

## Schamanismus aus Nepal mit Dhansing Tamang und Angkame Sherpa in Tübingen \*english version p. 6-10\*

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### 1. Dhansing Tamang und Angkame Sherpa



Dhansing Tamang, geboren 20.06.1953  
in Simdhupalchok, Nepal.



Angkame Sherpa, geboren 20.03.1988  
in Sankhuwasabha, Nepal.

Dhansing Tamang arbeitet als schamanischer Heiler für seine Dorfgemeinschaft in Karthali, Nepal seit er 17 Jahre alt ist, nun also seit über 53 Jahren. Er folgt dabei der Linie seiner Familie, wobei als Letztes sein Vater als Schamane tätig war. Außerdem teilt Dhansing sein kulturelles Wissen über nepalesischen Schamanismus mit Leuten aus der ganzen Welt, welche zum Beispiel während eines Aufenthaltes in seinem Zuhause bei ihm lernen können. Dhansing Tamang arbeitet hauptsächlich auf nepalesischer Sprache, weshalb Angkame Sherpa seine Lehren auf Englisch übersetzt. Somit tritt auch Angkame Sherpa in die Fußstapfen seines Vaters, welcher bereits mit Dhansing Tamang zusammenarbeitete.

## 2. 3-Tages Workshop 27.-29.10.2023 Himalayan shamanism – its ethics, cosmology, practices and nature relations

Der Workshop findet täglich ab 10 Uhr im Schloss Hohetübingen statt, im Seminarraum 03 der Abteilung für Ethnologie. Dieser befindet sich im Schlosshof auf linker Seite und mittlerer Höhe.

Während dem 3-Tages Workshops werden Grundlagen schamanischen Wissens aus dem Himalaya vorgestellt. Dabei werden einzelne Themen blockweise behandelt. Am Tag 1, Freitag, den 27.10.2023 werden grundlegende Ethiken, zugehörige Kosmologien und Götter vorgestellt; sowie daran anschließend grundlegende Praktiken und Instrumente schamanischer Arbeiten sowie jährlich wiederkehrende Zeremonien. Am Tag 2, Samstag, den 28.10.2023, widmen wir uns der jährlichen Pilgerreise zum Berg Kalinchok; und den Naga Spirits – Schlangengeister der Natur; sowie Vollmondritualen generell. Daran anknüpfend wird es am Samstagabend ein Vollmondritual im Schönbusch bei Hagelloch geben. Am Tag 3, Sonntag, den 29.10.2023 wird es abschließend Raum zur Reflektion des Rituals und der Themenblöcke geben, um diese zu verbinden und einen über den Workshop hinaus bestehenden Zugang zu Erlerntem zu ermöglichen.

Unten stehend kann eine detaillierte Beschreibung der einzelnen Themenblöcke eingesehen werden.

Der Workshop wird auf Englisch gehalten. Übersetzung ins Deutsche auf Anfrage möglich.

Friday 27.10.2023		
Time	Topic	Description
10:00.	Welcome	We meet at the Schloss Hohentübingen in Seminarraum 03. Brief welcome round, sharing of experiences with shamanic practices; introduction of facilitators Dhan Sing Tamang and Angkame Sherpa.
10:30.	Himalayan shamanism – ethics, cosmology and deities BLOCK 1	Expert presentation by Dhan Sing Tamang and Angkame Sherpa on Himalayan shamanism; its ethics and cosmology. This gives an insight of diversity found within Himalayan shamanism as well as of its perspectives on life and nature; showing different ways of understanding and relating with nature on a theoretical layer. In this regard some important deities of Himalayan shamanism will be referred to. In tribe of Dhansing practices are done on the basis of Kuladeva (ancestor spirits) and God Shiva, who symbolizes balance of energy and channel to the trance way.
11:30.	Break	
11:45.	Himalayan shamanism – ethics,	See above

	cosmology and deities BLOCK 2	
12:45.	Lunch break	
14:00.	Himalayan shamanism – basic instruments, practices and annual ceremonies	Expert presentation by Dhan Sing Tamang and Angkame Sherpa on basic instruments, practices and annual ceremonies of Himalayan shamanism. Following basic instruments, which are used in any of basic ceremony or ritual – whether the big ritual or small ones – are described: Dhyanguru (drum), phurpa (wooden dagger), mala and bumba (copper jug with the peacock feather). As for the practises, there is a certain order to follow: body protection comes first, kuladeva (ancestor spirits) second going to the trance, contact with deities Shiva to find out whats the root of problem and what ought to be done as a ceremony to heal or cure the patients. In this way the shaman perform their ritual accordingly what need to be done. Practices can be seen as dialogues between actors which (trans)form relationships among them; thus producing certain forms of knowledge; and hence, social and cultural structues.
15:00.	break	
15:15.	discussion	Discussion on presented aspects of Himalayan shamanism; its cultural values. Open questions; outlook on the next day.

