



# Shamanic Journeying

*Sandra Ingerman*

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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.

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