

shaman pathways following the deer trods a practical guide to working with elen of the ways

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Discover ancient wisdom through "Shaman Pathways Following the Deer Trods," a practical guide designed to help you connect and work directly with Elen of the Ways. This book offers actionable techniques for navigating spiritual landscapes and embracing the wild sacred.

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Shaman Pathways - Following the Deer Trods

Following on from the author's successful book Shaman Pathways - Elen of the Ways, this is a practical handbook filled with tried-and-tested exercises, journeys and experiential work for the reader to engage in. Essential reading for anyone wanting to begin the old British paths.

Shaman Pathways - Elen of the Ways

Elen of the Ways is about the ancient shamanism of Britain. Elen Sentier grew up in a long family lineage of following the Deer Trods; in this book she tells of the old, forgotten ways of our ancestors. Through her own experience, stories, practical exercises and journeys with the deer, Elen takes you into the realm of the Boreal Forest, of which Britain is a part, to show how the Deer Goddess is the spirit of this land. To walk the deer trods is to realise how close and connected you are to nature and everything in this beautiful world which we share with our non-human brethren. You learn, too, that our everyday world and otherworld are intertwined. Elen of the Ways is both here and there at the same time. You will find her everywhere.

Shaman Pathways - The Celtic Chakras

We've largely forgotten our ancient Celtic chakra heritage, indeed some people think there is no concept of chakras in the western tradition but this is not the case. The chakras are found throughout the mystery traditions all over the world, well known to our hunter-gather ancestors and the spirit keepers who led them. They are hidden deep in the ancient stories and myths of Britain. This book leads you through the lore of Arianrhod and her Spinning Towers, the riddling Gaelic poem The Cauldrons of Poesy, the rainbow bridge of Brigid and the ways and caers of the ancient British reindeer goddess, Elen of the Ways. There are journeys, meditations and exercises to help you get the feel of the Celtic chakra system into your bones.

Finding Elen

This is a remarkable quest for the elusive deer goddess led by Caroline Wise with contributions from Caitlin Matthews, Andrew Collins and others. With its rich harvest of words and ideas, it brings the figure of Elen into focus more than ever before. And what a dazzling figure she is; part goddess, part dream, part saint, a green lady and a water nymph, primordial mother and patroness of deer, and guardian of the Old Straight Tracks and solar alignments. Her name is remembered even in healing plants. If this book does nothing more (and it will surely do much more) it will encourage people to dig deeper into the loam of tradition to follow the footsteps of the divine Elen of the Ways. Elen is as real as the roads named after her, as solid as the ancient paths that carry her presence and story across vast tracts of Britain and the European continent and beyond. What an intriguing and exhilarating journey it is.

Shaman Pathways - Trees of the Goddess

Shaman, artist and author Elen Sentier writes, "I was first taught the trees of the goddess as a child. The old ones from the village would tell us about the tree, how it lives, what creatures it lives with, its whole environment. They would tell us stories then we would go to the tree and sit with it, listen to what it had to show and tell us. Later, we would ask it for a piece of its wood to make its spirit- home. These were rituals but all so natural and normal they were just a part of life and living for me as I grew up. TREES OF THE GODDESS will help you find your way of doing this."

Shaman Pathways - Web of Life

Every single one of us lives our lives within a wheel, a circle, a hoop or a web and every single one of us can benefit from learning how to live our lives to the full within it. The problem though, for many of us, is that because we do not belong to the culture of a medicine wheel or wheel of direction, we find that the wheels do not really fit us or we have trouble connecting with or remembering the attributes. This book provides information, guidance and exercises to help readers find ways to connect with the web of life and weave their path within it. ,

Pagan Portals - Rounding the Wheel of the Year

Every month is full of magic, each day has its own energy, and the seasons rotate as part of the cycles of nature. Pagan Portals - Rounding the Wheel of the Year looks at ways to honour each month with folkloric customs, herb and plant lore, traditional crafts, spells, visualisations, and pagan rites that go beyond the eight festivals of Imbolc, Spring Equinox, Beltane, Summer Solstice, Lammas, Autumn Equinox, Samhain, and Winter Solstice. The wheel of the year turns smoothly, it doesn't bump over eight cogs, and that's the meaning of the title of this book. Inside these pages you will find the history behind some much-loved folklore and modern pagan customs, as well as practical suggestions for ways to celebrate the turning of the year.

