



## Shamanic Journeying: A Beginners Guide

By Sandra Ingerman

Sounds True. Paperback. Book Condition: New. Paperback. 88 pages. The shamanic journey is a practice common to all indigenous societies throughout history. By listening to a drumbeat or other rhythmic percussion, the shaman enters non-ordinary reality an altered state of consciousness beyond time and space to access spiritual guidance and healing, assist others and the planet, and reconnect with the cycles of nature. Shamanic Journeying offers readers an interactive learning experience to discover how to journey just as traditional shamans have for centuries. With the instruction in this book and the accompanying CD, internationally respected teacher Sandra Ingerman illuminates: The original role of the shaman in indigenous cultures How to meet and work with your power animals and other spirit guides How to navigate the Lower World, Upper World, and Middle World the three divisions of unseen reality The keys to successful journeying in our modern culture. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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