



Shamanism, Dreaming, Healing: Some Case Illustrations

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Abstract: This paper explores shamanism in relation to dreams and psychological healing in contemporary practice from the perspective of psychology. Traditionally, shamans perform healing rituals on community members, who are afflicted with physical or psychological illness. This paper proposes that ordinary people, that is, not designated shamans, may be able to learn a shamanic healing technique that they can use to produce their own healing; this shamanic technique uses dreams and dreamwork or dream interpretation to effect healing and personal growth. The objective of this paper was to describe the application of a shamanic technique of dreaming and dreamwork and its capacity for the psychological healing of dreamers through case illustrations of dream interpretations done by young Filipino adults on their own dreams; specifically, the following research questions are addressed: the shamanic themes in the dreamwork of Filipino young adults; and the impact of their dreamwork on their lives. Using a descriptive, qualitative research approach, three female young adults, ages 21 – 24, were interviewed pertaining to their experience of working on their dreams. Using thematic analysis, the results showed dreamwork themes of personal transformation, and emotional healing. Findings showed a positive impact of the dreamwork in their personal, social and work domains in terms of increased self-confidence, meaningful work, emotional well-being. These findings are discussed in relation to shamanism, and Filipino indigenous concepts of spirituality and psychology. The findings of this paper have implications on the mental health of Filipino young adults.