

Wisdom Of The Shamans What The Ancient Masters Can Teach Us About Love And Life

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The Shamanic Wisdom of the Huichol

A radical reinterpretation of the Pyramid Texts as shamanic mystical wisdom rather than funerary rituals • Reveals the mystical nature of Egyptian civilization denied by orthodox Egyptologists • Examines the similarity between the pharaoh's afterlife voyage and shamanic journeying • Shows shamanism to be the foundation of the Egyptian mystical tradition

To the Greek philosophers and other peoples of the ancient world, Egypt was regarded as the home of a profound mystical wisdom. While there are many today who still share that view, the consensus of most Egyptologists is that no evidence exists that Egypt possessed any mystical tradition whatsoever. Jeremy Naydler's radical reinterpretation of the Pyramid Texts--the earliest body of religious literature to have survived from ancient Egypt--places these documents into the ritual context in which they belong. Until now, the Pyramid Texts have been viewed primarily as royal funerary texts that were used in the liturgy of the dead pharaoh or to aid him in his afterlife journey. This emphasis on funerary interpretation has served only to externalize what were actually experiences of the living, not the dead, king. In order to understand the character and significance of the extreme psychological states the pharaoh experienced--states often involving perilous encounters with alternate realities--we need to approach them as spiritual and religious phenomena that reveal the extraordinary possibilities of human consciousness. It is the shamanic spiritual tradition, argues Naydler, that is the undercurrent of the Pyramid Texts and that holds the key to understanding both the true nature of these experiences and the basis of ancient Egyptian mysticism.

The Illumination Process

The Four Insights are the wisdom teachings that have been protected by secret societies of Earth keepers, the medicine men and women of

the Americas. The Insights state that all creation humans, whales, and even stars is made from light manifest through the power of intention. The Earth keepers mastered the Insights, and used them to heal disease, eliminate emotional suffering, and even grow new bodies that age and heal differently. Mastery of the Insights allows you to reinform your DNA and participate consciously in your biological, emotional, and spiritual evolution. According to the prophecies of the Maya, Hopi, and In ka Earth keepers, we're at a turning point in human history, when a new species of human will give birth to itself. We're going to take a quantum leap into what we're becoming and will no longer be Homo sapiens but Homo luminous. The Four Insights reveal ancient technologies we can practice for becoming beings of light with the ability to perceive the energy and vibration that make up the physical universe at a much higher level.

The Four Insights

In 1996, a revered Hawaiian elder befriended an American anthropologist, and from their rare and intimate rapport, something miraculous emerged. Through the words and teachings of the kahuna wisdom-keeper Hale Makua, Dr. Hank Wesselman was gifted with an enhanced perspective into the sacred knowledge of ancient Hawaii. Before his passing, elder Makua encouraged Dr. Wesselman to convey much of what had passed between them to the wider world, giving him permission to share his spiritual knowledge. Now, with *The Bowl of Light*, you are invited to share in the sacred wisdom of one of the world's most powerful indigenous traditions, including: *The Bowl of Light*—how we can restore our natural divine radiance The three directives of the spiritual warrior—love with humility, live with reverence, and know with self-discipline Rituals for communing with nature, receiving wisdom from the spirit world, purifying our consciousness, and more *The Ancestral Grand Plan*—exploring the path our ancestors set in motion millennia ago, and how the Plan is playing out across the world today

Shamanic Wisdomkeepers

Drawing on traditional ethnic as well as contemporary Western practice, this beautifully illustrated book, with works by indigenous artists, reveals the ancient heart of shamanism and its relevance for our lives today. It contains practical exercises, explores sacred sites, examines healing plants, and looks at the role played by power animals as spirit guides. Learn from an international array of shamans about sacred dance, shape-shifting, drumming, and sacred objects, as well as soul retrieval, divination, and other powerful practices that aid our spiritual growth.

The Way of the Shaman

Due to wars, natural disasters, a shaman not being able to train a successor, and many other reasons, Isis (through Robert) says that 95 percent of the accumulated shamanic wisdom has been lost. Now it is important to regain this wisdom as young people who are able to learn and use these processes are being born now. Beings who lived as shamans and healers on Earth at various times now speak through Robert Shapiro and bring these lost teachings and techniques to a humanity waking up and discovering it has the talents and abilities to use this

