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## Practical Shamanism, A Guide for Walking in Both Worlds

By Katie Weatherup

Paperback. Book Condition: New. Paperback. 160 pages. There are worlds of healing, protection, and insight available to you just beyond ordinary reality. The knowledge to simply, powerfully journey to these worlds, to connect with your spirit guides, to build a vision of yourself as healthy, intuitive and psychically alive, is within this book. Whether you are just beginning to seek a truer and more meaningful existence, or you are an experienced traveler of worlds, this book provides a reliable, straightforward, friendly and practical guide to basic shamanic practices, including more advanced instruction in past life healing, shadow work, and soul retrieval. Review: Excellent guide that blends modern views with time-honored shamanic traditions by Midwest Book Review Written by shamanic practitioner, Reiki master, and mechanical engineer Katie Weathercup, Practical Shamanism: A Guide for Walking in Both Worlds is a guide to the metaphysical power of exploring worlds beyond the mundane, building a bond with spirit guides, past-life healing, shadow work, soul-retrieval, and the search for a more meaningful existence. Written to be accessible to readers of all backgrounds, Practical Shamanism guides both novices and experienced shamans with sensible advice and provides numerous anecdotes of other individuals' mystic experiences. A bibliography rounds out...



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