

The Shamans Dream The Journeyers Journal

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Dreams

An examination of the sacred botany and the pagan origins and rituals of Christmas • Analyzes the symbolism of the many plants associated with Christmas • Reveals the shamanic rituals that are at the heart of the Christmas celebration The day on which many commemorate the birth of Christ has its origins in pagan rituals that center on tree worship, agriculture, magic, and social exchange. But Christmas is no ordinary folk observance. It is an evolving feast that over the centuries has absorbed elements from cultures all over the world--practices that give plants and plant spirits pride of place. In fact, the symbolic use of plants at Christmas effectively transforms the modern-day living room into a place of shamanic ritual. Christian R ä tsch and Claudia M ü ller-Ebeling show how the ancient meaning of the botanical elements of Christmas provides a unique view of the religion that existed in Europe before the introduction of Christianity. The fir tree was originally revered as the sacred World Tree in northern Europe. When the church was unable to drive the tree cult out of people ' s consciousness, it incorporated the fir tree by dedicating it to the Christ child. Father Christmas in his red-and-white suit, who flies through the sky in a sleigh drawn by reindeer, has his mythological roots in the shamanic reindeer-herding tribes of arctic Europe and Siberia. These northern shamans used the hallucinogenic fly agaric mushroom, which is red and white, to make their soul flights to the other world. Apples, which figure heavily in Christmas baking, are symbols of the sun god Apollo, so they find a natural place at winter solstice celebrations of the return of the sun. In fact, the authors contend that the emphasis of Christmas on green plants and the promise of the return of life in the dead of winter is just an adaptation of the pagan winter solstice celebration.

Higher Stages of Human Development

Ayahuasca, Healing, Shamanism, Spirituality: "How does it all come together?" Ayahuasca: Mother of Rebirth is an authentic exploration of Ayahuasca as medicine for the Soul. Uncover the heart of shamanism as a lifelong spiritual quest; a path that can heal depression, trauma, and addiction. Whether you were born into a shamanic culture or "civilized" society, you will be taken on a journey through the mundane and into the profound, and forbidden. Drawn from a lifetime of shamanic experience, both traditional and modern, Ankhara invites you to encounter the spirits of Plants, Ancestors, and Elements in an

adventure that will shake you to your roots!

Native Funk & Flash

A dazzling work of personal travelogue and cultural criticism that ranges from the primitive to the postmodern in a quest for the promise and meaning of the psychedelic experience. While psychedelics of all sorts are demonized in America today, the visionary compounds found in plants are the spiritual sacraments of tribal cultures around the world. From the iboga of the Bwiti in Gabon, to the Mazatecs of Mexico, these plants are sacred because they awaken the mind to other levels of awareness--to a holographic vision of the universe. *Breaking Open the Head* is a passionate, multilayered, and sometimes rashly personal inquiry into this deep division. On one level, Daniel Pinchbeck tells the story of the encounters between the modern consciousness of the West and these sacramental substances, including such thinkers as Allen Ginsberg, Antonin Artaud, Walter Benjamin, and Terence McKenna, and a new underground of present-day ethnobotanists, chemists, psychonauts, and philosophers. It is also a scrupulous recording of the author's wide-ranging investigation with these outlaw compounds, including a thirty-hour tribal initiation in West Africa; an all-night encounter with the master shamans of the South American rain forest; and a report from a psychedelic utopia in the Black Rock Desert that is the Burning Man Festival. *Breaking Open the Head* is brave participatory journalism at its best, a vivid account of psychic and intellectual experiences that opened doors in the wall of Western rationalism and completed Daniel Pinchbeck's personal transformation from a jaded Manhattan journalist to shamanic initiate and grateful citizen of the cosmos.

The Medicine Bag

With warmth and compassion, Sandra Ingerman describes the dramatic results of combining soul retrieval with contemporary psychological concepts in this visionary work that revives the ancient shamanic tradition of soul retrieval for healing emotional and physical illness. This revised and updated edition includes a new afterword by the author.