wisdom for the benefit of all. “This is a time on Earth when people are being rent asunder by dramas in their lives and are overwhelmed by dramas in the lives of others or are sometimes attached to the dramatic events of the day. In times gone by, there were people who provided knowledge, wisdom, and comfort to ease life for their people. “This book is entirely about finding comfort and ease through life. You don’t have to struggle. You don’t have to find substitutes for things you don’t have. You don’t have to get along without things you need. You need food, comfortable shelter, good health, and time to enjoy life. This book does not provide all the answers to all your questions. Rather, it is the beginning of much more to come. “Some of you are interested in how others lived their lives in the past, but most of you — especially those who need something, want something, or are desperately trying to acquire something — are interested in how people from the past acquired those things. Some of the suggestions will seem fantastic or impossible to you. Don’t assume that. Some of you will find you can produce, in some way, a portion of what those shamans from the past were able to do. This might be easier for those of you already on your spiritual path. Even if you are not on any particular spiritual path, don’t assume you cannot do these things.” — Speaks of Many Truths

Energy Strands

In a Tirio village deep in the heart of the Amazon rain forest, the shaman Nahtahlah has a place of honor in his tribe. Young Kamanya wants to learn the healing secrets of the forest plants--he hopes that he, too, will become the tribe’s shaman, so that he can cure his people. When the villagers fall sick with an illness that Nahtahlah cannot cure, many lose faith in the shaman’s wisdom--until a foreign woman helps them understand its value while giving Kamanya an opportunity to realize his dream. Lynne Cherry returns to the rain forest with ethnobotanist Mark J. Plotkin to tell an important story about the healing plants of the earth-and why we must protect them.

The Book of Ceremony

One of the pioneers in the areas of energy healing and shamanism recounts twelve stories of miraculous healings; twelve stories in which, through the use of shamanic energetic techniques, people experience extraordinary physical and emotional healings. Meet a dancer who could barely walk until a series of sessions with Villoldo, a business woman who is freed from headaches and discovers the benefits of an integrated interior life, and a young woman who confronts her past and recovers from crippling depression. Each of these stories is rooted in Villoldo's experience as a healer, a traditional mental health professional, and a devotee of indigenous wisdom and lore from around the world. Having devoted 25 years of study to the healing practices of the Amazon and Andean shamans, Alberto Villoldo, PhD, is teaching people how to actually grow new bodies. By learning the ancient Shaman wisdoms from Alberto Villoldo, you can heal disease, eliminate emotional suffering and even grow new bodies that age and heal differently. The stories in this book are amazing and inspiring.

Shamanic Breathwork

"Don Miguel Ruiz is the author of The four agreements, The mastery of love, and numerous other bestselling books. He is also one of the

most influential spiritual teachers on the planet, having touched the lives of millions and millions of people around the world. No person has been affected more by his teachings than his own son, don Miguel Ruiz Jr., and in this groundbreaking work, don Miguel Ruiz Jr. has compiled the wisdom of his father into one little, albeit extremely powerful, book."--Inside cover flap.

Awakening to the Spirit World

For anyone who's ever had the desire to look at the world through the eyes of our indigenous ancestors, here is a unique opportunity. Traveling between the Worlds is a treasure trove of insight and exploration into the ancient spiritual wisdom of such diverse cultures as Ireland, Africa, and the Americas. The keeper of this wisdom is the shaman--a man or woman who can, at will, enter into altered states of consciousness in order to acquire extrasensory knowledge and healing power. In this important book, Hillary S. Webb invites us to eavesdrop on her conversations with some of today's most influential teachers and writers of shamanism. While the conversations cover a variety of topics pertaining to the shaman's path and practice, this book explores how we in the modern world can use these ancient teachings to help ourselves, each other, and the world around us. Included in this book are conversations with: Renowned author and environmentalist John Perkins, who brings corporate executives to the Amazon to teach them the value of merging business and eco-philosophy. Rabbi Gershon Winkler, who uses the beliefs and techniques of the Jewish shamanic tradition to bring Israelis and Palestinians together on common, and more peaceful, ground--their indigenous roots. "Renegade" shaman Ken Eagle Feather of the Toltec tradition, who explains how modern technology can help us evolve into the next level of perception. Peruvian shaman Oscar Miro-Quesada, whose ideas on life and death may alter your view of reality itself. And that is just the beginning.

