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## Awakening to the Spirit World: The Shamanic Path of Direct Revelation

By Sandra Ingerman

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...



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