Breaking Open the Head

In Focus Crystals describes over 100 crystals, from amethyst to zircon, complete with detailed summaries of their uses, qualities, and strengths, all expertly presented by crystal therapist Bernice Cockram. Included inside the back cover is a set of 7 double-sided grid cards that provide quick and easy reference to laying out crystals for healing, energizing, and more. Feeling creatively or spiritually blocked? Having trouble sleeping? Perhaps you are suffering from a physical ailment? Regardless of what may be plaguing you, the innate power within crystals can have tremendous healing effects. This artfully designed guide covers everything you need to know to benefit from their healing power, including how to: Work with crystal energy Select crystals from the various shapes available Cleanse crystals to clear away unwanted energy Use crystals for dowsing Work with chakras, auras, and the zodiac Set up crystal grids The *In Focus* series applies a modern approach to teaching the classic body, mind, and spirit subjects. Authored by experts in their respective fields, these beginner's guides feature smartly designed visual material that clearly illustrates key topics within each subject. As a bonus, each book includes reference cards or a poster, held in an envelope inside the back cover, that give you a quick, go-to guide containing the most important information on the subject.

Islamization and Native Religion in the Golden Horde

In Focus Shamanism is your go-to reference for everything you need to know about shamanism.

Shapeshifting with Our Animal Companions

A leader of dream workshops and seminars details a unique, nine-step approach to understanding dreams, using contemporary dreamwork techniques developed from shamanic cultures around the world. *Conscious Dreaming* shows you how to use your dreams to understand your past, shape your future, get in touch with your deepest desires, and be guided by your higher self. Author Robert Moss explains how to apply shamanic dreamwork techniques, most notably from Australian Aboriginal and Native American traditions, to the challenges of modern life and embark on dream journeys. Moss's methods are easy, effective, and entertaining, animated by his skillful retelling of his own dreams and those of his students—and the dreams' often dramatic insights and outcomes. According to Moss, some shamans believe that nothing occurs in ordinary reality unless it has been dreamed first. In the dreamscape, we not only glimpse future events, we can also develop our ability to choose more carefully between possible futures. *Conscious Dreaming's* innovative system of dream-catching and transpersonal interpretation, of dream re-entry and keeping a dream journal enables the reader to tap the deepest sources of creativity and intuition and make better choices in the critical passages of life.

The World Ayahuasca Diaspora

Shamanic journeying is the inner art of traveling to the invisible worlds beyond ordinary reality to retrieve information for change in every area of our lives from spirituality and health to work and relationships. With *Shamanic Journeying*, readers join world-renowned teacher Sandra Ingerman to learn the core teachings of this ancient practice and apply these skills in their own journey. Includes drumming for three shamanic journeys.

Peruvian Shamanism

Contained within the pages of this book are the sacred teachings and guiding principles the Pachakuti Mesa Shamanic Tradition from Peru. Founded by kamasqa curandero don Oscar Miro-Quesada from Lima, Peru, this traditional wisdom is expressed through the ceremonial use of a complex altar system, known as a Pachakuti Mesa. This book functions as a compendium of this altar's ceremonial use amidst the backdrop of Peru's rich pre-Columbian history, cosmology, mythology, and centuries of healing artistry. The Pachakuti Mesa tradition is a living, breathing, evolving, holistic spiritual practice that is designed to build bridges between cultures, while honoring the universal wisdom of nature itself. This book seeks to unveil the methodology of this particular form of tribal shamanic practice in a way that is accessible to the western aspirant by offering parallels and cultural comparisons as well as references from leading scholars in the field of anthropology. Ultimately this book is designed to provide a "behind the scenes" account of the ritual practices and teachings of this tradition, while also offering the reader practical and pragmatic tools for applying this traditional wisdom to one's modern day life. Note: This book (originally published in 2002) was written over the course of four years while immersed in a direct shamanic apprenticeship with renowned Kamasqa

Curandero don Oscar Miro-Quesada from Lima, Peru. This current version has been recently updated and fully revised (2017) to include over 100 pages of new information, photos, diagrams, and illustrations.

The Shaman's Oracle

"First published in 2004 by Berghahn Books; Social analysis, volume 48, issue 2, summer 2004"--T.p. verso.

