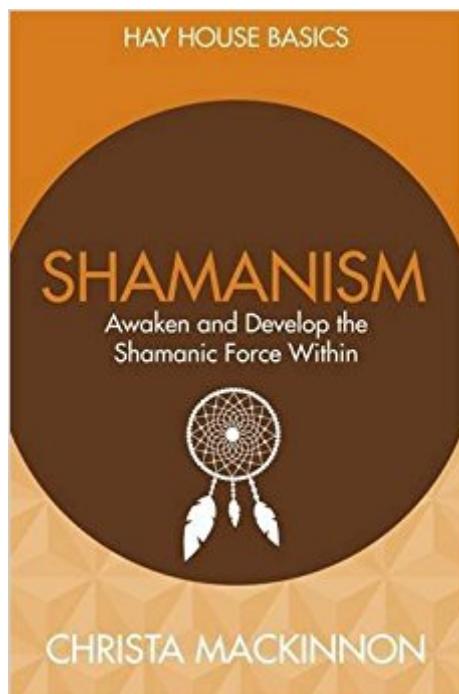


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# Shamanism: Awaken And Develop The Shamanic Force Within (Hay House Basics)



## Synopsis

Shamanism is the oldest and most enduring spiritual wisdom tradition, and is playing a major part in the psycho-spiritual awakening and movement we see now all across the globe. In today's disconnected, fragmented world, shamanism has the power to offer us the connection and wholeness we so need. In this book, Christa Mackinnon introduces the reader to a range of shamanic tools and approaches – including ceremony, trance journeying, vision quests, nature work, drumming, dancing, and lucid dreaming – to help readers heal, expand their consciousness, and reach their highest potential. This highly practical and straightforward manual demonstrates how to: build an altar – conduct small ceremonies – connect with spirit helpers – carry out ancestral work – and much more! Through these practices, readers will learn how to come back to their roots, put soul and spirit at the heart of their existence, and develop authentic vision, purpose and meaning in life.

## Book Information

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## Customer Reviews

Christa Mackinnon is a psychologist, family counsellor and clinical hypnotherapist, whose life was transformed by her discovery of shamanism. After training with numerous well-respected shamanic teachers, Christa now runs groups and workshops combining contemporary psychology and therapy with psycho-spiritual shamanic work. She is the author of *Shamanism and Spirituality in Therapeutic Practice*. [www.christamackinnon.com](http://www.christamackinnon.com)

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