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Shaking Medicine reintroduces the oldest medicine on earth--the ecstatic shaking of the human body. Most people's worst fear is losing control--of their circumstances, of their emotions, and especially of their bodies. Yet in order to achieve the transcendent state necessary to experience deep healing, we must surrender control. Examining cultural traditions from around the world where shaking has been used as a form of healing--from the Shakers and Quakers of New England to the shaking medicine of Japan, India, the Caribbean, the Kalahari, and the Indian Shakers of the Pacific Northwest--Bradford Keeney shows how shaking can bring forth profound therapeutic benefits.

Keeney investigates the full spectrum of the healing cycle that occurs when moving from ecstatic arousal to deep trance relaxation. He explains how the alternating movement produced while shaking brings all the body's energetic systems into balance. He includes practical exercises in how to shake for physical therapeutic benefit, and he shows how these techniques lead ultimately to the shaking medicine that both enables and enhances spiritual attunement. The book also includes a 40-minute CD of ecstatic drumming music to use while shaking.