Cave and Cosmos

This book is the first substantial study of Islamization in any part of Inner Asia from any perspective and the first to emphasize conversion narratives as important sources for understanding the dynamics of Islamization. Challenging the prevailing notions of the nature of Islam in Inner Asia, it explores how conversion to Islam was woven together with indigenous Inner Asian religious values and thereby incorporated as a central and defining element in popular discourse about communal origins and identity. The book traces the many echoes of a single conversion narrative through six centuries, the previously unknown recounting of the dramatic & "contest&" in which the khan & Özbek adopted Islam at the behest of a Sufi saint named Baba T& ü kles. DeWeese provides the English-language translation of this and another text as well as translations and analyses of a wide range of passages from historical sources and epic and folkloric materials. Not only does this study deepen our understanding of the peoples of Central Asia, involved in so much turmoil today, but it also provides a model for other scholars to emulate in looking at the process of Islamization and communal religious conversion in general as it occurred elsewhere in the world.

Dreamgates

A guide to interpreting dreams.

The Way of the Shaman

With compassion and compelling insight, the Pleiadians, those system-busting time-travelers from the future, take us on a journey through the uncharted lands of The Book of Earth, which comprises all human experience. While "our world goes belly-up in these most absurd of times," they offer us "tools for survival." During the crucial period between 1987 and 2012--a nanosecond in the annals of existence where secrets and solutions are stored--we have the unique opportunity to move from the deepest of density to the highest of frequencies--where we shift from linear to multi-dimensional living. To make this transition, we must face not only the limitations of our 3-D world with its electronic manipulation and mind control, we must embrace our own wounds, and those of our ancestors and our leaders. To heal ourselves, to raise our frequency from one of despair and fear to one of great inspiration and love, the Pleiadians urge us to rethink and reevaluate our lives: "You shall change, you will change, you must change, because this is the season of change."

Ayahuasca

A guide to worldwide shamanism and shamanistic practices, emphasizing historical and current cultural adaptations. * Nearly 200 entries on shamanic belief systems, practices, rituals, and related phenomena * 152 contributors including international experts and pioneering researchers in the field * 100 photos, charts, and tables * Multicultural bibliography of significant materials from the fields of history, ethnography, and anthropology

Consciousness Medicine

Shamanism is an ancient spirituality rooted in the belief that all matter has consciousness and that accessing the spirit in all things is part of what keeps the world and people healthy and in balance. Spirit beings surround us and are the source of a spirit walker's ability to profoundly influence life events and thrive in difficult circumstances. In *Spirit Walking*, shamanic practitioner Evelyn Rysdyk shows how we can all connect with the spirit world to find balance and healing. Using shamanic techniques that have been proven over thousands of years of human existence, Rysdyk offers a step-by-step guide to understanding and integrating shamanic practices into one's life through: Power Animals Prayers and Rituals Discovering the Creative Energy of Emotion Imagination and Manifestation Learning to Shape-shift Divination Traditional Shamanic Healing Rysdyk shares powerful stories of shamans from a variety of cultures such as Nepal, Tuva, the Ulchi from Siberia, and from Peru. She brings a fresh perspective to the work by showing how the latest findings in quantum physics are verifying that we are all connected in an intricate web of energy and spirit.

Shamanic Breathwork

The Writer's Journey is an insider's guide to how master storytellers from Hitchcock to Spielberg have used mythic structure to create powerful stories. This new edition includes analyses of latest releases such as *The Full Monty*.

Pagan Christmas

A world-renowned authority on the history, uses, and power of dreaming, Robert Moss guides neophyte and experienced adventurers alike to open their own dreamgates. Through these gates await otherwise inaccessible realms of reality as well as soul remembering — the “recovering of knowledge that belonged to us before we came into this life experience.” Exercises, meditations, and the mesmerizing tales of fellow dream travelers outline Moss's Active Dreaming technique, a kind of shamanic soul-flight that offers “frequent flyers” a passport between worlds. In this world beyond physical reality, Moss points to wellsprings of healing, creativity, and insight. As readers move into these different ways of seeing and knowing, they may also communicate with spiritual guides and departed loved ones in ways that transform their everyday lives.

