



The Beginner's Guide to Shamanic Journeying

Sandra Ingerman

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Shamanic journeying is the inner art of traveling to the invisible worlds beyond ordinary reality in order to retrieve information for change in any area of our lives, from spirituality and health to work and relationships. In *The Beginner's Guide to Shamanic Journeying*, Sandra Ingerman shares the core teachings of this transformative practice, including 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.



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