Pagan Portals - Freya

'Morgan Daimler has gifted us with a well-crafted and engaging introduction to the Goddess Freya. Truly a must read for anyone interested in or already working with this powerful and intriguing Goddess.' Ceri Norman, author of A Beginner's Guide to Ogham Divination and Faerie Stones The most popular of the Norse goddesses is the Vanic deity Freya, found across the Norse myths and into modern mass media, yet often obscured by contradictory tales and external moral coding. Freya is an alluring deity of magic and fertility, a being so important in the mythology that gods and giants fought over her, yet she is never shown as a passive prize to be won only as a forceful being with agency and will of her own. Who is this powerful goddess who has left such a profound mark across not only Norse culture but also wider Western culture? Pagan Portals-Freya is a basic introduction to the Norse Goddess Freya that covers her history, mythology, associations, and modern appearances, and offers readers suggestions for how to begin connecting to Freya in their own lives.

Pagan Portals - Frigg

'Great scholarship and personal style blend syncretic in Frigg, a book which stands out as both a homage to the goddess and a guide for those seeking her.' Daniela Simina, author of Where Fairies Meet: Parallels between Irish and Romanian Fairy Traditions The Norse goddess Frigg is known to have influence over many roles. She is a goddess of marriage and children, but she is also a goddess of fate and cunning. Frigg is a goddess of domestic activities, and she is a goddess of healing. She is a goddess of both love and peace. As the Queen of Asgard, Frigg tends to a court of 12 handmaidens,

each having their own distinct qualities. This introductory book examines Frigg's history, functions, relationships, and ways to honor her in our modern times.

Libertarian Paganism

Paganism and libertarianism might seem like odd choices to bring together in a single book. One is a broad set of nature-centric religious and spiritual practices, while the other is a fairly narrow political philosophy focusing on personal freedom and responsibility. But as a member of both communities, author Logan Albright has been unable to shake the feeling that they actually have more in common than most people realize. Libertarian Paganism posits that there is a fundamental sympathy between these two apparently unrelated belief systems, and that a set of shared values might attract politically homeless pagans to libertarianism, or spiritually homeless libertarians to paganism. These values include respect for the individual, the importance of consent, the freedom to express views which are out of the mainstream, tolerance and inclusion, and a healthy skepticism towards the powerful. Libertarian paganism is, in Albright's experience, a way of life that is both personally empowering and deeply ethical, two qualities towards which the author likes to think we are all striving. It is the author's hope that readers of any political or spiritual persuasion will find something here of use, or at least thought provoking, in the development of that personal philosophy we all need to work on continually if we are to live lives of meaning and purpose.

The Magic of Wolves

The Magic of Wolves explores a wide array of mythologies from around the world, demonstrating how humans have both understood and interacted with wolves - sometimes figures of admiration, sometimes seen as terrifying and savage. These sacred stories give insights not only into our own nature but also into the nature of wolves themselves. This book also considers practical issues in pagan ritual, and how people have communicated with wolf spirits and turned to them as ancestral figures. Blending zoology, mythology, sociology, psychology and theology, this text aims to give a broad overview of how wolves and their relationships to humans can be understood. Chapters cover topics such as the lupine legends of Ancient Rome, Classical Greece, the Norse, the Celts, India and Japan. Whether you are passionate about wolves, lycanthropes, mythology or magic, there will be something here for you.