Spirit Walking

Speaking with Nature

“ The best known life coach in America ” (Psychology Today) and bestselling author of Finding Your Own North Star provides a new transformational program for creating an unconventional life path to a sustainable way of life. Martha Beck ’ s program has been practiced by Oprah and featured on Super Soul Sunday! Finding Your Way in a Wild New World reveals a remarkable path to the most important discovery you can make: the knowledge of what you should be doing with your one wild and precious life. It ’ s the thing that so fulfills you that, if you knew what it was, you ’ d run straight toward it through brambles and fire. Life coach and bestselling author of Finding Your Own North Star Martha Beck guides you to find out how you got to where you are now and what you should do next, with clear instructions on tapping into the deep, wordless knowledge you carry in your body and soul. You probably have sensed that you have a higher calling and a quiet power that could change the world—you lack only the tools. With her sparkling prose, Beck draws from ancient wisdom and modern science to help you consciously tap into that power and develop those tools for transformation. You ’ ll also find your inner identity and your external “ tribe ” of like-minded people, experience the spark of inspiration, and take action to make a lasting impact on the world. Compassionate and inspirational, Finding Your Way in a Wild New World is a revolutionary journey of self-discovery that leads to miraculous change.

21 Secrets of the Bible

Details the ways to use dreams as the "portals to the worlds beyond physical reality," enabling the reader to recover knowledge from before birth

The Wisdom of the Shamans

This classic on shamanism pioneered the modern shamanic renaissance. It is the foremost resource and reference on shamanism. Now, with a new introduction and a guide to current resources, anthropologist Michael Harner provides the definitive handbook on practical shamanism — what it is, where it came from, how you can participate. "Wonderful, fascinating... Harner really knows what he's talking about." CARLOS CASTANEDA "An intimate and practical guide to the art of shamanic healing and the technology of the sacred. Michael Harner is not just an anthropologist who has studied shamanism; he is an authentic white shaman." STANILAV GROF, author of 'The Adventure Of Self Discovery' "Harner has impeccable credentials, both as an academic and as a practising shaman. Without doubt (since the recent death of Mircea Eliade) the world's leading authority on shamanism." NEVILL DRURY, author of 'The Elements of Shamanism' Michael Harner, Ph.D., has practised shamanism and shamanic healing for more than a quarter of a century. He is the founder and director of the Foundation for Shamanic Studies in Norwalk, Connecticut.

The Writer's Journey

DIVA special issue of PUBLIC CULTURE, this collection of essays forms an empirically grounded, conceptual discussion that posits global millennial capitalism as a historical formation./div

Finding Your Way in a Wild New World

In 1980, Michael Harner blazed the trail for the worldwide revival of shamanism with his seminal classic *The Way of the Shaman*. In this long-awaited sequel, he provides new evidence of the reality of heavens. Drawing from a lifetime of personal shamanic experiences and more than 2,500 reports of Westerners' experiences during shamanic ascension, Harner highlights the striking similarities between their discoveries, indicating that the heavens and spirits they've encountered do indeed exist. He also provides instructions on his innovative core-shamanism techniques, so that readers too can ascend to heavenly realms, seek spirit teachers, and return later at will for additional healing and advice. Written by the leading authority on shamanism, *Cave and Cosmos* is a must-read not only for those interested in shamanism, but also for those interested in spirituality, comparative religion, near-death experiences, healing, consciousness, anthropology, and the nature of reality. Praise for Michael Harner and *The Way of the Shaman* "What Yogananda did for Hinduism and D. T. Suzuki did for Zen, Michael Harner has done for shamanism—namely, bring the tradition and its richness to Western awareness." —from *Higher Wisdom*, by Roger Walsh and Charles S. Grob "Wonderful, fascinating... Harner really knows what he's talking about." —Carlos Castaneda, best-selling author of *The Teachings of Don Juan* and *The Active Side of Infinity* "An intimate and practical guide to the art of shamanic healing and the technology of the sacred. Michael Harner is not just an anthropologist who has studied shamanism; he is an authentic white shaman." —Stanislav Grof, author of *The Adventure of Self-Discovery* "Harner has impeccable credentials, both as an academic and as a practicing shaman. Without doubt (since the recent death of Mircea Eliade) the world's leading authority on shamanism." —Nevill Drury, author of *The Elements of Shamanism* "Michael Harner is a great shaman. He also proves that a person can be both a scientist and a shaman." —Bo Bair Rinchinov, Siberian Buryat shaman

