

Shamanic Journey: A Beginner s Guide (Paperback)

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Reviews

This book is great. I have go through and so i am confident that i will going to read through once again again in the future. I am just easily can get a satisfaction of looking at a written book. (Miss Vernie Schimmel)

SHAMANIC JOURNEY: A BEGINNER S GUIDE (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Shamanism is the oldest type of spiritual practice on the planet. It has been practiced for centuries by indigenous cultures all over the world. Anthropologists have studied the practice for years. The core value of shamanism is that all things are alive and embody the spirit. This practice is a path of direct revelation and grants all individuals access to healing and guidance from the spirit world. It s a way of carrying knowledge that we are not separate from each other but are all connected. To access the spirit realm, you must perform the shamanic journey, making use of rattling, singing, and drumming to alter brain patterns to reach a state of consciousness. This state allows the shaman to become the bridge that connects spirit with matter and unseen with seen. These invisible realms house our helping spirits and they are typically in the form of guardians or power animals and teachers in human form. When you have an open communication with your helping spirits, you can send valuable information to and receive from them to explore a timeless healing form. This age-old practice can cure trauma and transform environmental pollution. This book will serve as a guide on your shamanic journey.

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