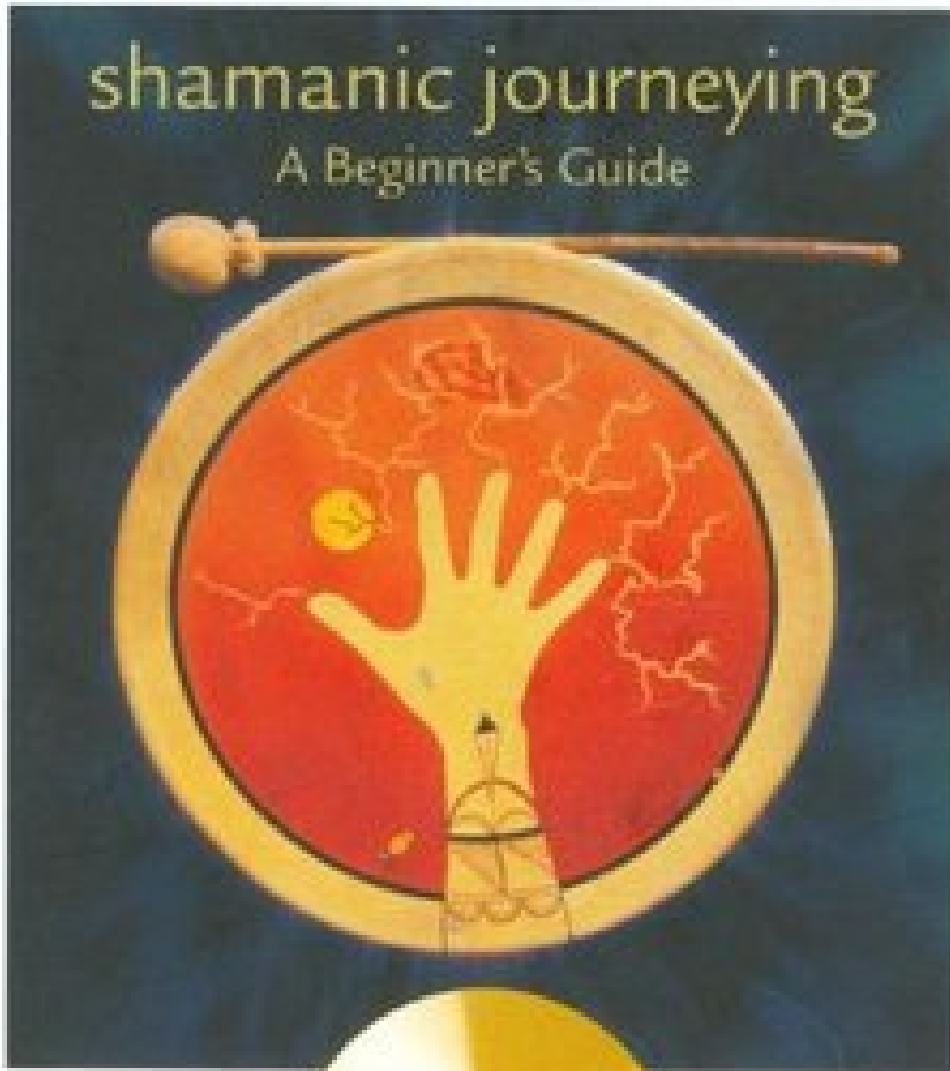


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S A N D R A I N G E R M A N

shamanic journeying
A Beginner's Guide



INTEGRATED CD LEARNING
Includes Drumming for Three Shamanic Journeys

Shamanic Journeying by Sandra Ingerman

Sandra Ingerman

Shamanic travelling is the interior artwork of touring to the "invisible worlds" past usual truth to retrieve info for swap in any region of your existence -- from spirituality and health and wellbeing to paintings and relationships. In Shamanic Journeying, Sandra Ingerman attracts from over 20 years' event as Shamanic Journeying a scholar and instructor of shamanism to proportion the middle insights of this transformative practice. sign up for her to profit the unique function of the shaman Shamanic Journeying in indigenous societies; the way to meet and paintings along with your "power animal" and different spirit teachers; and the keys to profitable touring in our sleek culture. With interesting debts of the strong result of shamanic travelling and solutions Shamanic Journeying to the questions you could face as you start your practice, Shamanic travelling comprises every thing you want to discover the visionary worlds of the shaman. booklet jacket.

i've got given this e-book five out of five no longer since it offers inspirational, thought-provoking principles on modern shamanism, yet since it is a smart wee publication for what it is. Ingerman offers a very easy creation to visiting - why and the way to do it - along brief case reviews on Shamanic Journeying how her approach can be utilized to enhance a person's well-being. It comes Shamanic Journeying with a CD of drumming tracks which may facilitate an individual's explorations. If you must find out about shamanism, this isn't the booklet for you. that allows you to faucet into your internal wisdom via a model on journeying, supply this ebook a go. Ingerman does not promise miracles here, she simply asks so you might try. If it really works for you, great! If not, fine!

Shamanic Journeying

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