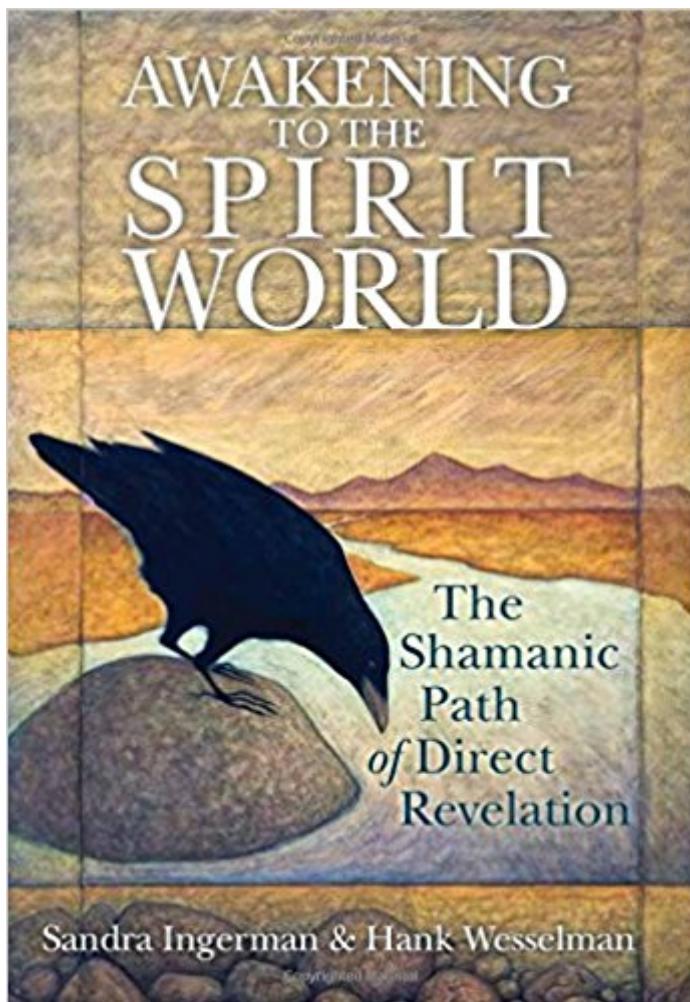


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Awakening To The Spirit World: The Shamanic Path Of Direct Revelation



Synopsis

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 Table of Contents 1 What is Shamanism?2 The Shamanic Journey3 Reconnecting with Nature4 Visionary Work with Weather and Environmental Changes5 The Power of Ceremony and Ritual6 Dreams7 Creative Art as a Bridge8 Working with Sound and Light9 Death As a Rite of Passage10 Experiential Work with Death and Dying11 All Changes Involve Death12 Our Children Are Our Future13 Working in Community14 The Transformational Community15 The Return of the Shaman 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.

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Customer 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

Sandra Ingerman is a licensed therapist and shamanic practitioner who teaches workshops around the world on shamanism and environmental sustainability. Her books include *Shamanic Journeying* (Sounds True, 2008) and *Awakening to the Spirit World* (Sounds True, 2010; with Hank Wesselman). She resides in New Mexico. See sandraingerman.com Hank Wesselman, PhD, is a paleoanthropologist and shamanic teacher who has worked with noted anthropologists investigating the mysteries of human origins in Africa. His books include *Visionseeker*, *Spiritwalker*, and *Journey to the Sacred Garden*. He lives in Hawaii.

"Awakening to the Spirit World", *The Shamanic Path to Direct Revelation* by Sandra Ingerman and Hank Wesselman. The first eight chapters - a bit more than half the book - are quite good and very interesting. They focus upon an individual's awakening and working with Shamanism relative to their own personal goals and situations. In the last seven chapters the authors seem to meander in and out of the original "awakening" theme. As they do, they sometimes start to sound (to me) more like used car salesmen than visionaries. My impression is that they simply got farther out on the philosophical/theological limb than they should be. To be fair, someone with more interest in using Shamanism to save the planet (and the energy than I do it) may well think the second have even better than the first. I want to reiterate that, on an individual, personal level, the first half of the book is really quite good, very logical, very thought-provoking, very informative and likely very useful.

I immediately took to this book and found the wisdom and instruction extremely helpful. As an added bonus, you get access to sound tracks with rattles and drum beats at a tempo intended to induce a state conducive to this type of work/journeying. It's a worthwhile read if you're curious about working directly with Spirit and walking the path of healing and wholeness.

I appreciate Sandra Ingerman's style of writing. This book provides a great deal of information on the topic of shamanism. I have been looking at several authors' point of view regarding the Shamanic path. Everyone I have read has interesting aspects of "the journey" to talk about. But Sandra's perspective is always gentle. She presents shamanism in a beautiful way through her writing style. There is a lot of information available regarding this subject and many books duplicate the topic of "the journey," with a slight variation here and there. I have purchased the audio meditation variation of this book and I listen to it often. The audio version does not duplicate the contents of this book, but enhances it. It takes you on "the journey" step by step and each time I listen to it, I glean something new from the journey. I plan on purchasing more books by this author.

If you find yourself even thinking about buying this book, then you already need to. You are ready for it's message now.

Learning , Thank You

Wonderful book and great read for anyone interested in expanding or continuing their spiritual journey. A compilation for experiences of leading modern shaman.

Excellent gift for anyone who is interested in learning more about shamanism.

What makes this work important to me is that the healing of the planet depends on our renewed ability to merge our consciousness with the natural order. Without that, we are homeless and an offense to the web of life. We need to find our belonging to have the necessary empathy for what is truly sacred, all that is given, not invented by us, that lives on its own, as gifts to us, and for which we, with our big brains and straight spines, are stewards. Collectively, we are miserable stewards and those with empathy must be disappointed in us, heartbroken. One of the most inspiring findings in the journeys that H. Wesselman reports in his trilogy is that technology itself passes away as unsustainable and leaves the natural order, life itself, in place of the awful businesses of extraction and depletion of resources. We really cannot go on this way. Life won't let us. Healing and connecting with what is real and true is the business of the shamanic path. It is the door to remembering our own sacred place in the web of life. Maybe it's too late but I think we ought not betray our potential by giving up or forgetting that we are, ourselves, created and life, itself, supreme. Here's one way to get back to that original garden. For me, another way is described in Vladimir Megre's Ringing Cedar Series, Book IV, Co-Creation. If you can't read all of them, read that one.

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