Pagan Portals: Artemis

'Through the use of research, stories, personal experiences and a variety of hands-on tools, Irisanya Moon's book helps to bring to life a deity that, while complex, is a powerful mentor and guide for our times.' Robin Corak, Moon Books author Often pictured running in the woods, Artemis is a goddess unto Herself. She is wild, and She is the Wild. Through Her, we can learn about tapping back into our wildness, learning to care for our hearts, and returning to the places that we have been told to fear. Artemis' aim is always true, some say, and building a relationship with Her can help set the best direction for our own arrows.

Conjuring Dirt

Right under your feet lies one of the best magickal tools a practitioner could use in their workings - dirt. Whether it comes from graveyards, footprints, crossroads, or elsewhere, the dirt from different places is a powerful aid in the magick to your workings. When we work with dirt, we're working with one of the most fundamental elements of being human. From dust we appeared and to dust we shall return, the saying goes. Dirt creates a magickal, energetic link that heightens any endeavor. This element of earth brings a deep spiritual dynamic and connection to any working. Since it might be difficult to decide where to start - because dirt covers the planet, even under the oceans - author Taren S narrows the focus to specific magickal-spiritual locations, locations of merit and power, for you to collect your own dirt. Implementing dirt into magickal workings requires more skill than its availability would denote. Dirt workings involve the realms of light and dark magick, healing, curses, and death. This book will guide, help, and warn all those who wish to use dirt for magickal workings.

Shaman Pathways - Deathwalking

Deathwalking, or psychopomping, is the shamanic practice of helping the deceased's soul pass on to the next realm. Despite being an essential aspect of the Shaman's historic and contemporary role, it

has been largely overlooked in modern Shamanic literature. Shaman Pathways – Deathwalking is an anthology offering ten perspectives on this vital and timeless practice. Shaman Pathways – Deathwalking, features essays from Imelda Almqvist, Kenn Day, Yvonne Ryves, Elen Sentier, Dorothy Abrams, Vani Neelakantan, Janet Gale, Lucya Starza, Danu Forest, and Laura Perry. '...a rare opportunity to learn more about guiding souls and also about the compassionate people who perform this essential service.' Evelyn C. Rysdyk, author of The Norse Shaman

Shaman Pathways - What is Shamanism?

What is Shamanism? is the product of a collaboration between eleven leading Shaman authors and practitioners each tasked with the discussion of a particular central aspect or theme. The result serves as both an excellent introduction to anyone coming to Shamanism for the first time and a stimulating read for the more experienced Shaman interested in engaging with contemporary thinking and debate. Edited by Trevor Greenfield, What is Shamanism? features essays from Dorothy Abrams, Elen Sentier, Hearth Moon Rising, Imelda Almqvist, Julie Dollman, Janet Gale, Jez Hughes, Kenn Day, Laura Perry, S. Kelley Harrell and Taz Thornton.

Growing Up in the Ice Age

In prehistoric societies children comprised 40–65% of the population, yet by default, our ancestral landscapes are peopled by adults who hunt, gather, fish, knap tools, and make art. But these adults were also parents, grandparents, aunts, and uncles who had to make space physically, emotionally, intellectually, and cognitively for the infants, children, and adolescents around them. Growing Up in the Ice Age is a timely and evidence-based look at the lived lives of Paleolithic children and the communities of which they were a part. By rendering these 'invisible' children visible, readers will gain a new understanding of the Paleolithic period as a whole, and in doing so will learn how children have contributed to the biological and cultural entities we are today.

Pagan Portals - Gwyn ap Nudd

Gwyn, the bright god of the Brythonic underworld Annwfn and Faery king of the wild Welsh spirits, the twlwyth teg, is an ancient and mysterious figure. His tales are scattered through oral folklore and across medieval Welsh literature, a depository of our ancient god-tales. Said to dwell within the legendary glass castle in Glastonbury Tor, as well as the black mountains of Wales, he is both a figure of romance and fear. A dark lover through the winter months, leader of the wild hunt, and guardian of the dead. He is the ancient companion of bards and visionaries through the initiatory journey to the depths of the Celtic Underworld, in search of the Goddess of the land herself. With a close look at traditional magic and lore as well as practical exercises, Gwyn ap Nudd is an essential guide for all those who seek wisdom from the darkness and wild communion with the sovereignty of the land.

