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# The Beginner's Guide To Shamanic Journeying



## Synopsis

Shamanic journeying is the inner art of traveling to the invisible worlds beyond ordinary reality in order to retrieve information for change in any area of our lives, from spirituality and health to work and relationships. In *The Beginner's Guide to Shamanic Journeying*, Sandra Ingerman shares the core teachings of this transformative practice, including 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.

## Book Information

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Shamanism #318 in Books > Religion & Spirituality > New Age & Spirituality > Spiritualism

#604 in Books > Audible Audiobooks > Religion & Spirituality > New Age & Occult

## Customer Reviews

Sandra Ingerman has the best Core Shamanic training CD's on the market. this is a basic but detailed training, the 6 CD set is the best of all sets.. I bought them all, this is the best. I paid for 1 day shipping because I REALLY NEEDED IT.. \$34 !!! AND I DIDNT GET IT NEXT DAY.!!! I WONT DO THAT AGAIN.

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