



Awakening to the Spirit World: The Shamanic Path of Direct Revelation

By Sandra Ingerman, Hank Wesselman

[Download now](#)

[Read Online](#) 

Awakening to the Spirit World: The Shamanic Path of Direct Revelation By Sandra Ingerman, Hank Wesselman

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

Table of Contents

- 1 What is Shamanism?
- 2 The Shamanic Journey
- 3 Reconnecting with Nature
- 4 Visionary Work with Weather and Environmental Changes
- 5 The Power of Ceremony and Ritual
- 6 Dreams
- 7 Creative Art as a Bridge
- 8 Working with Sound and Light
- 9 Death As a Rite of Passage
- 10 Experiential Work with Death and Dying
- 11 All Changes Involve Death
- 12 Our Children Are Our Future
- 13 Working in Community
- 14 The Transformational Community
- 15 The Return of the Shaman

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.

 [Download Awakening to the Spirit World: The Shamanic Path o ...pdf](#)

 [Read Online Awakening to the Spirit World: The Shamanic Path ...pdf](#)

Awakening to the Spirit World: The Shamanic Path of Direct Revelation

By Sandra Ingerman, Hank Wesselman

Awakening to the Spirit World: The Shamanic Path of Direct Revelation By Sandra Ingerman, Hank Wesselman

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

Table of Contents

- 1 What is Shamanism?
- 2 The Shamanic Journey
- 3 Reconnecting with Nature
- 4 Visionary Work with Weather and Environmental Changes
- 5 The Power of Ceremony and Ritual
- 6 Dreams
- 7 Creative Art as a Bridge
- 8 Working with Sound and Light
- 9 Death As a Rite of Passage
- 10 Experiential Work with Death and Dying

- 11 All Changes Involve Death
- 12 Our Children Are Our Future
- 13 Working in Community
- 14 The Transformational Community
- 15 The Return of the Shaman

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.

Awakening to the Spirit World: The Shamanic Path of Direct Revelation By Sandra Ingerman, Hank Wesselman Bibliography

- Sales Rank: #46093 in Books
- Brand: Brand: Sounds True
- Published on: 2010-03-01
- Format: Unabridged
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x 6.25" w x 1.00" l, 1.06 pounds
- Binding: Paperback
- 329 pages



[Download Awakening to the Spirit World: The Shamanic Path o ...pdf](#)



[Read Online Awakening to the Spirit World: The Shamanic Path ...pdf](#)

Download and Read Free Online Awakening to the Spirit World: The Shamanic Path of Direct Revelation By Sandra Ingerman, Hank Wesselman

Editorial Review

Review

"Awakening to the Spirit World" takes a deep look at tapping sources of invisible power in daily life. So much of what Sandra Ingerman and Hank Wesselman write about is lost to modern medicine: listening to the weather and the elements, understanding death, and more. This is a courageous book that will appeal to all who long to explore the unseen world."

--**Judith Orloff, MD**, author of *Emotional Freedom*

"In an era when chaos, confusion, and uncertainty take center stage, the ancestors, focused on balancing the energies of life, call forth calm, clarity, and pragmatic direction for accessing the medicine needed to heal the individual and collective psyche. In this moment in time, we are invited into 'Awakening the Spirit World,' where we are reassured that we are not alone. We are in good company, indeed."

--**Malidoma Patrice Some, PhD**, author of *Of Water and the Spirit, The Healing Wisdom of Africa, and Ritual: Power, Healing, and Community*

About the Author

Sandra Ingerman is a licensed therapist and shamanic practitioner who teaches workshops around the world on shamanism and environmental sustainability. Her books include *Shamanic Journeying* (Sounds True, 2008) and *Awakening to the Spirit World* (Sounds True, 2010; with Hank Wesselman). She resides in New Mexico. See sandraingerman.com

Hank Wesselman, PhD, is a paleoanthropologist and shamanic teacher who has worked with noted anthropologists investigating the mysteries of human origins in Africa. His books include *Visionseeker*, *Spiritwalker*, and *Journey to the Sacred Garden*. He lives in Hawaii.

Users Review

From reader reviews:

Maria Scully:

Why don't make it to be your habit? Right now, try to prepare your time to do the important action, like looking for your favorite reserve and reading a e-book. Beside you can solve your condition; you can add your knowledge by the e-book entitled *Awakening to the Spirit World: The Shamanic Path of Direct Revelation*. Try to face the book *Awakening to the Spirit World: The Shamanic Path of Direct Revelation* as your close friend. It means that it can to become your friend when you really feel alone and beside that of course make you smarter than previously. Yeah, it is very fortuned in your case. The book makes you much more confidence because you can know everything by the book. So , let us make new experience in addition to knowledge with this book.

Phyllis Callahan:

Do you really one of the book lovers? If so, do you ever feeling doubt when you find yourself in the book

store? Try to pick one book that you find out the inside because don't ascertain book by its include may doesn't work this is difficult job because you are frightened that the inside maybe not since fantastic as in the outside search likes. Maybe you answer may be Awakening to the Spirit World: The Shamanic Path of Direct Revelation why because the great cover that make you consider about the content will not disappoint you actually. The inside or content is actually fantastic as the outside or even cover. Your reading 6th sense will directly make suggestions to pick up this book.

Michael Becker:

Is it a person who having spare time in that case spend it whole day through watching television programs or just laying on the bed? Do you need something totally new? This Awakening to the Spirit World: The Shamanic Path of Direct Revelation can be the answer, oh how comes? The new book you know. You are thus out of date, spending your extra time by reading in this new era is common not a nerd activity. So what these textbooks have than the others?

John Lockett:

As a pupil exactly feel bored in order to reading. If their teacher expected them to go to the library in order to make summary for some guide, they are complained. Just small students that has reading's spirit or real their passion. They just do what the trainer want, like asked to the library. They go to right now there but nothing reading seriously. Any students feel that reading through is not important, boring in addition to can't see colorful pictures on there. Yeah, it is to be complicated. Book is very important for you personally. As we know that on this era, many ways to get whatever we want. Likewise word says, ways to reach Chinese's country. Therefore , this Awakening to the Spirit World: The Shamanic Path of Direct Revelation can make you really feel more interested to read.

Download and Read Online Awakening to the Spirit World: The Shamanic Path of Direct Revelation By Sandra Ingerman, Hank Wesselman #UOZXNI21JSD

Read Awakening to the Spirit World: The Shamanic Path of Direct Revelation By Sandra Ingerman, Hank Wesselman for online ebook

Awakening to the Spirit World: The Shamanic Path of Direct Revelation By Sandra Ingerman, Hank Wesselman Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Awakening to the Spirit World: The Shamanic Path of Direct Revelation By Sandra Ingerman, Hank Wesselman books to read online.

Online Awakening to the Spirit World: The Shamanic Path of Direct Revelation By Sandra Ingerman, Hank Wesselman ebook PDF download

Awakening to the Spirit World: The Shamanic Path of Direct Revelation By Sandra Ingerman, Hank Wesselman Doc

Awakening to the Spirit World: The Shamanic Path of Direct Revelation By Sandra Ingerman, Hank Wesselman MobiPocket

Awakening to the Spirit World: The Shamanic Path of Direct Revelation By Sandra Ingerman, Hank Wesselman EPub