The Shaman's Spirit

Winds of Spirit is a practical guide to connect to powerful wind energies that navigate us toward authentic joy, power, and purpose. In this book, you'll explore the rich mythology and cultural significance of wind, and discover a powerful system to utilize the subtle, healing energies in your life. Winds of Spirit will teach you how to connect with your true inner self, use your body as a compass, and receive life-changing messages from nature. Based on an ancient sacred technique used by farmers, shamans and sailors, this system will show you how to navigate your personal path, providing insight into how to manage the wind patterns and shifting conditions affecting you. You will also learn how to invoke wind deities —gods and goddesses from around the world —and the cardinal winds from the four quadrants of the sky, each of which relate to the inner landscape of your life: mind, emotions, body, and spirit. By working with the omnipresent winds in your life, you can restore harmony and balance, heal the body, and inspire creativity. Experiential practices include wind breath, wind bath, wind knots, and more!

My Good Friend the Rattlesnake

A step-by-step shamanic guide to navigating the non-ordinary realms, locating lost soul fragments, and reintegrating them • Explains how the soul is a form of sacred energy that can escape when someone experiences trauma or stressful situations • Explores how to work with the 5 Mesoamerican cardinal directions to connect with lost soul fragments, create the ideal space for them to return, and ensure a lasting soul retrieval • Details how to enter a trance journey for navigating the spirit realm through shamanic breathwork, shamanic dancing, toning methods, as well as hand postures Drawing on her more than 20 years' experience working with present-day Mesoamerican curanderos/as and the ancient shamanic healing traditions of the Mexica and Maya, Erika Buenaflor, M.A., J.D., provides a step-by-step guide for the curanderismo practice of soul retrieval. She explains how the soul is a form of sacred energy that can escape when someone experiences trauma or is threatened by challenging and stressful situations. Its absence can be responsible for a host of negative conditions including physical ailments, depression, insomnia, and dysfunctional behavior patterns. Exploring how to retrieve this sacred energy, or soul fragments, as well as resolve cases of soul theft, the author details how to journey through the non-ordinary realms of the Underworld, Middleworld, and Upperworld to locate lost soul fragments and reintegrate them. She explains how to enter a trance journey, providing instructions for shamanic breathwork practices, shamanic dancing, sounding and toning methods, as well as hand postures (mudras) to facilitate trance states. She explores how to perform soul diagnosis, create a loving and nurturing space for soul fragments to return, and work with the healing wisdom of the 5 Mesoamerican cardinal directions: South, West, North, East, and the Center, which marries the other directions and offers a portal to other worlds. She offers pressure point exercises to release the energies of traumas and contemplative exercises to continue the reintegration of soul fragments after the trance journey. She also explains how to connect with animal guardians to aid you in the soul retrieval process. Revealing how to achieve a lasting retrieval of soul energy, Buenaflor shows how the dynamic process of curanderismo soul retrieval can heal many forms and degrees of trauma and help people move forward in life with more clarity, self-awareness, empowerment, and greater depths of authentic self-love.

Don Miguel Ruiz's Little Book of Wisdom

From rattlesnakes and rebellion to swamis and shamans, these stories by spiritual guru and bestselling author don Jose Ruiz show you how you can find your true path and discover yourself in the process.

Magical Passes

The Wisdom of the Shamans

Build Your Own Shamanic Toolkit In this beautifully illustrated guide, artist and shamanic teacher Evelyn C. Rysdyk shows you how to create, decorate, consecrate, and use various sacred tools in ritual and healing. Navaho traditional healers bring rattles, corn pollen, eagle feathers, and sage smoke together with songs and dances to affect healing. Ulchi shamans use drums, rattles, and larch tree wands called gimsacha

to work healing magic. Manchu shamans will perfume the air with incense and tie on a heavy bustle of iron jingles as a part of their ceremonial costume. Modern shamanic practitioners likewise use sacred tools to facilitate our connection to helper spirits in the Upper, Middle and Lower Worlds, as well as the spirits of nature. While you can purchase many of these tools, there's nothing quite as powerful as making your own. You'll find instructions for making rattles, drums, masks, mirrors, spirit figures, fans, bells, pouches, wands, prayer bundles, flutes, whistles, and more. Plus suggestions for responsible ways to obtain the materials you'll need. "Having an intimate connection to all the spirits that came together in my favorite rattle—knowing that the tiny pebbles came from the local riverbank, the wood handle from a lightning-struck maple in my yard, and the rawhide from a black bear that was hunted by a native friend for food—gives it a far deeper meaning and power." —from the introduction The author's original artwork and photographs of shamans and their authentic tools appear throughout the book.

