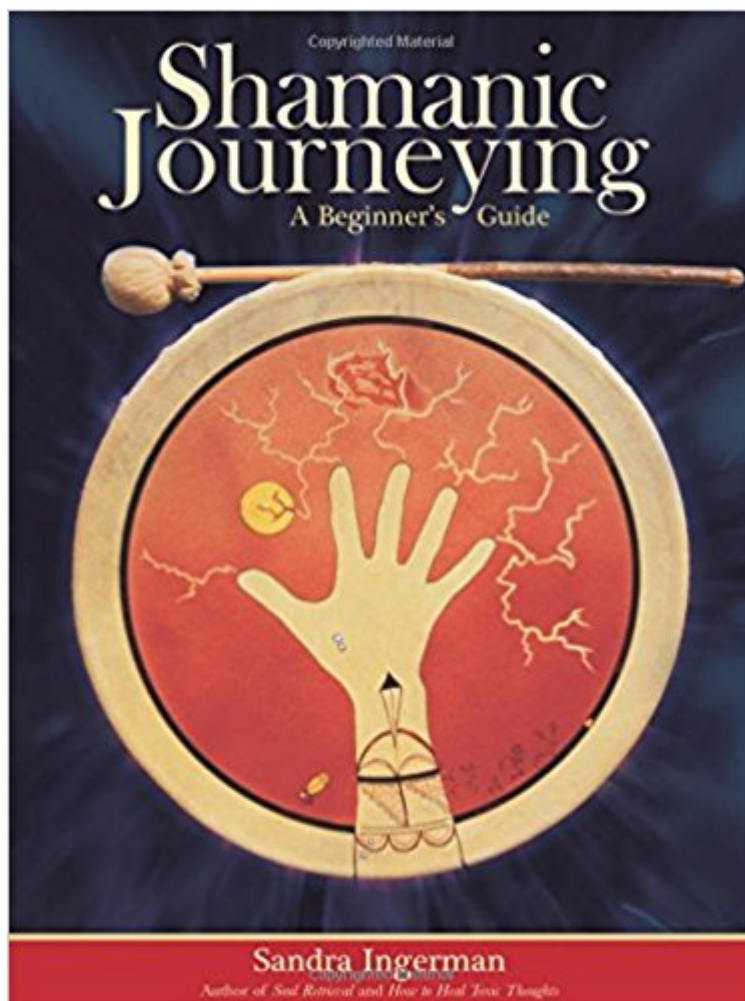


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# Shamanic Journeying: A Beginner's Guide



## Synopsis

Shamanic journeying is the inner art of traveling to the invisible worlds beyond ordinary reality to retrieve information for change in every area of our lives from spirituality and health to work and relationships. With Shamanic Journeying, readers join world-renowned teacher Sandra Ingerman to learn the core teachings of this ancient practice and apply these skills in their own journey. Includes drumming for three shamanic journeys.

## Book Information

Paperback: 88 pages

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Language: English

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Product Dimensions: 6.1 x 0.3 x 8.1 inches

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Average Customer Review: 4.4 out of 5 stars 148 customer reviews

Best Sellers Rank: #23,534 in Books (See Top 100 in Books) #10 in [Books > Religion & Spirituality > New Age & Spirituality > Shamanism](#) #7801 in [Books > Textbooks](#)

## Customer Reviews

"An interactive tool kit for those who want to experience a journey similar to those that traditional shamans have taken for centuries." --SPIRITUALITY & HEALTH MAGAZINE

Sandra Ingerman is a licensed therapist and shamanic practitioner who teaches workshops around the world on shamanism and environmental sustainability. Her books include Shamanic Journeying (Sounds True, 2008) and Awakening to the Spirit World (Sounds True, 2010; with Hank Wesselman). She resides in New Mexico. See [sandraingerman.com](http://sandraingerman.com)

This was a quick read, giving great beginning information into Shamanism and beginning your Journeying. The Drumming CD included is a bonus that I use. I have been meditating and taking other energy/spiritual classes and now learning more on Shamanism. I recommend this as a tool to get started in exploring yourself. I have shared some of the information in this book with those I have visited.

I love this book..eye opener and the CD at the end :)

This is the beginner's guide and it is truly a beginner's guide. You are given some common sense rules and told to go explore, to journey on your own. The author believes everybody can travel beyond ordinary reality and that it just takes time. The book comes with a nice CD of three tracks of drums, allowing you to pick the one that best works for you. That is the message of the book - everybody has their own path and must develop their own way of journeying. The drums were relaxing but I may have to try different times of the day to see if I can journey. It is fun to read and enjoyable to listen to.

Arrived on time and well packaged. Very Interesting read. I loved every page. Sandra gives thorough instruction and guidance.

My wife enjoyed the information and found the book very beneficial. She will keep this author in mind for the next purchase.

Definitely a beginner's guide. Super basic outline of what Shamanism is, but didn't dive too deep on how one would go about journeying for themselves.

Excellent introduction to Shamanic Journeys. The CD that is included with the books helps to make the journey process possible and easier. I definitely recommend this book for the person who wants to begin doing Shamanic Journeys

Excellent gift for anyone who is interested in learning more about shamanism.

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