



## Shape Shifting: Shamanic Techniques for Self-transformation

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By John Perkins

Inner Traditions Bear and Company. Paperback. Book Condition: new. BRAND NEW, Shape Shifting: Shamanic Techniques for Self-transformation, John Perkins, After 'Hit Man'. The New York Times bestseller Confessions of an Economic Hit Man documents John Perkins' extraordinary career as a globe-trotting economic hit man. Perkins' insider's view leads him to crisis of conscience--to the realization that he must devote himself to work which will foster a world-wide awareness of the sanctity of indigenous peoples, their cultures, and their environments. Perkins' books demonstrate how the age-old shamanic techniques of some of the world's most primitive peoples have sparked a revolution in modern concepts about healing, the subconscious, and the powers each of us has to alter individual and communal reality. Many indigenous cultures practice shapeshifting. Native American hunters take on the spirit of their prey to ensure a successful hunt; Asian medicine men "ingest" a sickness to heal the one afflicted; Amazon warriors become jaguars to soundlessly travel the jungle. Those who shapeshift understand that all of life is energy and that by focusing your intent you can change energetic patterns, rendering a new form. Shapeshifting can occur on three levels: cellular--transforming from human to plant or animal; personal--becoming a new...



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