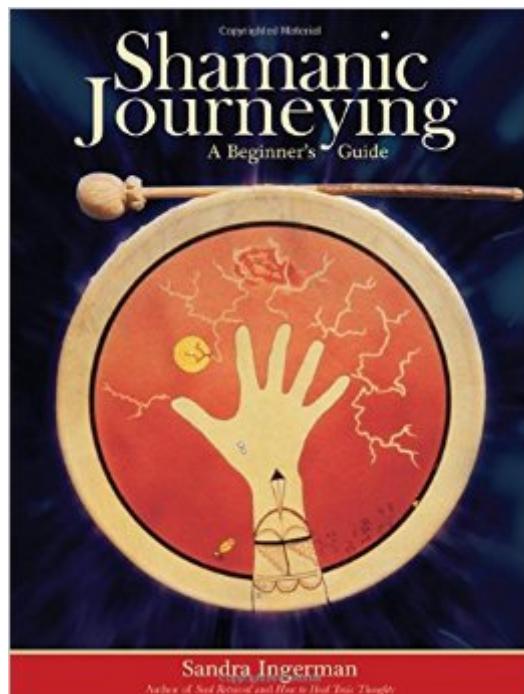


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# Shamanic Journeying: A Beginner's Guide



## 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

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## Customer Reviews

I can't say I was particularly impressed with this book. While I realize this book is for beginners this is such a small thin volume and is very basic information only. You could probably get the same info off the Internet for free. There is an included drumming CD for shamanic journeys, which is okay, but if you are buying the book mainly for the CD, there are better drumming/journeying CDs out there. You can also purchase some fairly inexpensive MP3 downloads of shamanic drumming for journeying such as Shamanic Journey Drumming Mp3 Tracks - Journey With Laughing Wolf. Some can probably get going on shamanic journeying with this book and CD, but you may wish to learn a little more on the subject before taking a journey. You might read Michael Harner's book The Way of the Shaman which is a bit dated, but has some good basic info on shamanism as Harner is an anthropologist who studied with many shamanic cultures before writing this book on core shamanic principles. He also describes a ayahuasca journey he took. I got started using Shamanic Experience: A Practical Guide to Psychic Powers, which is a beginner book on what some would term neo-shamanism and the book also includes a drumming CD for the shamanic journey. It took me a

couple of tries, but I was able to journey with the Shamanic Experience CD. I am sure a search on will produce many other options for shamanic journeying.

This is a lovely book which instructs the reader in how to explore the lower, middle and upper realms of shamanic journeying. Sandra Ingerman, a very gifted Harner -trained shaman and shamanic teacher, is also a gifted writer. Her discussions are clear and concise, well illustrated with examples from her practice, and sensibly empowering readers to explore and learn to trust their own experiences and judgment. Spirit guides frequently present images or make suggestions that may have diverse interpretations. I was particularly taken with the following example of caution needed in interpreting the language of metaphors:...the Aramaic language - the language of Jesus... was highly metaphorical and poetic. When the Bible was translated from Aramaic into Greek and then into English, the metaphors were translated literally, often changing the meaning of the words. One example is that there is no word in the Aramaic language for either 'good' or 'evil.' The most comparable words in Aramaic were 'ripe' and 'unripe,' referring to how everything is part of an ongoing, organic process. But when the Bible was translated into Green and then English, the words chosen to represent 'ripe' and 'unripe' were 'good' and 'evil.' This mistranslation alone shaped the evolution of Judao-Christian culture such that human nature became perceived as something separate from the natural cycles of readiness and unreadiness. (p. 43-44) A drumming CD to help shift consciousness for journeying comes with the book.

If it wasn't for the inclusion of the audio CD of drumming I would have knocked off another one to two stars, but it's not a bad introduction to the subject. It will whet the appetite for more information on the subject, but this small book (88 pages) won't be a satisfying meal by itself. This is the first book that I have read on the subject, apart from a couple of Robert Moss books (which are more about dreams, anyway), so I can only give my thoughts as a beginner entering this field for the first time.

This book is alright for what it is, and what it is is a beginner's volume. Strictly for absolute beginners. However, I really felt like Ingerman could have gone into greater depth. Her readers are not children, and one should be aware of what one is getting oneself into. This is not simply meditation, after all. It has its dangerous side. It is complicated as well as simple. Yes, this book is for beginners, but it doesn't let the reader know how very much more there is to Shamanism. One worries that a person interested might buy this one book, and stop there. I don't feel that someone

who has read this book is yet prepared for their first journey. Ingerman gives some decent ideas for exercises and questions to ask while journeying. For a beginner's book, yes, it's okay, but there's much she should have added. I lent the book to a friend ages ago. She hasn't returned it and I don't miss it. The best part of this book is the free drumming CD, and that doesn't say much for the book itself. I personally would recommend Hillary S. Webb's "Exploring Shamanism".

This book has been extremely helpful to me. Ms Ingerman has explained how to journey in such a simple way that anyone who wants to journey can by just following her guidance. This book has answered many questions for me. The CD is also wonderful! I highly recommend this book to beginners and to those who want to review.

This is an extraordinarily basic and disappointingly simplified explanation of shamanic journeying. Even as a first resource, this is a little light on history and rather cursory on the introductory concepts of spirit (power) animals and the Harner-inspired conceptualizations of the realms. Tom Cowan's "Shamanism as a Spiritual Practice for Daily Life" is similar in its simplicity but more expansive in handling ideas that will be helpful to the beginner looking to start a practice.

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