<b>Saturday 28.10.2023</b>
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10:00.	Welcome	We meet at the Schloss Hohentübingen in Seminarraum 03. Brief reflection on last day – Himalayan shamanism, its ethics, cosmology, deities, instruments, practices, annual ceremonies; questions.
10:30.	Annual pilgrimage to the mountain Kalinchok	Expert presentation by Dhan Sing Tamang and Angkame Sherpa on annual pilgrimage to the mountain Kalinchok. This is held every year in the time of August full moon. Its a day where most of all deities evokes from their long meditation becoming active; so they could listen to their devotees, prayers, followers and accepting their offerings and granting the heartfelt wishes. Kalinchok is considered the most important mountain in Nepal for Nepalese shamans. Relationship and interactions between sacred landscape of mountain, moon, deities and people can be seen within the rhythm of annual life cycle.
11:30.	Break	
11:45.	Naga rituals –	Expert presentation by Dhan Sing Tamang and Angkame Sherpa

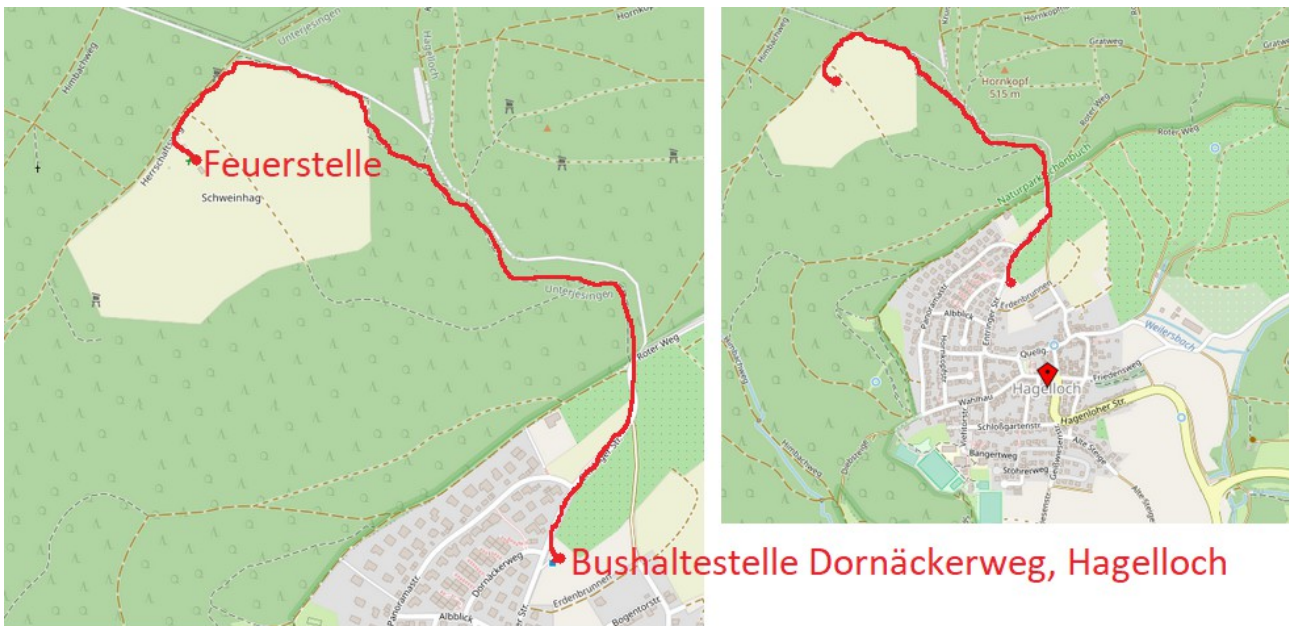
	nature spirits	on Naga rituals. Nagas are nature spirits connected with water, protecting the fertility of landsides. Relationships and interactions between sacred landscape of rivers and lakes, corresponding spirits and people are described.
12:45.	Lunch break	
14:00.	Full moon rituals	Expert presentation by Dhan Sing Tamang and Angkame Sherpa on full moon rituals. They are done by shamans often in their village to bring peace, harmony and blessings to the people of village, to them as well, and to the dead and dying one as to make them happy and live in peace. During the time of full moon day the existing unseen energies that live on earth is much highly stimulated and active. During this time the shaman brings their practice into ritual to stabilize and balance their energy too. Shamanic practice serve as a way to relate to nature energies and cycles; and to balance with them.
15:00.	Break	
15:15.	Preparation ritual	Presentation and preparation on full moon ritual in the evening. Usually shamans have their phurpa, drums, mala and offers butter lamps, fruits in front of the main deities temple and ask for blessings, peace and harmony.
16:00.	Dinner break	
18:30.	Full moon ritual in forest	We meet in Hagelloch, bus stop Dornäckerweg and walk together to the fireplace Schweinehag in the forest Schönbuch. We conduct in guidance of Dhan Sing Tamang a full moon ritual with drumming, mala and offers; and ask for blessings, peace and harmony.