Pagan Portals: The Crane Bag

An introduction to the ritual tools and practices found in the Druid tradition. Held deeply within Celtic mythology, the crane bag is both a symbol of sovereignty, as well as an item containing the ritual tools of the Druid. With the proper use, it can further the Druid in working with the tides of nature, finding his or her own place in the environment, living in balance, harmony and peace. In ritual, these tools and practices can guide one to deeper levels of meaning and understanding within the tradition, helping the Druid on his or her journey through life and towards integration with the natural world.

Pagan Portals - The Power of the Elements

How to find deeper meaning in magical workings with Earth, Air, Fire, Water and Spirit and connect with the Old Ways. Many contemporary pagan books rarely go further than describing the use of the elemental energies as markers in casting the Circle. In The Power of the Elements we consider drawing on the energy from the deepest levels of the ocean, the highest peaks of the mountains, the limits of outer space and the path of the hurricane. And why it is so important to return to the Classic Elements of the Greeks if we really want our magic to work.

Pagan Portals - Odin

Known by many names and with a wide array of characteristics Odin is a God who many people believe is just as active in the world today as he was a thousand years ago and more. A god of poetry he inspires

us to create. A god of magic he teaches us to find our own power. A god of wisdom he challenges us to learn all we can. In this book you will find some of Odin's stories and history as well as anecdotes of what it can be like to honor him in the modern world.

Pagan Portals - Have a Cool Yule

For the entire Pagan community Christmas should be one of the most sacred times of the year, but the lack of any formal written liturgy has consigned the festival to a minor observance in the Pagan calendar. Have a Cool Yule demonstrates that history proves the festival to be a wholly Pagan event, worthy of being acknowledged as one of the Great Festivals along with Beltaine and Samhain. With all the different strands of Pagan custom brought to the hearth-fire of the Mid-Winter Festival, we all have something to celebrate in time-honoured fashion, whether our ancestors are Briton, Celt, Norse or Anglo-Saxon.

Pagan Portals - Divination

Divination is only a small part of a witch's stock in trade, and although a basic introduction to the subject can be learned from books, proficiency will only come through vigorous practice. This proficiency comes through the discovery of certain secret matters by a great variety of means, correspondences, signs and occult techniques. Before a witch can perform any of these operations with any degree of success, we need to develop the 'art of seeing' and the ability to divine with rod, fingers and birds. Divination is what could be referred to as the practical element of Craft magic, and we don't even have to be witches to be able to read the portents. But it helps! A companion volume to Pagan Portals: By Spellbook & Candle and Pagan Portals: By Wolfsbane & Mandrake Root, from popular Moon Books author Melusine Draco.

Pagan Portals - Poppets and Magical Dolls

Poppets are dolls used for sympathetic magic, and are designed in the likeness of individuals in order to represent them in spells to help, heal or harm. The word poppet comes from the Middle Ages in England, originally meaning a small doll or child, and it is still in use today as a name of endearment. The term is older than the phrase 'Voodoo doll'. Pagan Portals – Poppets and Magical Dolls explores the history of poppets and offers a practical guide to making and using them in modern witchcraft. It also covers seasonal dolls, from Brigid dolls, used in celebrations for the first stirrings of spring, to fairy dolls enjoyed in tree-dressing at Yuletide. Other topics covered include spirit dolls, ancestor dolls and dolls as representations of mythological beings and creatures from folklore. The newest book from Lucy Starza, author of Every Day Magic: A Pagan Book of Days.

