



Shamanic Journeying: A Beginner's Guide (Paperback)

By Sandra Ingerman

ReadHowYouWant.com Ltd, Canada, 2008. Paperback. Condition: New. [Large Print]. Language: English . Brand New Book ***** Print on Demand *****. 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 you an interactive learning experience to discover how to journey just as traditional shamans have for centuries.

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