

# **Shamanic Journeying: A Beginner's Guide By Sandra Ingerman**

**By Sandra Ingerman**

Shamanic journeying is the inner art of traveling to the invisible worlds beyond ordinary reality in order to retrieve information for change in any area of our

SHA 502 - Basic Shamanic Journeying Shamanic Journeying: A Beginner s Guide Sandra Ingerman is the author of Soul Retrieval:

Experiencing the Shamanic Journey for Insight, Vision & Healing with Sandra Ingerman. based on Sandra Ingerman s book Shamanic Journeying: A Beginner s Guide,

"Shamanic Journeying" offers an interactive learning experience to discover how to journey into an altered state of consciousness beyond time and space, just as

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Author information. Sandra Ingerman is a licensed therapist and shamanic practitioner who teaches workshops around the world on shamanism and environmental

Sandra Ingerman, MA, is an award The Everyday Empowerment of Shamanic Life. She teaches workshops internationally on shamanic journeying,

This is a lovely book which instructs the reader in how to explore the lower, middle and upper realms of shamanic journeying. Sandra Ingerman, a very gifted Harner

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