Shamanic Secrets: Lost Wisdom Regained

The Illumination Process guides the reader on a healing journey, forged by the timeless wisdom of indigenous cultures and the latest theories of neurobiology. Through various stages in this journey of initiation, we grow to understand the causes of our suffering and how to free ourselves from the pain and drama of our unhealed emotions. Life itself invites us to be initiated through many means —the possibility of love, the loss of a parent or friend, the birth of a child, or a serious health crisis. True initiation is empowered by facing personal challenges and experiencing the spiritual rebirth —or illumination —that follows. Unifying this book is the sacred process of transforming toxic emotions into sources of power and grace. The Illumination Process shows us how to bid a joyful good-bye to the people and places we have met, discovering a sacred space where the spirit inhabits, uniting the body and soul. When we learn to let go from difficult situations and problems, to accept our lives as they are, we can begin to identify with a self that is eternal. Recounting his own experiences, tracing the mythologies of an array of cultures, and expanding his inquiry into the field of neurobiology, best-selling author Alberto Villoldo shows readers how they can benefit from these sacred practices.

Shaman Wisdom Cards

In *The Four Agreements*, a New York Times bestseller for over 7 years, Ruiz revealed how the process of our education, or "domestication," can make us forget the wisdom we were born with. Throughout our lives, we make many agreements that go against ourselves and create needless suffering. The Four Agreements help us to break these self-limiting agreements and replace them with agreements that bring us personal freedom, happiness, and love. In *The Fifth Agreement*, don Miguel Ruiz joins his son don Jose Ruiz to offer a fresh perspective on *The Four Agreements*, and a powerful new agreement for transforming our lives into our personal heaven. *The Fifth Agreement* takes us to a deeper level of awareness of the power of the Self, and returns us to the authenticity we were born with. In this compelling sequel to the book that has changed the lives of millions of people around the world, we are reminded of the greatest gift we can give ourselves: the freedom to be who we really are.

Wisdom from the Four Agreements

Within you is a greater, wiser self that is not bound by your fears, worries, or perceived limitations. Dr. José Luis Stevens calls this the Inner Shaman—the part of you that connects directly to the true source of the universe. "The shamans of every tradition know that the physical world we can see and touch is a mere shadow of the true spirit world," writes Dr. Stevens. With *Awaken the Inner Shaman*, he presents a direct and practical guide for opening our eyes to the greater wisdom and knowing within—and stepping into the power and responsibility we possess to shape and serve our world. In this rousing and provocative book, he invites readers to discover: What is the Inner Shaman? How an understanding of our deeper spiritual potential shows up in every mystical and scientific tradition. Seeing through the heart—why the heart offers us the most immediate path for accessing the Inner Shaman Illuminating the Inner Shaman through spirituality, quantum physics, medical science, and experiential knowing The Inner Shaman in action—how to stop living from the egoic mind and put your true essence in charge Eight tools to strengthen your connection to the Inner Shaman, and much more Humanity has become enthralled by the Siren's song of technological progress, which has lured us away from the spiritual source that truly sustains us. In *Awaken the Inner Shaman*, Dr. José Stevens challenges us to reclaim our lost power to heal, see truly, and fulfill our purpose in life. As Dr. Stevens writes: "The Inner Shaman, suppressed and ignored for centuries, can be discovered in the most obvious place possible—within your own heart."

The Beauty of the Primitive

Presents step-by-step instructions on Peruvian shamanic spiritual practices.

A Spirit Walker's Guide to Shamanic Tools

The Huichol tribes of the Sierra Madre in Mexico have thoroughly retained their ancient way of life. Their shamanic spiritual practices focus on living life in harmony with all things and offer a path path to healing both on a personal and a planetary level.

The Medicine Bag

The *Beauty of the Primitive* explores how shamanism, an obscure word introduced by the eighteenth-century German explorers of Siberia, entered Western humanities and social sciences, and has now become a powerful idiom used by nature and pagan communities to situate their spiritual quests and anti-modernity sentiments. With its interdisciplinary approach and engaging style, it promises to be the definitive account of this neglected strand of intellectual history.