Pagan Portals - The Hedge Druid's Craft

The Hedge Druid's Craft blends the traditions of Wicca, Witchcraft and Druidry into a spiritual path that uses the techniques of "hedge riding" to travel between the worlds, bringing back wisdom and enchantment into our everyday lives. It is about working with boundaries, with a foot in either world, living around the edges and working with liminal times and places. For those whose paths meander and often overlap, and those who would not be constrained nor confined by labels, yet who seek some definition, this book is for you. If you are interested in Witchcraft, Wicca or Druidry, this book will sing to your soul.

Shaman Pathways - The Druid Shaman

Covering the basics of Celtic shamanism, with reference to traditional lore and source materials through the lens of both ancient and modern Druidry and shamanic practice, The Druid Shaman is a well rounded guide, showing the seamless cross over between Druidry and shamanism in the Celtic tradition. It covers topics such as how to attain and work with guides and allies, understanding the spirit realm and interaction with spirits of all kinds, accessing powers of place, traveling the world tree and working with the seven directions and exploring and navigating within the Celtic Otherworld. With practical techniques, exercises and core skills, The Druid Shaman can be used as a practical manual as well as a valuable resource for practicing shamans and druids as well as those new to the subject. ,

The Huntington Family in America

This evocative and experiential guide reveals how you can immediately begin to transform your life by following the path of the shaman. Author Mike Williams, PhD, presents hands-on exercises and engaging true stories from decades of shamanic practice and academic study into ancient European traditions. Once you understand the powerful forces of the unseen world, you'll learn how to apply the tenets of shamanism to your own life in a variety of practical ways: predicting the future and understanding the past, using dreamwork to find answers to problems, and clearing your house of negativity. You'll discover how to find your power animal and meet your spirit guides, journey to the otherworlds for healing and self-empowerment, and live in harmony with the world. Silver Medal Winner, 2010 Independent Publisher Book (IPPY) Awards, New Age category

The new nation

The Earth needs your help. The Fae are calling you to harness the power of Nature. In return they offer assistance to enable you to thrive in this very modern world, in balance and harmony, and with a sprinkle of very real magic. *The Way of The Faery Shaman*, gives insight as to who the Faeries really are, which element they are connected to, and how to work with that element in order to bring about the magic that is actually all around us.

Follow the Shaman's Call

An anthology with contributions from nineteen writers, *The Goddess in America* is a book that identifies the enduring experience of Goddess Spirituality through a four-part discussion focused on the Native Goddess, the Migrant Goddess, the Goddess in relation to other aspects of American culture (Feminism, Christianity, Witchcraft etc.) and the Goddess in contemporary America.

Shaman Pathways - Way of the Faery Shaman

Creating an alliance and working partnership with the spirits of weather to restore well-being and harmony to Earth and ourselves • Reveals that, intentionally or not, we affect the weather not only through our actions but also through our thoughts and emotions • Explains shamanic techniques for working with the spiritual nature of weather • Special section on “weather dancing” details both its ceremonial and therapeutic aspects With the growing consensus that global warming is a fact comes the realization that the increasingly violent weather we are experiencing is its chief manifestation. Each storm, each flood, each blizzard seems to break 100-year-old records for both intensity and damage. Reducing emissions of greenhouse gases may be too little, too late. Through a unique blend of anthropological research, shamanic journeys, and personal stories and anecdotes, Moss and Corbin show how humans and weather have always affected each other, and how it is possible to influence the weather. They present teachings directly from the spirits of weather that show how our thoughts and emotions affect weather energetics. They also reveal the ceremonial and therapeutic aspects of “weather dancing,” a practice used to communicate with the weather spirits. Weather Shamanism is about transformation--of ourselves, and thus our world. It is about how we can develop an expanded worldview that honors spiritual realities in order to create a working partnership with the spirits of weather and thereby help to restore well-being and harmony to Earth.