In Focus Shamanism

Spiritual seekers, shamanic journeyers, and those with an interest in cross-cultural mythology will find Rudolph's work invaluable as readers look back in order to look forward. The Bible as we know it today is actually a mishmash of translations, from ancient Hebrew into Greek and Latin and, from there, into English and a host of other languages. What began as oral lore became written verse, which in turn became holy text. Much has been lost over the course of these translations—sometimes unintentionally, sometimes deliberately by religious authorities pursuing their own agendas. The earliest earth-based spiritual teachings found in the Bible were actually driven underground, their messages hidden and virtually inaccessible. The word pagan merely means countryside and it was used to identify people who lived close to the Earth, followed the seasons, looked to the stars, and learned from the cycles of life that surrounded them. These were the people of ancient times who transmitted the original oral lessons that were later codified within the Bible. *21 Secrets* takes readers on a shamanic quest to discover these long-forgotten oral teachings of some of the world's most influential tales and journeys. Through cross-cultural shamanic eyes there are numerous surprising revelations including Eve as the hero of the Garden of Eden, and the serpent as the agent of creation here on Earth.

Ritual in Its Own Right

Discusses how to modify the basic shamanic beliefs and practices found in other cultures as centering devices in everyday life

In Focus Crystals

Can feminism be squared with the Bible? Kassian meets this question head-on with a thorough and balanced inquiry into the history of feminism followed by a biblical, point-by-point critique of feminist movement.

Shamanic Journeying

With contributions and additional material from Raymond Buckland, Raven Grimassi, Patricia Telesco, Morning Glory Zell-Ravenheart, and other illustrious members of The Grey Council, here is the book Merlin would have given a young Arthurif only it had existed. This essential handbook contains everything an aspiring Wizard needs to know. It is profusely illustrated with original art by Oberon and friends, as well as many woodcuts from medieval and alchemical manuscripts—plus charts, tables, and diagrams. It also contains: Biographies of famous Wizards in history and legend; Descriptions of magickal tools and regalia (with full instructions for making them); spells and workings for a better life; rites and rituals for special occasions; a bestiary of mythical creatures; systems of divination; the Laws of Magick; myths and stories of gods and heroes; lore and legends of the stars and constellations; instructions for performing amazing illusions, special effects, and many other wonders of the magickal multiverse. To those who study the occult, in particular, Witchcraft, the name of Oberon Zell-Ravenheart is internationally-known and respected. He is a genuine Wizard, and he has written this book for any person wishing to become one. Perhaps, as some have written, Oberon Zell-Ravenheart is the real Albus Dumbledore to aspiring Harry Potters! In addition to his own writings in this collection, he also presents other writers who add some highly thoughtful insights. Such as Raymond Buckland, among others. The illustrations and photographs which accompany the text are among the finest found anywhere, and are a helpful boon to those wanting to see what they are reading about. Biographies of many famous Wizards of history and legend appear in the book. Detailed descriptions of magickal tools with information for making them appears in this book. Additional information includes rites and rituals for special occasions, a bestiary of mythical creatures, a detailed and educational discussion on the laws of magick, myths, and lore of the stars and constellations. This book is full of instructions! As a handbook and guide for becoming a Wizard, this is as near perfect and honest a book as one will find today. New Page Books has done a great service to the paranormal and occult community readers by publishing this worthwhile reference book. Oberon Zell-Ravenheart has written a classic on Wizardry. This is his masterpiece. One of the American pioneers of Paganism in the United States, his lifetime of learning and information is shared with readers from all walks of life. He started in 1968 with the publication of his award-winning journal, Green Egg, and is often considered by readers as one of their favorite Pagan writers. The lessons in this fine book are accurate, honest, and entertaining. If you want to become a Wizard, this is the book to start with, and learn from. This Grimoire is must-have reading for readers interested in true magick. The information given on ghosts will hold the reader spellbound, as will all information in this reference book!

Grimoire for the Apprentice Wizard

Utilizing the healing power of breath to change consciousness • Explains how to enter altered states of consciousness, increase paranormal abilities, and resolve old traumas using breathwork • Introduces the Five Cycles of Change that bring about major life shifts and how to work with them Incorporating psychospiritual tools with her Shamanic Breathwork practice, Linda Star Wolf shows how to spiritually journey in the same way shamans entrain to the rhythms of drums or rattles using the breath, either alone or together with music. Much like traveling to sacred places or ingesting entheogens, this practice can be used to enter altered states of consciousness, connect to cosmic consciousness, increase paranormal abilities, and awaken the shaman within. Breathwork can also be used to resolve old traumas and shapeshift unproductive modes of thinking in order to move beyond them. Utilizing the healing power of breath along with chakra-attuned music, Linda Star Wolf explores the Five Cycles of Change--the Alchemical Map of Shamanic Consciousness--and how these cycles affect you as you move through major shifts in your life.

