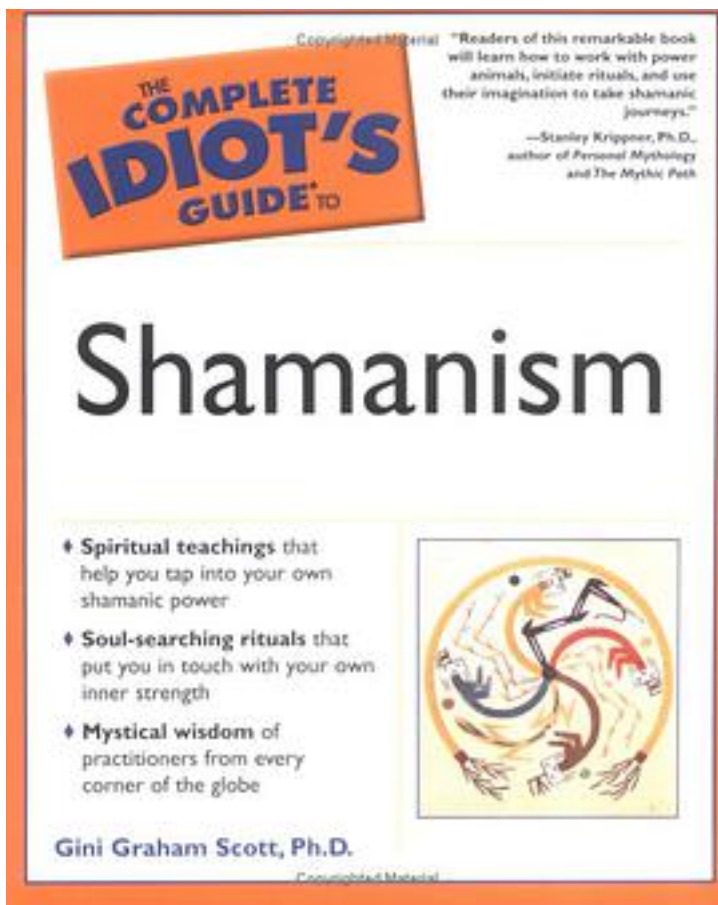


The Complete Idiot's Guide to Shamanism



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You're no idiot, of course. You know that shamans are also known as medicine men and women, who use the power of the mind and call on spiritual helpers to heal the afflicted. However, this ancient art has been put to more modern uses, including problem solving, empowerment, and personal mastery. But you don't have to trek

through steamy Amazonian jungles or frigid Siberian tundra to become enlightened in the ways of shamanism! The Complete Idiot-s Guide- to Shamanism will show exactly how to discover your own shamanic power-and how that power will guide you in your everyday life! In this Complete Idiot-s Guide-, you get:--Shamanic history-from its origins in Paleolithic times to its spreading influence today.--Power animals-where to locate them and how they communicate with you.--How to take a shamanic journey-traveling through the Lower, Upper, and Middle Worlds, and exploring your past or future.--Shamanic healing techniques in use with modern medicine.

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