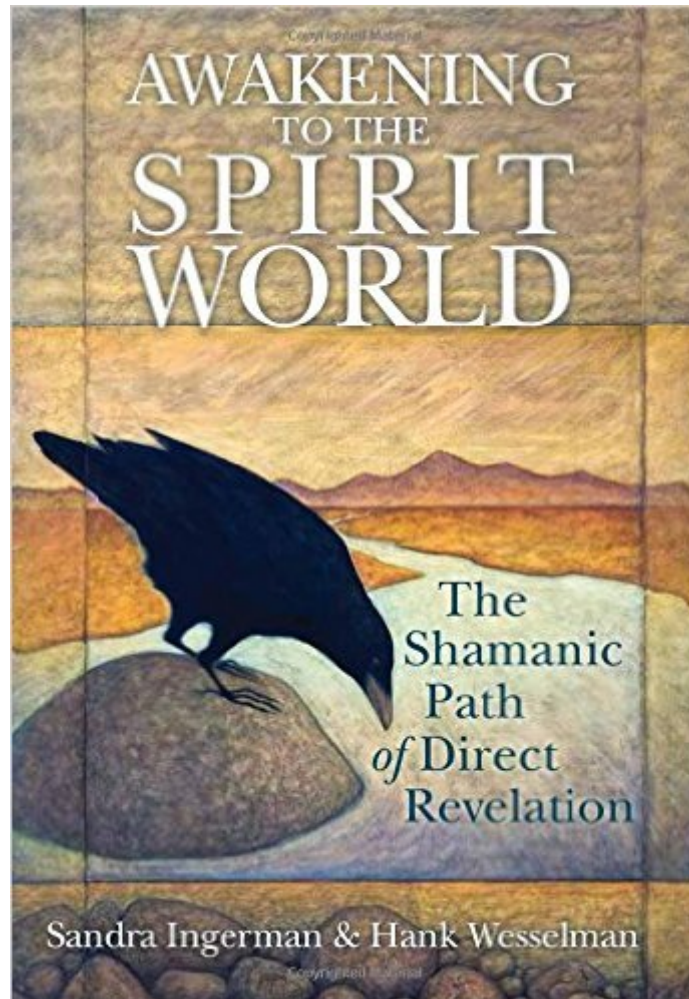


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# Awakening To The Spirit World: The Shamanic Path Of Direct Revelation



## 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

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**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.

## **Book Information**

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## **Customer Reviews**

Very well written, easy to read book with a lot of thought and insight and research put into it. I was delighted when I saw it - it is a gorgeous book with a really gorgeous cover - I LOVE that art - but I was pleasantly surprised that it came with Shamanic tracts on a CD. I had not realized the book came with a cd! I had no problem finishing this book. I read it in sections, and looked forward to my time alone with it. What I liked might be hard to put into words....as one that's been on a Shamanic pagan path for many years, this book coincided very well with my beliefs and the ritual elements that it discussed, they are already my own, and I will vouch for their effectiveness. But it wasn't THAT... There's tidbits in this book, especially some of the words from the shamans interviewed for this book, that sort of flipped some switches I didn't know I had. I gathered some very AHA! insights from this book, which are well worth the cost in time and effort put into reading it. I felt PUSHED along on my current path, perhaps saving me unknown amounts of time and meditation on certain

things. It's a bit surreal, it is by its nature hard to express. The CD tracks are also very effective - the author(s) have studied beats from many cultures, many Shamans, and have found that they have a lot in common, and that is what the trance drumming is based on. I do think that Wiccans and Neopagans would enjoy this book as well. Some of the ritual elements certainly overlap. This book was recently featured on a Coast to Coast radio show. If you read it, and like it, you might catch that on the web or something. One of the authors talked more about his personal journey and the effort of research that went into this. This book was well researched by a well educated scientist.

This is a lovely book....inside and out. I particularly love the crow on the cover; I have a murder of crows which live on my land and I just adore their silly-ness and their sense of humor.... But enough about the cover..Shamanism is an ancient study/awareness of the Universe in my opinion. There are many indigenous peoples who hold these sacred practices from their ancestors, in high esteem. This book helps to allow some of these special ceremonies and magic to surface. It gives us knowledge and ways to communicate with the energy and the spirits who surround us. There is also a drumming CD included, which is a very nice touch. I was drawn to the chapters on Dreaming and Death because these two subjects are pertinent to me. These are such important topics for healing and for release. I believe humans should be more informed with end of life issues and to embrace this time as a special journey, rather than shunning it, out of fear. Everyone should be allowed the dignity of dying with grace. These chapters help greatly in explaining this powerful rite of passage. The Dreaming chapter is just as revealing and should be read by everyone. Our dreams are so important to our \*knowing.\* Our Spirit Guides are here to help with our questions and they love nothing more than to help us. Learning from them and honouring them should be part of our daily thanks. The paranormal is normal, the supernatural is natural. Nature is the way back to ourselves. I wouldn't call this book a manual, it's more of an eye opener or an overview. But it is a journey worth taking and a way to learn how to relax and spend time with the unknown. Highly recommended and I feel it would make a very thoughtful gift.

"Awakening to the Spirit World" is an excellent overview that covers a lot of ground, giving us a bit of history of the beginnings of shamanism, the indigenous cultures that have nurtured the teachings, and how their spiritual leaders, whether they be called shamans, medicine men, or something else, have tapped into the supernatural and touched the unknown, become acquainted with their spirit animals, wandered the inner worlds, and received revelation. Sandra Ingerman and Hank Wesselman have brought us other voices to join them in this volume: Tom Cowan, Carol

Proudfoot-Edgar, Jose Luis Stevens, and Alberto Villoldo. All of them have their own experience to add to this wide-ranging teaching, and if you read this book with an open mind, I have no doubt that you will get nuggets of pure wisdom from it. I have some favorite sections: Carol Proudfoot-Edgar on working with our animal companions in Chapter 2, "The Shamanic Journey," a chapter where we learn exercises to prepare and travel on our own personal journey. Chapter 7, "Creative Art as a Bridge," which talks of the power of words, and how we can heal and bless with what we say. Chapter 11, "All Change Involves Death," and the erasing of personal history to remove the emotion out of past events that prevent us from moving forward. Among the things that blessed me most in the book was Hank Wesselman's respectful version of the Lord's Prayer in Chapter 5. Saying it aloud is transformative. The book includes a CD with 4 pieces of drumming and other instruments, specifically made for journeying, that is most helpful. Total time is 62.21, enough time to journey and to relax (this is especially useful for city-dwellers, to drown out any extraneous noises).

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