<b>Sunday 29.10.2023</b>
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10:00.	Reflection on full moon ritual	We meet at the Schloss Hohentübingen in Seminarraum 03. Open reflection on full moon ritual. Experiences of participants.
11:00.	Break	
11:15.	Discussion	Discussion on cultural values, conflicts and benefits of shamanic practices in regard of encounters and relations of humans and nature.
12:15.	Break	
12:30.	Feedback	Feedback on workshop. Building bridges to actual scientific debates, works and studies of participants. Asking for wishes and notions on future projects / seminars on shamanic practices.

### 3. Vollmondritual 28.10.2023

Das Vollmondritual ist als praktischer Teil des 3-Tages Workshops geplant, kann aber auch davon unabhängig besucht werden. Wir werden uns an der Bushaltestelle Dornäckerweg in Hagelloch, Tübingen um 18:30 Uhr treffen und dann gemeinsam zu der Feuerstelle Schweinehag im Schönbuch bei Hagelloch laufen (ca. 20min Laufzeit). Man kann auch selbstständig zur Feuerstelle kommen, genaue Ortsbeschreibung siehe auf unten stehender Karte.



Das Vollmondritual wird von Dhansing Tamang angeleitet. Dabei werden unter anderem seine Trommel und Mala in Einsatz kommen. Im Rahmen des Rituals wird um Segnungen, Frieden und Harmonie gebeten. Hierfür können Opfergaben dargebracht werden, klassischerweise Früchte, Kräuter, Blumen, Butterlampen / Kerzen, Räucherware.

Alle Teilnehmer\*innen können eigene Opfergaben (Butterlampen, Kerzen, Früchte, Kräuter, Blumen, Räucherware) mitbringen; und auch Gegenstände, die für sie wichtig sind und mit heilsamer Energie des Vollmondrituals aufgeladen werden sollen.

### 4. Einzelsitzungen 23.10.-01.11.2023

Insgesamt werden sich Dhansing Tamang und Angkame Sherpa in dem Zeitraum 23.10-01.11.2023 in Tübingen aufhalten. In diesem Zeitraum können auf Anfrage auch Einzelbehandlungen vereinbart werden. Dies kann vielseitigen Zwecken dienen; beispielsweise: Blockaden auflösen; Beschwerden anschauen; spezifische Heilprozesse unterstützen; Dank aussprechen; Segnung / Hilfe für Ahnen oder andere Personen erbeten.

Auf Anfrage können auch Reinigungen von Orten, z.B Häusern, durchgeführt werden.



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**1. Dhansing Tamang and Angkame Sherpa**



Dhansing Tamang, born 20.06.1953  
in Simdhupalchok, Nepal.



Angkame Sherpa, born 20.03.1988  
in Sankhuwasabha, Nepal.

Dhansing Tamang works as a shamanic healer in Nepal for the rural community of Karthali since the age of 17, following his fathers footsteps carrying his family lineage. Moreover, he organises educational stays for international people at his home to share his cultural knowledge of nepalese shamanism. Dhansing Tamang works mainly in Nepali language and Angkame Sherpa translates his teachings into English in order to spread the knowledge to a broader audience. Therefor Angkame also follows his fathers footsteps who already worked together with Dhansing Tamang.

## 2. 3-days workshop 27.-29.10.2023

### Himalayan shamanism – its ethics, cosmology, practices and nature relations

The workshop starts daily at 10 a.m. at the castle of Tübingen „Schloss Hohetübingen“, in the seminar room 03 of the anthropological department. The room is located in the castle courtyard on the left side in the middle.

