

Shamanic Journeying

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Shamanic journeying is the inner art of traveling to the "invisible worlds" beyond ordinary reality to retrieve information for change in any area of your life -- from spirituality and health to work and relationships. In *Shamanic Journeying*, Sandra Ingerman draws from over 20 years' experience as a student and teacher of shamanism to share the core insights of this transformative practice. Join her to learn the original role of the shaman in indigenous societies; how to meet and work with your "power animal" and other spirit teachers; and the keys to successful journeying in our modern culture. With fascinating accounts of the powerful results of shamanic journeying and answers to the questions you may face as you begin your practice, *Shamanic Journeying* includes everything you need to explore the visionary worlds of the shaman. Book jacket.

Sandra Ingerman is one of the principle trainers in the Harner Method of shamanistic technique, taught by bestselling author and leading world authority on shamanism, Michael Harner (*The Way of the Shaman*). She holds more than 40 workshops a year. Sandra Ingerman is a psychotherapist and shamanic practitioner who teaches workshops on shamanism around the world. She is the educational director for the Foundation for Shamanic Studies. Ingerman received her M.A. in Counseling Psychology from the California Institute of Integral Studies and is a licensed therapist and counselor in the state of New Mexico.

Other Books

Shamanic Mysteries of Peru, An experiential guide to the sacred places and teachings of Andean shamanism · Explores the cosmology and core shamanic beliefs of the Andean people, including Pachamama and power animals such as condors, snakes, hummingbirds, and pumas · Takes you on an intimate journey through the sacred sites, temples, and power places of Peru, including Machu Picchu, Cuzco, Ollantaytambo, Sacsayhuamán, Písac, Lake Titicaca, and more · Shares initiatory rites and shamanic journeying practices to allow you to integrate and embody the wisdom of each sacred place
The Andes Mountains of Peru are rich with ancient shamanic traditions, sacred places, and heart wisdom passed down from the Inca and safeguarded for generations by the Q'eros nation. In this experiential guide to the wisdom and practices of the Andean people and their sacred land, Vera Lopez and Linda Star Wolf take you on an intimate journey through the sacred sites, temples, and power places of Peru, including Machu Picchu, Cuzco, Ollantaytambo, Sacsayhuamán, Písac, Lake Titicaca, and more. They show how each of these powerful sites holds an ancient wisdom--an initiation left behind by the Inca--and they share initiatory rites and shamanic journeying practices to allow you to integrate and embody the wisdom of each sacred place. The authors explore the cosmology and core shamanic beliefs of the Andean people, including Pachamama, the Sacred Law of Reciprocity, the Serpent of Light, the Chakannah, and power animals such as condors, snakes, hummingbirds, and pumas. They examine healing practices and sacred plants of this tradition, including a look at the shamanic use of ayahuasca and San Pedro. Offering direct access to the gentle heart of wisdom found within the ancient shamanic land of Peru, the authors show how the Andean shamanic tradition offers an antidote to the modern epidemic of Soul Loss by connecting us back to our authentic self and the universal principles of love, reciprocity, and gratitude.

☐ ☐ ☐ ☐ ☐ . *Serpent of Light : The Movement of the Earth's Kundalini and the Rise of the Female Light* , 1949-2013. Newburyport, Mass. ... *Shamanic Breathwork: Journeying beyond the Limits of the Self*. ... London: Thames & Hudson, 2012 ."