



## 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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