Warrior Goddess Training

The Norse Shaman

Reveals for the first time the ancient tradition of bee shamanism and its secret practices and teachings • Examines the healing and ceremonial powers of the honeybee and the hive • Reveals bee shamanism's system of acupuncture, which predates the Chinese systems • Imparts teachings from the female tradition and explores the transformative powers of the magico-sexual elixirs they produce Bee shamanism may well be the most ancient and enigmatic branch of shamanism. It exists throughout the world--wherever in fact the honeybee exists. Its medicinal tools--such as honey, pollen, propolis, and royal jelly--are now in common usage, and even the origins of Chinese acupuncture can be traced back to the ancient practice of applying bee stings to the body's meridians. In this authoritative ethnography and spiritual memoir, Simon Buxton, an elder of the Path of Pollen, reveals for the first time the richness of this tradition: its subtle intelligence; its sights, sounds, and smells; and its unique ceremonies, which until now have been known only to initiates. Buxton unknowingly took his first steps on the Path of Pollen at age nine, when a neighbor--an Austrian bee shaman--cured him of a near-fatal bout of encephalitis. This early contact prepared him for his later meeting with an elder of the tradition who took him on as an apprentice. Following an intense initiation that opened him to the mysteries of the hive mind, Buxton learned over the next 13 years the practices, rituals, and tools of bee shamanism. He experienced the healing and spiritual powers of honey and other bee products, including the "flying ointment" once used by medieval witches, as well as ritual initiations with the female members of the tradition--the Mellisae--and the application of magico-sexual "nektars" that promote longevity and ecstasy. The Shamanic Way of the Bee is a rare view into the secret wisdom of this age-old tradition.

Shaman's Wisdom - Reclaim Your Lost Connection with the Universe

Utilizing the healing power of breath to change consciousness • Explains how to enter altered states of consciousness, increase paranormal abilities, and resolve old traumas using breathwork • Introduces the Five Cycles of Change that bring about major life shifts and how to work with them Incorporating psychospiritual tools with her Shamanic Breathwork practice, Linda Star Wolf shows how to spiritually journey in the same way shamans entrain to the rhythms of drums or rattles using the breath, either alone or together with music. Much like traveling to sacred places or ingesting entheogens, this practice can be used to enter altered states of consciousness, connect to cosmic consciousness, increase paranormal abilities, and awaken the shaman within. Breathwork can also be used to resolve old traumas and shapeshift unproductive modes of thinking in order to move beyond them. Utilizing the healing power of breath along with chakra-attuned music, Linda Star Wolf explores the Five Cycles of Change--the Alchemical Map of Shamanic Consciousness--and how these cycles affect you as you move through major shifts in your life.

Awaken the Inner Shaman

Soul medicine from the ancients of South America Shaman's Wisdom presents in a simple and practical way, universal shamanic knowledge that Tony Samara learned and experienced throughout his path to initiation. From the consumption of food to working with dreams, the four

elements and the cardinal points, the presentation of some respiratory and physical exercises which support spiritual development, as well as many other topics, this book reminds us of positive ancestral wisdoms, more useful than ever in today's world. Help yourself to change your life for the better.

The Bowl of Light

Today, practicing shamanism doesn't mean you have to live in a rain forest or a desert. Thanks to a modern renaissance of shamanic spirituality, practitioners from all walks of life now use powerful indigenous techniques for healing, insight, and spiritual growth. With *Awakening to the Spirit World*, teachers Sandra Ingerman and Hank Wesselman bring together a circle of renowned Western shamanic elders to present a comprehensive manual for making these practices accessible and available in our daily lives, including: How the original practice of shamanism shaped the world's spiritual traditions and why it is still relevant today. The art of the shamanic journey--a time-tested meditative method for experiencing important spiritual lessons and truths. Guidance for avoiding common pitfalls of shamanic practice. Instruction for working with your dreams, connecting to your spirit guides, healing yourself and your environment. The core of shamanism is the experience of direct revelation-- to communicate firsthand with your spiritual allies and discover your own power. *Awakening to the Spirit World* takes you through each step of developing a personal connection with your helping spirits to receive wisdom, insight, and healing energy. From an overview of shamanism, to your first journeys and encounters with your power animals, to expanding your skills and insight through long-term practice, here is an in-depth resource for the shamanic arts that includes: Creating rituals and ceremonies for healing and transformation Reconnecting with nature to heal ourselves and the planet Working with your dreams, songs, and artistic vision to strengthen your practice Traditional wisdom for children-- healthy rites of passage for each phase of a child's journey to adulthood Honoring the cycle of life and death-- shamanic practices to prepare for and celebrate our final transition in this life Excerpt Shamanism is the most ancient spiritual practice known to humankind and is the "ancestor" of all our modern religions. As a method, it is a form of meditation combined with a focused intention to accomplish various things, as well become apparent in this book. As a spiritual practice, shamanism can become a way of life that may utterly transform the one who practices it. The word "shaman" comes from the language of the Evenki peoples, a Tungusic tribe in Siberia. This is a word whose meaning has to do with esoteric knowledge and extraordinary spiritual abilities and as such a shaman is often defined as an intermediary between the human and spirit worlds. In shamanic cultures, the word "shaman" has come to mean "the one who sees in the dark" or "the one who knows." There are certain commonalities in a shaman's worldview and practice across the world that allow us to make certain broad generalizations about shamanism. In the majority of indigenous cultures, the universe is viewed as being made up of two distinct realms: a world of things seen and a world of things hidden, yet that these two worlds present themselves together as two halves of a whole. The shaman is the inspired visionary, a man or a woman who learns through practice how to enter into this "world of things hidden," and once there, he or she typically encounters extra-mundane personalities or archetypal forces that the indigenous peoples refer to as spirits, ancestors, or even gods. Reviews "*Awakening to the Spirit World*" takes a deep look at tapping sources of invisible power in daily life. So much of what Sandra Ingerman and Hank Wesselman write about is lost to modern medicine: listening to the weather and the elements, understanding death, and more. This is a courageous book that will appeal to all who long to explore the unseen world." —Judith