Shamanism

"Françoise Bourzat has written an authoritative book on guided psychedelic therapy with important lessons for anyone thinking of either guiding or being guided." —Michael Pollan via Twitter A comprehensive guide to the safe and ethical application of expanded states of consciousness for therapists, healing practitioners, and sincere explorers Psychedelic medicines also known as entheogens are entering the mainstream. And it's no wonder: despite having access to the latest wellness trends and advances in technology, we're no healthier, happier, or more meaningfully connected. Psilocybin mushrooms, ayahuasca, and LSD—as well as other time-tested techniques with the power to shift consciousness such as drumming, meditation, and vision quests—are now being recognized as potent catalysts for change and healing. But how do we ensure that we're approaching them effectively? Françoise Bourzat—a counselor and experienced guide with sanctioned training in the Mazatec and other indigenous traditions—and healer Kristina Hunter introduce a holistic model focusing on the threefold process of preparation, journey, and integration. Drawing from more than thirty years of experience, Bourzat's skillful and heartfelt approach presents the therapeutic application of expanded states, without divorcing them from their traditional contexts. Consciousness Medicine delivers a coherent map for navigating nonordinary states of consciousness, offering an invaluable contribution to the field of healing and transformation.

The Sage Age

Ayahuasca is a psychoactive substance that has long been associated with indigenous Amazonian shamanic practices. The recent rise of the drink's visibility in the media and popular culture, and its rapidly advancing inroads into international awareness, mean that the field of ayahuasca is quickly expanding. This expansion brings with it legal problems, economic inequalities, new forms of ritual and belief, cultural misunderstandings, and other controversies and reinventions. In *The World Ayahuasca Diaspora*, leading scholars, including established academics and new voices in anthropology, religious studies, and law fuse case-study ethnographies with evaluations of relevant legal and anthropological knowledge. They explore how the substance has impacted indigenous communities, new urban religiosities, ritual healing, international drug policy, religious persecution, and recreational drug milieus. This unique book presents classic and contemporary issues in social science and the humanities, providing rich material on the burgeoning expansion of ayahuasca use around the globe.

Conscious Dreaming

This evocative guide to Shamanism takes you on a journey from its origins in Europe, North America, Siberia and the Arctic Circle through to contemporary rituals to try today. Illustrated with cultural images, totems and people, shaman John Matthews reveals the rich animistic traditions of this ancient spirituality and reveals how it can empower your life. Discover: The significance of power animals Shapeshifting - moving into different states of being Healing with spirit guides Vision questing - finding guidance in meditation and dream experiences Working with totems Shamanic drumming and trance

In Focus Chakra Healing

One of the main tenets of shamanism is a belief in the power of rituals and ceremonies to manifest change in the physical world. Every shamanic school on the planet uses rituals and ceremonies as tools for personal transformation. In this book, shaman and New York Times bestselling author don Jose Ruiz explains many of the most popular rituals and ceremonies used in shamanism and instructs readers how to perform these rites on their own. This book is a how-to guide for creating power objects and animal totems and learning how to do soul retrieval, recapitulation, dream training, and more. The son of don Miguel Ruiz, the author of the world-renowned Four Agreements, don Jose Ruiz is a shaman in the Native American Toltec tradition.

