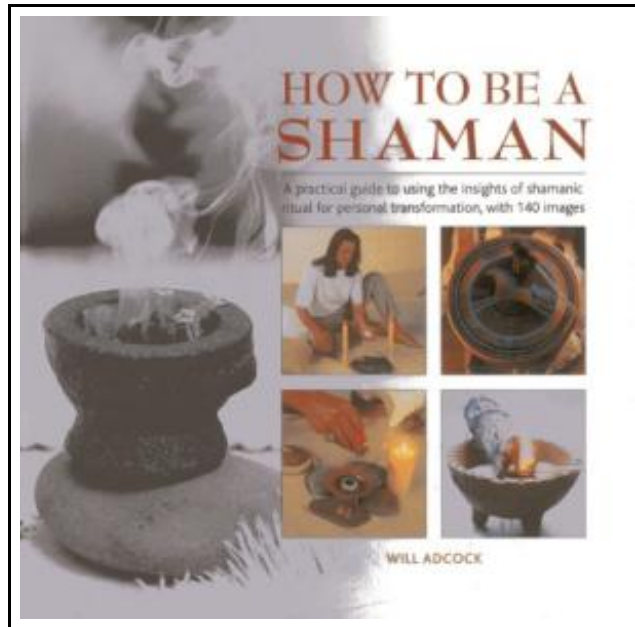


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Anness Publishing. Hardback. Book Condition: new. BRAND NEW, How to be a Shaman: A Practical Guide to Using the Insights of Shamanic Ritual for Personal Transformation, with 140 Images, William Adcock, This is a guide to contemporary shamanism, an ancient art that enlightens and inspires. It offers step-by-step instructions on how to be a shaman, including how to perform daily rituals, learning to dreamwalk, meeting your animal spirit guide and shamanic journeying. It features practical projects include how to make altars and a stone circle, how to smudge and use herbs and incense, and how to work with your own dreams and journeys. It includes an accessible introduction to the history of shamanic thinking, and how its web of energy still has relevance in the modern world. It is illustrated with inspirational photography and art, from ancient cave paintings to beautiful landscapes. Revered as wise men in ancient societies, shamans were skilled in performing communal rituals, conveying advice from the spirit world, and healing the sick. They would also make journeys between this world and the under or upper worlds. This book provides a modern interpretation of some of these historical tribal traditions, including those of the North American Indians, Inuits and Siberian tribes, and offers practical ways to interpret shamanic ritual and relate to the natural world. It gives information on how to become a shaman, how to journey to spiritual worlds by entering a meditative state and learning the techniques of dream interpretation. It also contains instructions on creating altars, visualizing sacred space and using smudge sticks, and creating and performing rituals that will connect you with the cycle of life and world of the spirit. With help on finding the solution to a problem, journeying for others, soul retrieval and visiting other worlds, this book offers a...



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