Orloff, MD, author of Emotional Freedom "In an era when chaos, confusion, and uncertainty take center stage, the ancestors, focused on balancing the energies of life, call forth calm, clarity, and pragmatic direction for accessing the medicine needed to heal the individual and collective psyche. In this moment in time, we are invited into "Awakening the Spirit World," where we are reassured that we are not alone. We are in good company, indeed." —Malidoma Patrice Some, PhD, author of "Of Water and the Spirit, The Healing Wisdom of Africa," and "Ritual: Power, Healing, and Community."

The Fifth Agreement

Rooted in ancient Hawaiian teachings, this book will provoke the reader into new ways of seeing themselves and the world.

Mushroom Wisdom

This classic on shamanism pioneered the modern shamanic renaissance. It is the foremost resource and reference on shamanism. Now, with a new introduction and a guide to current resources, anthropologist Michael Harner provides the definitive handbook on practical shamanism – what it is, where it came from, how you can participate. "Wonderful, fascinating... Harner really knows what he's talking about." CARLOS CASTANEDA "An intimate and practical guide to the art of shamanic healing and the technology of the sacred. Michael Harner is not just an anthropologist who has studied shamanism; he is an authentic white shaman." STANILAV GROF, author of 'The Adventure Of Self Discovery' "Harner has impeccable credentials, both as an academic and as a practising shaman. Without doubt (since the recent death of Mircea Eliade) the world's leading authority on shamanism." NEVILL DRURY, author of 'The Elements of Shamanism' Michael Harner, Ph.D., has practised shamanism and shamanic healing for more than a quarter of a century. He is the founder and director of the Foundation for Shamanic Studies in Norwalk, Connecticut.

Lessons in Courage

For us to perceive any of the worlds that exist beside our own, not only do we have to covet them but we need to have sufficient energy to seize them. In this revolutionary book, Carlos Castaneda offers readers the key to this energetic conditioning for the first time, revealing a series of body positions and physical movements that enabled various sorcerers, and their apprentices, to navigate their own sorceric journeys. By sharing this centuries-old wisdom, Carlos Castaneda makes it possible for readers to travel to some of these other realms, which are as real, unique, absolute, and engulfing as our own world. Castaneda offers both a philosophical history of magical passes and an innovative, easy-to-understand instructional format, complete with more than 450 computer-generated illustrations. Written with humor, clarity, and authority, Magical Passes further illuminates the true meaning of sorcery and magic.

The Shaman's Oracle

This book helps you discover the cables, ropes, ribbons, strands, threads, and filaments of energy that flow to and through you. By learning ancient shamanic techniques, you'll learn how to release the cords that bind you and empower the strands that strengthen and heal you. Some energy strands allow us to feel vibrant and alive. Others deplete and weaken us. Most people are unaware of these energy strands, but they can feel them on a subconscious level. In *Energy Strands*, Denise Linn shares some of the methods she's learned over the years to support you in finding harmony and balance in your life through understanding these lines of energy. Topics covered include attachments with family, ancestors, friends, lovers, crowds, and pets. *Energy Strands* also explores the connection between sound (crystal bowls), breath, meditation, and visualization in strands. You will gain practical tools to clear negative cords from unhealthy attachments, toxic relationships, and spaces. "Discovering and releasing the energy cords that don't empower you is a voyage of letting go . . . and stepping into the flow of life."

The Shaman's Guide to Power Animals

Inspired by North American Indian tradition, legend, life, lore, and religion. Readers may use the 65 cards in this deck to develop their own medicine and power on the journey through the physical and emotional worlds.

