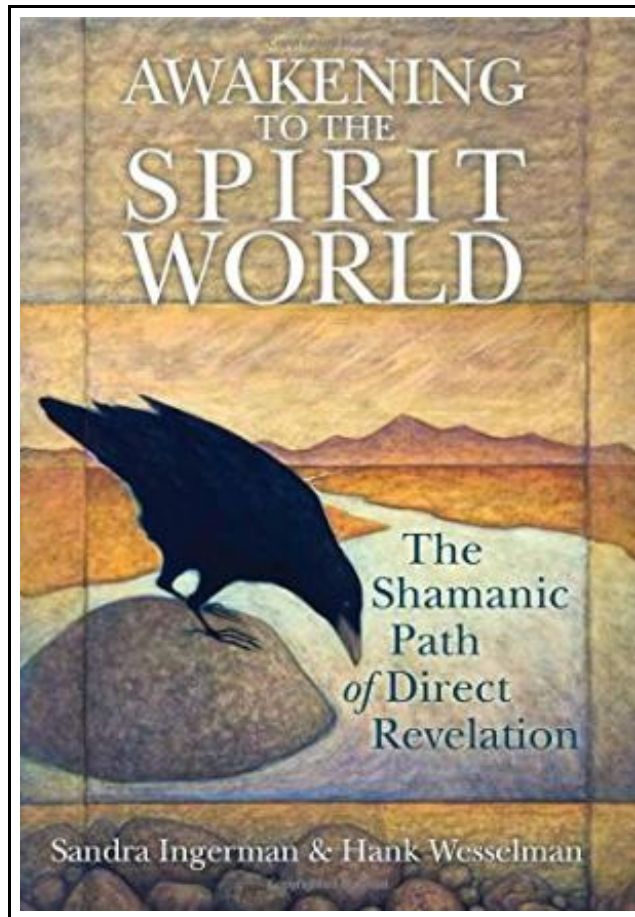


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AWAKENING TO THE SPIRIT WORLD: THE SHAMANIC PATH OF DIRECT REVELATION



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Sounds True. Paperback. Book Condition: New. Paperback. 329 pages. Dimensions: 8.9in. x 6.0in. x 1.1in. Today, practicing shamanism doesn't mean you have to live in a rain forest or a desert. Thanks to a modern renaissance of shamanic spirituality, practitioners from all walks of life now use powerful indigenous techniques for healing, insight, and spiritual growth. With *Awakening to the Spirit World*, teachers Sandra Ingerman and Hank Wesselman bring together a circle of renowned Western shamanic elders to present a comprehensive manual for making these practices accessible and available in our daily lives, including: . How the original practice of shamanism shaped the world's spiritual traditions and why it is still relevant today . The art of the shamanic journey--a time-tested meditative method for experiencing important spiritual lessons and truths. Guidance for avoiding common pitfalls of shamanic practice. Instruction for working with your dreams, connecting to your spirit guides, healing yourself and your environment The core of shamanism is the experience of direct revelation-- to communicate firsthand with your spiritual allies and discover your own power. *Awakening to the Spirit World* takes you through each step of developing a personal connection with your helping spirits to receive wisdom, insight, and healing energy. From an overview of shamanism, to your first journeys and encounters with your power animals, to expanding your skills and insight through long-term practice, here is an in-depth resource for the shamanic arts that includes: . Creating rituals and ceremonies for healing and transformation. Reconnecting with nature to heal ourselves and the planet. Working with your dreams, songs, and artistic vision to strengthen your practice. Traditional wisdom for children-- healthy rites of passage for each phase of a child's journey to adulthood. Honoring the cycle of life and death-- shamanic practices to prepare for and celebrate our final transition...



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