



Dream Power and Shaman Energy (Paperback)

By Laura J. Watts

Anness Publishing, United Kingdom, 2010. Paperback. Condition: New. Language: English . Brand New Book. Using the insights of dreams, shamanic ritual and mandalas for personal transformation, this title shows you how to: tune in to life-enriching spiritual vibrations; journey to other worlds, achieve trance states, and learn healing rituals with Shamanism; decipher dreams, symbols and signs to deepen self-knowledge and to help make the most of opportunities in your life; and, meditate with Mandalas to discover inner wisdom and peace. It features specially commissioned artworks and beautiful photography. This book provides a fascinating guide for the modern shaman in search of their own place in the universe. You can discover how to journey to other worlds using the beat of a drum. You can learn how to visualize a sacred space for quiet meditation and meet a power animal - your personal spirit ally. You can find out how rituals and tools can enhance your shamanic experiences. This volume is a beautifully illustrated passport to this enchanting world. Clear and practical tips introduce you to the art of dream interpretation, and a dream dictionary will help you to unravel your unconscious. You can learn how to prepare to dream, to...



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