The Shaman's Mind

An experiential guide to the wisdom preserved in Europe's far north • Includes shamanic journeys to connect with deities and your ancestral shamans • Provides step-by-step instructions to prepare for and conduct a seiðr ceremony • Draws on archaeological evidence and surviving written records from Iceland • Reveals the long tradition of female shamans in northern European shamanism Shamanism is humanity's oldest spiritual tradition. In much of the Western world, the indigenous pre-Christian spiritual practices have been lost. Yet at the northern fringes of Europe, Christianity did not displace the original shamanic practices until the end of the Viking age. Remnants of Norse shamanic spirituality have survived in myths, folk traditions, and written records from Iceland, providing many clues about the ancient European shaman's world, especially when examined in conjunction with other shamanic cultures in northern Eurasia, such as the Sami and the tribes of Siberia. Reconstructing the shamanic practices of the hunter-gatherers of Scandinavia, Evelyn Rysdyk explores the evolution of Norse shamanism from its earliest female roots to the pre-Christian Viking Age. She explains how to enter Yggdrasil, the World Tree, to travel to other realms and provides shamanic journeys to connect with the ancestral shamans of your family tree, including the Norse goddess Freyja, the very first shaman. She offers exercises to connect with the ancient goddesses of fate, the Norns, and introduces the overnight wilderness quest of útisetá for reconnecting with the powers of nature. She explains the key concepts of Ørlög and Wyrð--the two most powerful forces that shape human lives--and provides exercises for letting go of harmful behavior patterns and transforming simple knowledge into profound wisdom by connecting with Óðinn. Thoroughly examining the shamanic rituals of seiðr, the oracular magic of the Nordic cultures, the author provides step-by-step instructions to prepare for and conduct a seiðr ceremony, including creating your own seiðr staff and hood, and explores the ancestral use of shamanic songs or varðlokur to accompany the ceremony. Woven throughout these exercises, Rysdyk provides

archaeological evidence from Neolithic sites supporting the long tradition of venerating wise women, grandmothers, and mothers in ancient cultures and the important role of female shamans at the heart of northern European shamanism. Providing an accessible guide for anyone trying to fulfill their shamanic callings, these powerful rituals can provide personal healing and a clear path for finding our way into a harmonious relationship with the natural world.

Winds of Spirit

Shamans have the power to heal, receive visions, and transcend their personal identities to become our representatives in the spirit world. Who are these remarkable people and what do they believe? Here are the answers, in the actual words of shamans from around the world -- along with stunning color photos taken at work, at home, and in traditional ceremonies. They discuss their training, magic abilities, the importance of the non-material world, and how to stay healthy in body, mind, and spirit.

The Shamanic Way of the Bee

'If you don't love and honour yourself with every fiber of your being, if you struggle with owning your power and passion, then it is time for an inner revolution! It is time to claim your Warrior Goddess energy.' This is a book that teaches women to see themselves as perfect just the way they are, to resist society's insistence that they seek value, wholeness and love through something outside themselves, such as a husband, children, boyfriend, career or a spiritual path. Author HeatherAsh Amara has written this book as a message for women struggling to find themselves under these false ideals. Amara challenges women to be 'warrior goddesses', to be a woman who:

- Ventures out to find herself
- Combats fear and doubt
- Reclaims her power and vibrancy
- Demonstrates her strength of compassion and fierce love

Her approach draws on the wisdom from Buddhism, Toltec wisdom and ancient earth-based goddess spirituality, and combines them all with the goal of helping women become empowered, authentic and free. Included here are personal stories, rituals and exercises that encourage readers to begin their own journey towards becoming warrior goddesses.

A Shaman's Miraculous Tools for Healing

For generation after generation, Toltec shamans have passed down their wisdom through teaching stories. The purpose of these stories is to implant a seed of knowledge in the mind of the listener, where it can ultimately sprout and blossom into a new and better way of life. In *The Wisdom of the Shamans: What the Ancient Masters Can Teach Us About Love and Life*, Toltec shaman and master storyteller don Jose Ruiz shares some of the most popular stories from his family's oral tradition and offers corresponding lessons that illustrate the larger ideas within each story. Ruiz begins by explaining that contrary to the stereotypical image of "witch doctor," the ancient shamans were men and women who fulfilled several roles within their communities: philosopher, spiritual guide, medical doctor, psychologist, and friend. According to Ruiz, their teachings are not primitive or reserved for a chosen few initiates but are instead a powerful series of lessons on love and life that are

available to us all. To that aim, he has included exercises, meditations, and shamanic rituals to help you experience the personal transformation these stories offer. The shamans taught that the truth you seek is inside of you. Let these stories, lessons, and tools be your guide to finding the innate wisdom that lives within.

