used to refer to aspects of bushman life and it is not at all related to English, with symbols that are not in our alphabet. That being said, it is a rare resource that carefully describes a unique and valuable aspect of how Bushmen access a universal energy and use it for their healing and community.

Freaking amazing. direct translations of elders in Southern and southwestern Africa for all of us to

access God. I really appreciate Bradford's efforts! Thank you! Johnny

This book is a rare document. It concerns the Bushman of the Kalahari desert, the oldest known culture. Rather than an interpretation from the sidelines by academic anthropologists, this is a description direct from the few living ones who continue to hold their unique spiritual wisdom, and written by Brad and Hillary who have danced with them and experienced the ecstasy of heightened emotion and sacred vibration of which they are exemplars. Read this book in order to accept the gift that they offer to the world.

Pick up this book and prepare to meet a people whose deep spiritual wisdom is a vital resource for healing the planet. The Bushmen of the title are an ancient people, and at the heart of their long-evolving culture is a communal practice of dancing. In this dance, everyone is included. Everyone sings and dances. Everyone participates in a ritual that heats n|om, an "enhanced life force," to such a degree that individual members of the gathering begin to shake and tremble. As they do, these shaking shamans wake up to their deepest feelings--to a big love for all that guides them in seeing and responding to the sickness in those around them by pulling it out. In this book, Bradford and Hillary Keeney, who are themselves anthropologists and spiritual teachers, have gathered, edited, and helped to explain one of the great healing dance traditions of the human world. Their work will challenge readers of all kinds--whether scholars or seekers, artists or innovators--to reach for more of a connection with the divine sources of life, love, and movement.

A wonderful look into a culture so unknown. This is a well constructed guide to the oldest known spiritual practices on the planet, spoken by the elders of the tribes, with excellent commentary and explanation by the editors, Bradford and Hillary Keeney. A must read for anyone interested in deep spiritual practices.

very great research on these African sacred scientists.

I am fascinated by the ways of The Bushman and feel this is a comprehensive introduction to this amazing group of people.

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