Shamanism as a Spiritual Practice for Daily Life

Become a more complete peaceful, spiritual, emotional, and physical individual with In Focus Chakra Healing. This essential guide provides in-depth summaries about each chakra, followed by expert advice from Roberta Vernon on how to identify and restore blocked, weak, or closed chakras through common holistic approaches, such as crystal healing, color healing, astrological healing, essential oils, and magic healing. Included inside the back cover is a beautifully illustrated 18 × 24 – inch wall chart detailing the main characteristics of the major and minor chakras. Chakras are energy centers in our bodies that act as the seats of our internal functions, such as health, state of mind, and body functions, as well as our external environments, like alerting us when a place feels right for us or when it makes us feel uncomfortable. However, the six major chakras—base, sacral, solar plexus, heart, throat, brow, and crown—are many times blocked or misaligned, bringing about a host of negative ailments, feelings, and emotions. Thankfully, chakras can be corrected through various healing practices explained in this guide. Common ailments addressed: Overeating Digestive disorders Fatigue Allergies Emotional stress Physical stress Headaches The In Focus series applies a modern approach to teaching the classic body, mind, and spirit subjects. Authored by experts in their respective fields, these beginner's guides feature smartly designed visual material that clearly illustrates key topics within each subject. As a bonus, each book includes reference cards or a poster, held in an envelope inside the back cover, that give you a quick, go-to guide containing the most important information on the subject.

The Feminist Mistake

This volume brings together contributions from researchers who address crucial questions of developmental theory such as what are the highest stages of human development? Each chapter takes Piagetian theory as a point of departure and provides a more comprehensive vision of human development.

Shamanic Wisdom for Pregnancy and Parenthood

Connecting with nature and nature beings to help heal us and the Earth • Provides experiential practices to communicate with nature and access the creative power of the Earth • Shares transformative wisdom teachings from conversations with nature beings, such as Snowy Owl, Snake, Blackberry, Mushroom, and Glacial Silt, exploring the role of each in bringing balance to the planet Nature and the Earth are conscious. They speak to us through our dreams, intuition, and deep longings. By opening our minds, hearts, and senses we can consciously awaken to the magic of the wild, the rhythms of nature, and the profound feminine wisdom of the Earth. We can connect with nature spirits who have deep compassion and love for us, offering their guidance and support as we each make our journey through life. Renowned shamanic teachers Sandra Ingerman and Llyn Roberts explain how anyone can access the spirit of nature whether through animals, plants, trees, or insects, or through other nature beings such as Mist or Sand. They share transformative wisdom teachings from their own conversations with nature spirits, such as Snowy Owl, Snake, Blackberry, Mushroom, and Glacial Silt, revealing powerful lessons about the feminine qualities of nature and about the reader ' s role in the healing of the Earth. They provide a wealth of experiential practices that allow each of us to connect with the creative power of nature. Full of rich imagery, these approaches can be used in a backyard, in the wilderness, in a city park, or even purely through imagination, allowing anyone to communicate with and seek guidance from nature beings no matter where you live. By communing and musing with nature, we learn how to speak to the spirit that lives in all things, bringing balance to us and the planet. By tapping into the feminine wisdom of the Earth, we evoke a deep sense of belonging with the natural world and cultivate our inner landscape, planting the seeds for harmony and a natural state of joy.

Dreamgates

Journeys with animals for personal transformation and enlightenment • Reveals how shapeshifting with the animal kingdom allows us to experience different forms of consciousness and expand our perception of the world • Examines the three phases of transforming consciousness: letting go, opening to experience, and integrating awareness • Explores how shapeshifting provides an understanding of death as a transformation rather than an ending In Shapeshifting with Our Animal Companions, Dawn Baumann Brunke moves beyond the “ how ” and “ why ” of animal communication presented in her earlier books to a profound journey of shared spiritual awareness. Through conversations, dreams, and merged consciousness with a variety of animals and spirit beings, she reveals the vast treasure of wisdom and experiences offered to us as we open ourselves to the consciousness of others, confront and release our fears of death, and expand our sensory perception to include other modes of existence. Brunke reveals how by shapeshifting--moving in and out of shared awareness with others and particularly animals--we may better understand and embrace the diversity of consciousness in our world as we learn to awaken our true selves. Through encounters with shapeshifting animal teachers, she explores the three stages of transforming consciousness: letting go of old ideas and habitual modes of perception, experiencing different forms of consciousness through the eyes of others, and integrating these experiences into a greater awareness of our own being--thus discovering the deeper nature of who we all really are.

