



# Riding Windhorses: A Journey into the Heart of Mongolian Shamanism

*Sarangerel*

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## **Riding Windhorses: A Journey into the Heart of Mongolian Shamanism** Sarangerel

The first book written about Mongolian and Siberian shamanism by a shaman trained in that tradition.

- A thorough introduction to Mongolian and Siberian shamanic beliefs and practices, which, until the collapse of the Soviet Union, were banned from being practiced.
- Includes rituals for healing and divination techniques.

In traditional Mongolian-Buryat culture, shamans play an important role maintaining the tegsh, the "balance" of the community. They counsel a path of moderation in one's actions and reverence for the natural world, which they view as mother to humanity. Mongolians believe that if natural resources are taken without thanking the spirits for what they have given, those resources will not be replaced. Unlike many other cultures whose shamanic traditions were undermined by modern civilization, shamans in the remote areas of southern Siberia and Mongolia are still the guardians of the environment, the community, and the natural order.

*Riding Windhorses* is the first book written on Mongolian and Siberian shamanism by a shaman trained in that tradition. A thorough introduction to Mongolian/Siberian shamanic beliefs and practices, it includes working knowledge of the basic rituals and various healing and divination techniques. Many of the rituals and beliefs described here have never been published and are the direct teachings of the author's own shaman mentors.

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