Traveling Between the Worlds

Sandra Ingerman We perform ceremonies to mark important events and celebrate holidays—yet our modern approach to ceremony only scratches the surface of its true potential. With *The Book of Ceremony*, shamanic teacher Sandra Ingerman presents a rich and practical resource for creating ceremonies filled with joy, purpose, and magic. “We are hungry to connect with more than what we experience with our ordinary senses in the material world,” writes Sandra. “By performing ceremonies, you will find yourself stepping into a beautiful and creative power you might never have imagined.” Weaving shamanic teachings together with stories, examples, and guiding insights, *The Book of Ceremony* explores:

- The elements of a powerful ceremony—including setting strong intentions, choosing your space, preparing ceremonial items, and dealing gracefully with the unexpected
- Stepping into the sacred—key practices for leaving behind your everyday concerns and creating a space where magic can happen
- Guidance for working alone, in community, and across distances with virtual ceremonies
- Invoking spiritual allies—the power of working with the elements, the natural world, ancestor spirits, and the creative energy of the divine
- Sacred transitions—including ceremonies for weddings, births, rites of passage to adulthood, funerals, honorable closure, and new beginnings
- Ceremonies for energetic balance—healing and blessing, resolving sacred contracts, getting rid of limiting beliefs, creating Prayer Trees, and more
- Life as a ceremony—how to infuse your entire life with ceremonial practice, from planting a garden or to revitalizing your home or office to helping heal our planet

The Book of Ceremony is more than a “how-to” guide—it will inspire you to create original ceremonies tailored to your own needs and the needs of your community. When you invoke the sacred power of ceremony, you tap into one of the oldest and most effective tools for transforming both yourself and the world. As Sandra writes, “If you perform one powerful and successful ceremony for yourself, the principle of oneness ensures that all of life heals and evolves.”

Shamanic Wisdom in the Pyramid Texts

Mushroom Wisdom explores the universal aspects of the psilocybin mushroom experience as it relates to spirituality. Author Martin Ball explains how mushroom use can lead the spiritual seeker to profound states of self-awareness and radical understanding of the nature of the self, reality, and the sacred. Topics include looking into the spiritual mirror to uncover an authentic sense of self, developing “witness” consciousness to overcome self-limiting concepts and judgments, and removing obstacles of ego and self-induced suffering to trigger the rich experience of “spirit flow.” The book also addresses the creation and use of ritual, sacred objects, and the importance of sound and silence. Ball distinguishes between using mushrooms in spiritual work as opposed to simply having a pleasant psychedelic experience. Not a guide to how to have “fun” with psilocybin mushrooms, *Mushroom Wisdom* is a serious investigation into deep spiritual nature, drawing on both a wide array of scientific disciplines and ancient shamanic practices.

Discovering Your Spirit Animal

This Charming Petite* volume excerpts the bestselling original book in a concise and readable way, presenting "The Four Agreements: " Be impeccable with your word; Don't take anything personally; Don't make assumptions; and Always do your best.

Mystical Shaman Oracle Cards

One of the main tenets of shamanism is a belief in the power of ceremony to manifest change in the physical world. Virtually all shamanic traditions use a variety of ritual practices as tools for personal transformation, healing, and celebration. Now, in this exciting and practical book, Toltec shaman and New York Times best-selling author don Jose Ruiz introduces and explains a wealth of these shamanic rituals and ceremonies, and provides a detailed and accessible guide to performing them on your own. This book will teach you how to::: Choose and create power objects Build a personal altar and medicine wheel Align your life with the cycles of nature Find and work with your spirit animals Honor your ancestors, undertake power journeys, and much more Like the medicine bag itself, this book is a potent tool kit of spiritual practices meant to open you to a world of beauty, exploration, and transformation. By offering step-by-step instructions in each chapter, don Jose Ruiz has made these rituals and ceremonies accessible to everyone who feels called to travel the shamanic path.

The Shaman's Apprentice

Shows readers how to reconnect with nature in order to decipher the messages sent from the animals around them. This book presents a practical approach to understanding spirit animals and applying their power to specific situations in daily life. It includes an informative index of fifty-two spirit animals.

Curanderismo Soul Retrieval

This book covers the extensive history and cultural meaning of animals throughout time. From ancient texts to modern shamans the wisdom and power of the spirits of animals is revealed. Channeled messages from almost 200 animals who share their innate powers and teachings in order that humans reach their highest potential and learn to appreciate animals on all dimensions.

[Read More About Wisdom Of The Shamans What The Ancient Masters Can Teach Us About Love And Life](#)

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