

PORTLAND, OR, September 22, 2013 **/24-7PressRelease/** -- Streaming live on the Co-Creator Radio Network on Tuesday, September 24, at 11am Pacific/2pm Eastern on "Why Shamanism Now? A Practical Path to Authenticity," shaman and founder of the Last Mask Center for Shamanic Healing Christina Pratt notes that true shamanic trance states -- those that actually clear the control of the small self -- require intimacy with spirit. "Intimacy grows with contact," Pratt. "Intimacy is an embodied experience, not a virtual one. Your capacity for intimacy with anything—spirit, technology, a lover—begins in the cultivation of true intimacy with yourself , not the self you envision, but the self that you are in this moment."

In this episode of "Why Shamanism Now?" titled "The What Is Intimacy with Spirit," Pratt explores intimacy, radical acceptance, and how to cultivate the intimacy with spirit required for deep shamanic currents to move through your life and bring miracles to even the most basic, beginning journeyer.

Christina Pratt is a contemporary shaman specializing in mending the soul and transforming the parts of life that feel impossible. A teacher of exceptional clarity, humor, and inspiration, Pratt brings the power of shamanism into the practical grasp of anyone willing to take responsibility for improving the quality of their life. Her book *An Encyclopedia of Shamanism* clearly discusses the basic concepts of shamanism, methods, and traditions of over 50 different shamanic peoples. Pratt is the founder of the Last Mask Center for Shamanic Healing, creator of the original Foundations of Shamanism and Shamanic Healing course at the University of Minnesota, and a frequent and honored speaker for the American Holistic Medical Association.

"Why Shamanism Now? A Practical Path to Authenticity", a live internet talk radio show with host Christina Pratt, airs Tuesdays at 11am Pacific/2pm Eastern time on [co-creatornetwork.com/hosts/shamanism/host\\_bio.htm](http://co-creatornetwork.com/hosts/shamanism/host_bio.htm). Each week host Christina Pratt and guests explore the practical application of shamanic skills in our contemporary lives to create robust well-being, strong and clear community connections, and life enriching spiritual maturity. Listeners can ask questions by calling 512-772-1938 or via Skype. Prior episodes from "Why Shamanism Now" can be downloaded for free by visiting [whyshamanismnow.com](http://whyshamanismnow.com). Pratt also talks about Shamanic Healing on YouTube.

Upcoming Last Mask Center programs with Christina Pratt in Portland, OR, include Shamanic Journey Circles the third Wednesday of every month, monthly Wisdom of the Shaman talks and a monthly "Becoming a Person of Power" teleseminar series. Pratt will also be offering Actual Energy Clearing in Rowe, MA, January 10-12. For more information on Christina Pratt, the Last Mask Center for Shamanic Healing, and workshops and classes with Pratt, or to order *An Encyclopedia of Shamanism* at a special discounted rate, visit <http://www.lastmaskcenter.org>. For additional information or to arrange an interview with Pratt, please contact Linda Woznicki, 845-417-8811, [marketing@lastmaskcenter.org](mailto:marketing@lastmaskcenter.org)