The Shamanism Bible

This delightful 1974 classic is replete with new images, updates on favorite artists, and a thoughtful afterword by the author that reflects on what was at the heart of the '60s counterculture. Native Funk and Flash sits alongside treasured costume and fashion bibles on the shelves of the great designers of our times. Many artists, now in their prime, credit their early encounter with it for their own choice of career and inspiration. Within these pages hand-embroidered and hand-painted imagery enhance dear old shirts and jeans, serving the dual purpose of extending their usefulness and emblazoning the wearer with messages of love, psychedelic daydreams, and mysticism for all to see. The ethos of a generation is captured here: the scenes, sound, smell, look, politics, spirit, and most of all, the love is expressed in this moment in time when people cared so deeply for one another and the future that they wore it on their sleeves. Carved wooden doors, chairs, handmade fanciful shoes, beads, leather, incredible jewelry, a playground, patched upholstery everything was fair game for inventive self-expression, whether one was a skilled adept or a beginner with a dream. No craft or design collection should be without this book.

Millennial Capitalism and the Culture of Neoliberalism

Combining the knowledge of physics with intuitive practice is no small task. The two disciplines often use the same words to mean entirely different things. Written for the seeker with more than a casual interest, *The Sage Age - Blending Science with Intuitive Wisdom* demystifies complex ideas with intelligent analogies and examples designed to appeal to both the scientist and the natural intuitive. Four years in the writing, this expansive new work combines knowledge from the physical sciences and the intuitive arts to present a visionary perspective that harmonizes these diverse disciplines into one body of knowledge. With a well-researched approach to its subjects, *The Sage Age* covers a broad range of material from ancient to modern thought, frontier science and current intuitive practice to deliver a depth and breadth of understanding that culminates in a holistic perspective for our time. Living up to its mantra of "new models for new thought," *The Sage Age* is certain to be a catalyst for dialogue and is destined to be a major work in its field.

Family of Light

A guide to consciously exploring and honoring the spiritual and emotional journey of becoming a parent • Provides tools and meditations to engage the sacred wisdom-keeper within and create personal shamanic medicine to support you and your family • Discusses the shamanic perspective on miscarriage, fertility issues, postpartum stress, blended families, and adoption as a form of birthing through the heart • Provides shamanic teachings and techniques for conception, each trimester of pregnancy, birth, and the postpartum period The journey into parenthood transforms us, whether our children are biological, adopted, in spirit, or not yet conceived. As we give birth through heart or body, we not only shape-shift into mothers and fathers, but also gain access to the deep inner well of spiritual wisdom that opens with initiation into parenthood. In this guide to consciously exploring the shamanic journey of pregnancy and parenthood, Anna Cariad-Barrett offers techniques and ceremonies to honor the transformation of becoming a parent and engage the sacred wisdom-keeper within. She provides tools and meditations to create personal shamanic medicine to support you and your family on this journey as well as connect with the wisdom of nature, expand your intuition, and explore altered states of consciousness. Restoring honor to the shadow side of parenthood, the author discusses the shamanic perspective on miscarriage, fertility, sexuality, postpartum stress and depression, blended families, and adoption as a form of birthing

through the heart. She explains how to heal any deep psychic wounds from your birth family and transform negative beliefs you may hold about parenthood. She provides chapters on each trimester of pregnancy, offering specific teachings and techniques appropriate to each stage as well as conception, birth, and the postpartum period. Whether you are preparing to welcome your first child or seeking spiritual support for the multidimensional experience of being a parent, the author shows how to reclaim and reconnect all the experiences of parenthood and how, through this rite of passage, we give birth to our most authentic selves.

Soul Retrieval

For generation after generation, Toltec shamans have passed down their wisdom through teaching stories. The purpose of these stories is to implant a seed of knowledge in the mind of the listener, where it can ultimately sprout and blossom into a new and better way of life. In *The Wisdom of the Shamans: What the Ancient Masters Can Teach Us About Love and Life*, Toltec shaman and master storyteller don Jose Ruiz shares some of the most popular stories from his family's oral tradition and offers corresponding lessons that illustrate the larger ideas within each story. Ruiz begins by explaining that contrary to the stereotypical image of "witch doctor," the ancient shamans were men and women who fulfilled several roles within their communities: philosopher, spiritual guide, medical doctor, psychologist, and friend. According to Ruiz, their teachings are not primitive or reserved for a chosen few initiates but are instead a powerful series of lessons on love and life that are available to us all. To that aim, he has included exercises, meditations, and shamanic rituals to help you experience the personal transformation these stories offer. The shamans taught that the truth you seek is inside of you. Let these stories, lessons, and tools be your guide to finding the innate wisdom that lives within.

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