During this 3-days workshop basic shamanic knowledge of the Himalayas is presented. Block by block topics are worked on. On day 1, Friday 27.10.2023 basic ethics, cosmologies and deities are presented; as well as basic practices, instruments and annual ceremonies. On day 2, Saturday 28.10.2023, we will engage with the annual pilgrimage to mountain Kalinchok; with the Naga spirits – serpent spirits of nature; and with full moon rituals in general. Hereinafter we will conduct in guidance of Dhansing Tamang a full moon ritual on Saturday evening in the forest Schönbuch next to Hagelloch. On day 3, Sunday 29.10.2023 there is space for reflection on full moon ritual and newly gained knowledge; in order to connect it and to make sure to take it further on in life.

Below there can be seen detailed description of the single blocks of the workshop.

Workshop will be conducted in english language. Translation into german can be asked.

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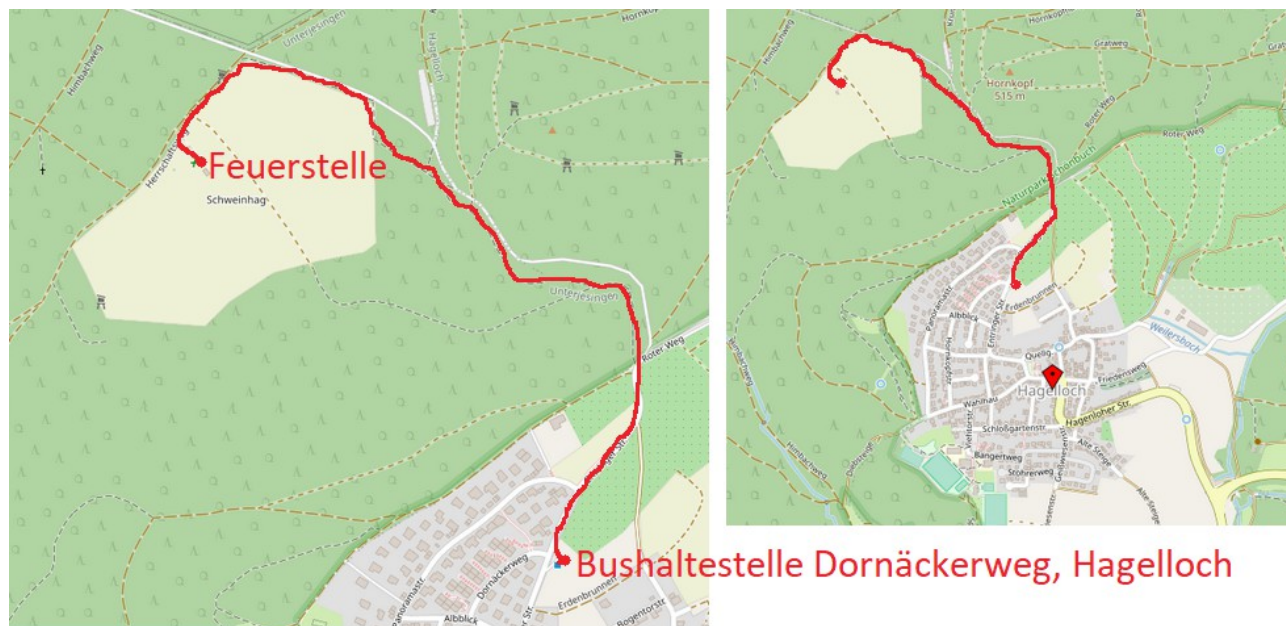
		protecting the fertility of landsides. Relationships and interactions between sacred landscape of rivers and lakes, corresponding spirits and people are described.
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### 3. Full moon ritual 28.10.2023

This full moon ritual is organised as a practical part of the 3-days workshop; nevertheless it can be attended independent to the workshop. We will meet at the bus stop Dornäckerweg in Hagelloch, Tübingen at 18:30 and walk together to the fire place Schweinehag in the forest Schönbuch next to Hagelloch (about 20min walking). You can also come independently to the fire place, description for the location can be taken out of the map below.



The full moon ritual will be conducted by Dhansing Tamang. Amongst others he will use his drum and Mala. Throughout the ritual we can ask for blessings, peace and harmony. Therefor offerings will be made, typically fruits, herbs, flowers, butter lamps / candles, incenses.

All participants are welcome to bring their own offerings (butter lamp, candles, fruits, herbs, flowers, incenses); as well as objects which are important to them and shall be charged with the healing energy of the full moon ritual.

### 4. Single treatments 23.10.-01.11.2023

All in all Dhansing Tamang and Angkame Sherpa will be present in Tübingen during 23.10-01.11.2023. In this timeslot we can organise single treatments if wanted. This can be conducted for diverse purposes, for example in order to: solve blockades; look at sufferings; support certain healing processes; give thanks; ask for blessings / support for ancestors or other persons. If requested, cleanings of spaces / rooms / houses can be conducted.