

There are alternatives to psychological area of methods of self-development, which should be studied in the field of psychology. core shamanism, inspired by indigenous shamanic techniques, has several specifications worth studying, such as altered states of consciousness or social aspects of shamanic work.

Identified positive aspects of core shamanism as a method of self-development are indigenousness, individual responsibility, effectiveness and straightness. Personal factors involved seems to be openness to new experiences, nonconformity and critical thinking. Gains are due to intensive emotional and/or unrealistic experiences, feeling of one's own competency and visible effects of treatment. Specifics of core shamanism as a method of self-development could be thus described in terms of context, contact, competency and magic.