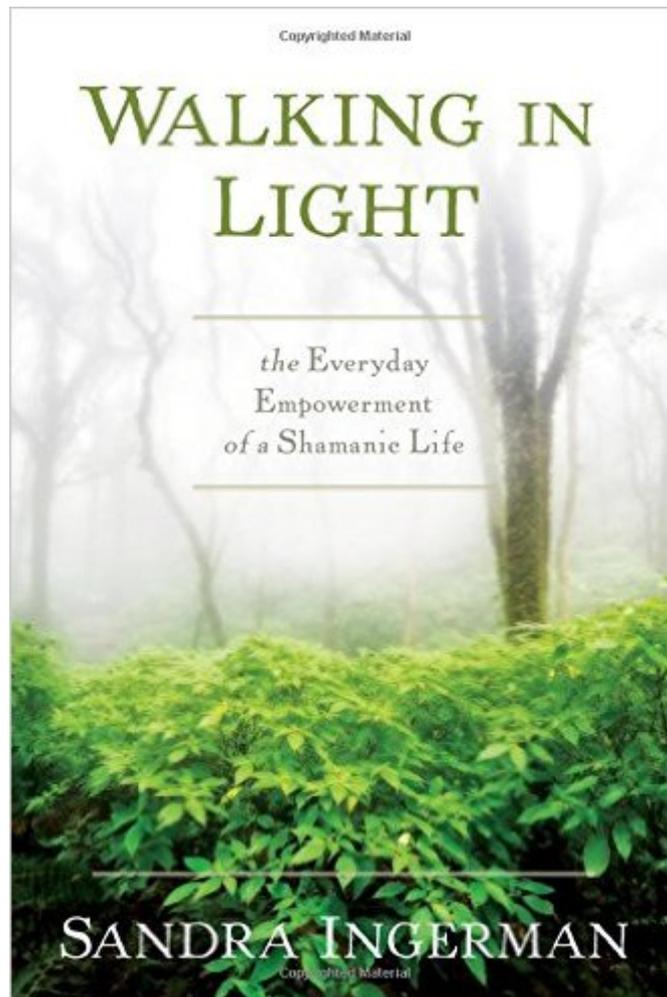


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Walking In Light: The Everyday Empowerment Of A Shamanic Life



Synopsis

A shaman can serve as a healer, storyteller, and a keeper of wisdom—but most of all, teaches Sandra Ingerman, “Shamans radiate a light that uplifts everybody. In our culture, we tend to focus on methods and forget that the greatest way we can offer healing to the world is to become a vessel of love.” With *Walking in Light*, this renowned teacher offers a complete guide for living in a shamanic way—empowered by purpose, focus, and a deep connection to the spiritual dimensions. “Shamanism remains so relevant because it continues to evolve to meet the needs of the times and culture,” teaches Sandra. Here you are invited to participate in the modern evolution of this ancient and powerful form of spirituality, featuring:

- Foundational practices—lucid instruction on the shamanic journey, ceremonies, and other techniques for accessing the hidden realms of spirit
- Compassionate spirits, allies, and ancestors—how to contact and build a relationship with your power animals and spiritual helpers
- Healing from a shamanic perspective—practices that can integrate with and enhance any healing modality
- Guidance for deepening your connection with the environment and the rhythms of the natural world
- Ways to cultivate a rich inner landscape that empowers your intentions and actions in every aspect of your life, and much more

Walking in Light is a comprehensive resource filled with practical techniques, indigenous wisdom, and invaluable guidance for both new and experienced shamanic practitioners. Most importantly, Sandra Ingerman illuminates the meaning behind the practices—revealing our universe as a place where spirit is the ultimate reality, where our intentions shape our world, and where unseen allies support us on every step of our journey.

Book Information

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Customer Reviews

This has been very helpful to me. I'm sure there is excellent psychology behind the exercises. It is very positive throughout. Any examples of negative human traits are brief and to the point, to explain why and how we can change. There is enough material here, and enough exercises, to keep a person busy growing and connecting for a very long time. I am nearly to the end of the book, even though I have been careful to read only small bits at a time. I like to give myself time to process each bit, to get maximum effect. The book is easy enough to read that I could have finished it quickly, and still gained much, but I wanted to feel it on a deeper level. I know I will be going back through it many times, as these exercises can be helpful done many times, and besides, I can't possibly remember everything. I wasn't sure I would like this book. If memory serves, that doubt lingered into the very first of the book. I was pleasantly surprised, even amazed at how perfect this book is for what I need at this time. So many great ways to connect with our spiritual self, and the spiritual world.

Sandra Ingerman has a knack for teaching complex concepts in a very accessible way and that is just what she continues to do in her latest book. Weaving personal stories with profound spiritual awakenings, she successfully takes the reader through traditional shamanic thinking to the application of shamanic principles to our modern life and challenges. Always hopeful and inspiring, her work encourages the reader to develop a daily practice that will support and sustain not only the individual but also our planet and all of life.

Engaging, timely and informative. This is a wonderfully in-depth discussion and experiential approach to journeying for the reader's personal growth as well as teaching ways to be empowered, supportive, and fully-engaging using life experiences and techniques used in Core Shamanism. I would highly recommend this book to anyone looking to deepen their connection with their own guides and helpers and to learn how to expanding our consciousness and extending their connection to nature and the spirit in all things.

Sandra Ingerman's most comprehensive book to date, in my opinion. Very reader-friendly and accessible to those familiar with Core Shamanism, and those who are intrigued and curious about the subject. Known and highly regarded for her teaching of this subject throughout the world, this book is a great resource for those seeking tangible and grounding daily practices, as well as those interested in helping the planet. Highly recommend.

In Sandra Ingerman's latest book, she shares practical wisdom culled from decades of her own shamanic practice, teaching, and work with clients. 'Practical' because, with her clear direction, any reader can apply the comprehensive wisdom she presents to their own life, gaining greater depth, mastery, fulfillment, and love in the Earth school where we find ourselves today. I already have recommended this book to two of my shamanic students, and I know I'll be sharing it with clients as well. -- Lenore Norrgard, CSC

I loved this book as it fulfilled my requirements for enjoyment and knowledge. I was searching for a body of knowledge that encompasses positive ways to help and enlighten both my self and perhaps others. she was clear in her presentation informative and gave lots customizable exercises to deepen our experience. I would recommend this book to all that need to feel empowered to love the earth and the manic of humanity. In sometimes a challenging times she provides a beautiful light.

This book was a gem. It added so much quality to my spiritual path. My attunement to nature was heightened, my spiritual practice, expanded. Sandra gently guides the reader through simple yet empowering exercises, or ceremonies, to connect with spirit animals, the light within us, the elemental word, the hidden realms. Brief meditations are included, journey prompts, client experiences, and powerful quotes to carry and go to throughout the day. My favorite being, "what you feed, grows". Wherever you are on your spiritual path, this book will open your mind and expand it.

Walking in Light is subtle yet profound, simple, rich and deep! She writes from deep within. I so resonate with her work. Thank you, Sandra! Katy Ingersoll

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