Altai - Himalaya. A Travel Diary

Answer Brujería's Call and Become a Magical Healer Featuring hands-on exercises, simple techniques, and how-to instruction from a professional bruja, this beginner-friendly guide is the best choice for understanding and practicing Brujería—the healing witchcraft of Mexico and the American Southwest. *The Sacred Art of Brujería* is adapted from a twelve-month series of classes and presents a wide variety of topics, including magical tools, the body's energetic systems, and effective spellcasting. This practical book covers everything from the history and divine figures of Brujería to the healing, protection, and money magic that you can use in daily life. Explore power words and breath work, treat spiritual maladies, perform different types of limpieas (cleansings and clearings), and learn about Brujería as a business. Katrina Rasbold gives you an insider's look at this sacred practice and how it helps others as well as yourself.

The Goddess in America

Probably the oldest known spiritual discipline, shamanism is the timeless art of living in harmony with creation, providing a universal system to work with today, whatever our religion or spiritual affiliation

may be. A reflection of a living tradition with a supremely practical approach to life, it teaches skills for living and ways to utilize latent abilities which we all possess. Celtic Shamanism derives from the native traditions of North-West Europe. The shamanic contribution of the Celts and their predecessors has been overlooked until recently, and is one of the last shamanic traditions to be explored. While it shares common elements with American, Australian and Siberian teachings, it derives entirely from Celtic source material. The Celtic Shaman offers a varied and easily followed plan of self-tuition for anyone interested in Celtic mythology and the Western mysteries.

Weather Shamanism

Listen to the call of spirit and seek truth in wild groves, the shifting seasons, and the beauty of the Old Ways. Discover how to embark on this sacred green path and enrich your life with its ancient wisdom. Practicing Druid Penny Billington offers a clear and structured course of study grounded in Celtic history and mythology, and highlights the mysteries and modern practice of this nature-based tradition. Each chapter begins with an evocative visualization and captivating Welsh mythic tales from the Mabinogion are woven throughout, introducing lessons and key concepts. A series of hands-on exercises will help you internalize these truths, develop a spiritual awareness rooted in nature, build a relationship with the multi-dimensional world, and ultimately adopt a druidic worldview to guide you in everyday life. Archetypes Animal energy The elements The Nwyfre Symbols The Wheel of the Year The Otherworld Trees as teachers and healers Shapeshifting From joining a druidic community to starting out as a solitary practitioner, this unique spiritual guide offers advice on everything you need to know about practicing Druidry today. Praise: "I loved this rich and intuitive approach to the study of modern Druidry. Penny's book is full of wisdom and insight. The comprehensive course is accompanied by beautiful visualizations and carefully crafted inspirational exercises."—Barbara Erskine, bestselling author of *Lady of Hay*

The Sacred Art of Brujeria

- Mongolian shamaness Sarangerel provides a hands-on guide for serious students of the shamanic path.
- Includes complete directions for traditional Siberian rituals, meditations, and divination techniques never before published.
- Shows how to recognize and acknowledge a call from the spirits.
- Offers traditional wisdom for nurturing a working relationship with personal spirit helpers to promote healing and balance in a community. The shaman's purpose is to heal and restore balance to his or her community by developing a working relationship with the spirit world. Mongolian shamanic tradition maintains that all true shamans are called by the spirits—but those who are not from shamanic cultures may have difficulty recognizing the call or nurturing the essential shamanic relationship with their helper spirits. Buryat shamaness Sarangerel has written *Chosen by the Spirits* as a guide for both the beginning shaman and the advanced practitioner. Although raised in the United States, she was drawn to the shamanic tradition, and in 1991 returned to her ancestral homeland in the Tunkin region of southern Siberia to study with traditional Buryat shamans. Her first book, *Riding Windhorses*, provided an introduction to the shamanic world of Siberia. *Chosen by the Spirits* delves more deeply into the personal relationship between the shamanic student and his or her "spirit family." Sarangerel recounts her own journey into shamanic practice and provides the serious student with practical advice and hands-on techniques for recognizing and acknowledging a shamanic calling, welcoming and embodying the spirits, journeying to the spirit world, and healing both people and places.

