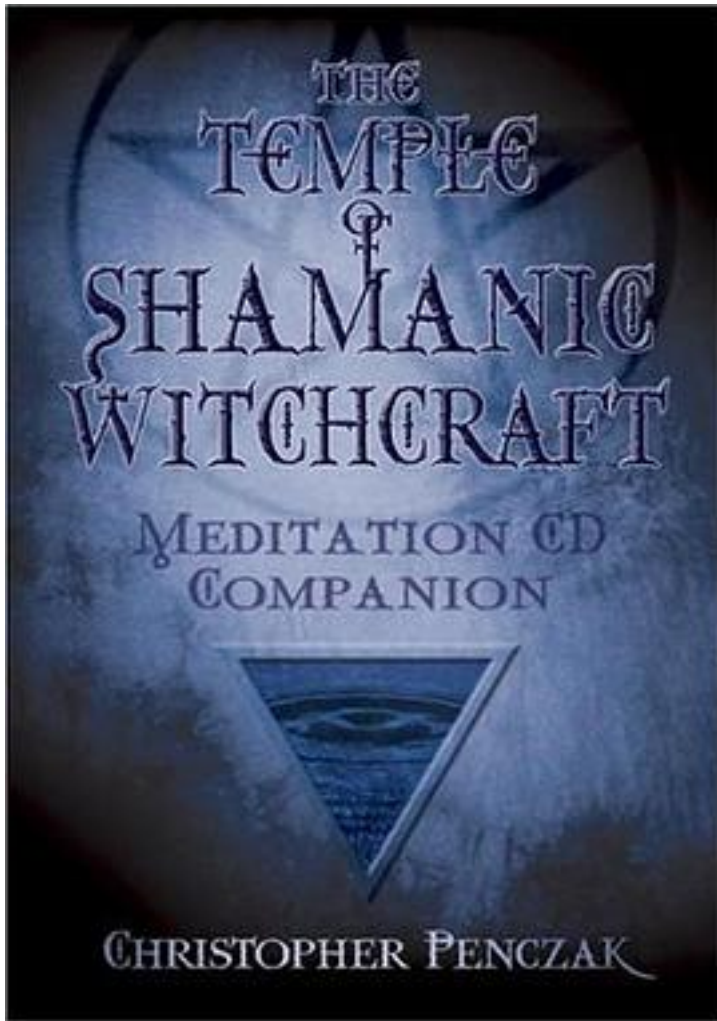# The Temple Of Shamanic Witchcraft Companion



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著者:Penczak, Christopher

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This four-CD set complements The Temple of Shamanic Witchcraft by Christopher

Penczak--a year-and-a-day training guide for Wiccans seeking to expand their practice through the shamanic arts. Two CDs feature enchanting music and the author's soothing words to help you relax and embark on enlightening shamanic journeys. The rest of the set is devoted to guiding listeners through exercises related to emotional body training, tree breathing, higher self connection, upper world energy, plant spirit communication, healing past-life regression, hands-on healing, and more.

作者介绍:

目录:

The Temple Of Shamanic Witchcraft Companion_下载链接1_

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