The Celtic Shaman

The Shor are a small indigenous minority in southern Siberia occupying southern Kemerovo Oblast. Their population numbers under 12,000. The Shor language belongs to the Khakass subgroup of the Uyghur-Oguz group of Turkic languages. Only about 1,000 people speak the native Shor tongue today. The Shor heroic tales are the largest and most long-standing genre of Shor folklore. They were generally performed at home in the evening or at night. They not only served as a relaxing activity for people, influencing their spiritual peace, but also served a magical role, protecting them from evil spirits. As with the oral traditions of original cultures, these tales exemplify the Shor's connection to 'story' as something tangible, corporeal and animate. This very special manuscript depicts and preserves two of these epics.

The Path of Druidry

Shamanic Reiki introduces techniques that healers and Reiki practitioners can draw on to tap ancient healing wisdom. Shamanism and Reiki are, by themselves, powerful ways to heal. Together, their power multiplies, and healing methods become available that aren't accessible if used separately. The purpose of Shamanic Reiki is to introduce you to concepts in both and provide you with detailed proven methods to enhance your own healing practices.

Chosen by the Spirits

Discover your soul's purpose by following the shamanic path of the heart • Explains how to engage your heart's navigational guidance system to access your spiritual core directly and find your life purpose and spiritual identity • Includes shamanic practices to meet your power animals, consult with spirit guides, embark on journeys in the spirit world, slay your inner dragons of self-sabotage and fear, clear emotional wounding patterns, and find your personal spirit song • Offers case studies and troubleshooting help for common pitfalls and obstacles on the heart-centered shamanic path • Includes access to 4 guided audio journeys narrated by the author Each of us has a vision for our lives, our soul's purpose awaiting release in our hearts. The most important task we have is to learn what that purpose is and then bring it into the world. In our world of endless busyness and "hurry sickness," many people are experiencing soul loss as they live out dreams of endless motion, empty tasks, anxiety, and negative thoughts. But you can change your world and discover the shamanic heart path that activates your wildness, your power, and your soul's purpose. Blending earth-honoring shamanic practices and modern depth psychology, Jeff Nixa explains how to practice the lost art of heart navigation to help you find your life purpose and spiritual identity, conquer the fear, doubt and criticism that stand in the way of that vision, and become a shamanic shapeshifter of your life. Providing heart-opening exercises to slow your mental racing and detect your heart's navigational guidance system, he shows how to awaken your wild and free heart, access your spiritual core directly, deactivate trauma-based emotional patterns, retrieve vital energy, work with your dreams, and become an artist of the soul. You will learn how to meet your power animals and consult with spirit guides, embark on shamanic journeys in the spirit world for help and information, slay your inner dragons of self-sabotage, find your personal spirit song, and create the joyful life that your heart is attuned to seek out. Offering case studies and troubleshooting help for common pitfalls and obstacles on the heart-centered path, this shamanic manual provides hands-on practices and ceremonies--including access to 4 guided audio journeys narrated by the author--as well as wisdom from the author's own journey and the powerful teachers he has worked with, including Sandra Ingerman, Mikkal, spiritual elders of the Oglala Lakota people, and plant-spirit medicine shamans of the Amazon jungle. Allowing you to understand the precise contours of your authentic self and your visionary heart, this book offers a map to a vibrant new life aligned with your soul and deepest calling.

Shor Shamanic Epic Folktales

Revered as wise men in ancient societies, shamans were skilled in performing communal rituals, conveying advice from the spirit world, and healing the sick. They would also make journeys between this world and the under or upper worlds. This book provides a modern interpretation of some of these historical tribal traditions, including those of the North American Indians, Inuits and Siberian tribes, and offers practical ways to interpret shamanic ritual and relate to the natural world.

Shamanic Reiki: Expanded Ways Of Working

The Lost Art of Heart Navigation