The Way of the Shaman-Michael Harner 2011-07-26 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.

Survival Quest (the Way of the Shaman Book #1)-Vasily Mahanenko 2015-10-26 Barliona. A virtual world jam-packed with monsters, battles - and predictably, players. Millions of them come to Barliona, looking forward to the things they can't get in real life: elves and magic, dragons and princesses, and unforgettable combat. The game has become so popular that players now choose to spend months online without returning home. In Barliona, anything goes: you can assault fellow players, level up, become a mythical hero, a wizard or a legendary thief. The only rule that attempted to regulate the game demanded that no player was allowed to feel actual pain. But there's an exception to every rule. For a certain bunch of players, Barliona has become their personal hell. They are criminals sent to Barliona to serve their time. They aren't in it for the dragons' gold or the abundant loot. All they want is to survive the virtual inferno. They face the ultimate survival quest.

Clans War (The Way of the Shaman: Book #7) LitRPG Series-Vasily Mahanenko (Vasilij Mahaněnko) 2018-07-26 An original LitRPG fantasy from one of the fathers of LitRPG. #1 bestseller in audiobooks. The unrelenting #1 LitRPG bestseller since 2012. Translated into English, German, Polish, Czech and Korean languages. Not long ago, Daniel Mahan, known to everyone as Shaman Mahan, thought that he had taken his sixth and final step in the Barliona gameworld. Yet life has other ideas. The Corporation decides to resurrect the Lord of Shadow and his entire host. The Corporation’s CEO personally pushes the reset button. Geranika and his Dragon of Shadow spring back to life as, meanwhile, the Corporation makes an offer the Shaman can’t refuse.

Shaman’s Revenge (The Way of the Shaman: Book #6) LitRPG Series-Vasily Mahanenko (Vasilij Mahaněnko) 2018-07-26 An original LitRPG fantasy from one of the fathers of LitRPG. #1 bestseller in audiobooks. The unrelenting #1 LitRPG bestseller since 2012. Translated into English, German, Polish, Czech and Korean languages. Daniel Mahan, the legendary Shaman of the Barliona game-world, has served his sentence in virtual reality. Eleven months of adventures and battles in exchange for eight years in prison isn’t a bad trade-off. And yet Barliona refuses to relinquish its grip on the Shaman so easily, erasing the boundary between his two realities. It turns out that it’s not so simple to leave the capsule—the Way must be completed...

The Phantom Castle (The Way of the Shaman: Book #4) LitRPG series-Vasily Mahanenko (Vasilij Mahaněnko) 2018-07-26 The Kartoss Gambit (The Way of the Shaman: Book #2) LitRPG series-Vasily Mahanenko (Vasilij Mahaněnko) 2018-06-09 An original LitRPG fantasy from one of the fathers of LitRPG. #1 bestseller in audiobooks. The unrelenting #1 LitRPG bestseller since 2012. Translated into English, German, Polish, Czech and Korean languages. Attention all LitRPG readers! This is a special-edition bonus story for those Way of the Shaman fans who don’t want to wait for the translation of Book Six. This isn’t a new novel but a short story chock full of spoilers. The story retells the climactic ending of Book Five from the viewpoint of Anastaria.

The Hour of Pain (The Way of the Shaman: a bonus story) LitRPG Series-Vasily Mahanenko 2018-07-26 An original LitRPG fantasy from one of the fathers of LitRPG. #1 bestseller in audiobooks. The unrelenting #1 LitRPG bestseller since 2012. Translated into English, German, Polish, Czech and Korean languages. Attention all LitRPG readers! This is a special-edition bonus story for those Way of the Shaman fans who don’t want to wait for the translation of Book Six. This isn’t a new novel but a short story chock full of spoilers. The story retells the climactic ending of Book Five from the viewpoint of Anastaria.

The Phantom Castle (The Way of the Shaman: Book #4) LitRPG series-Vasily Mahanenko (Vasilij Mahaněnko) 2018-07-26

The Kartoss Gambit (The Way of the Shaman: Book #2) LitRPG series-Vasily Mahanenko (Vasilij Mahaněnko) 2018-06-09 An original LitRPG fantasy from one of the fathers of LitRPG. #1 bestseller in audiobooks. The unrelenting #1 LitRPG bestseller since 2012. Translated into English, German, Polish, Czech and Korean languages. Barliona is a brand-new virtual world which offers everyone the chance to start a new life as a valiant knight, a hero or a beautiful princess. Many people
have come here in search of a new identity. Still, for some users Barliona has become their biggest nightmare. They are convicts sentenced to serving their term in virtual reality with their sensory filters disabled. They can feel everything that happens to their character whether it’s pleasure or pain, strain or fatigue. For them, the difference between the real and virtual worlds is so slim that some of the inmates lose all sense of reality. Daniel Mahan is one such convict, tried and sentenced for hacking the city sewage network. He’s assigned the class of Shaman which can become his blessing or his curse. Will he fail - or will he rise to unthinkable heights, founding the greatest clan ever, winning the most amazing woman and going on the most incredible escapades? The seven books of the series tell the story of the Shaman’s virtual adventures in Barliona: his ups and downs, his treacherous allies and trusty friends. Because there’s no other path if you want to become a player capable of taking the Way of the Shaman.

The Wisdom of the Shamans-Don Jose Ruiz 2019-05-07 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.

The Shamanic Way of the Bee-Simon Buxton 2006-01-06 Reveals for the first time the ancient tradition of bee shamanism and its secret practices and teachings • Examines the healing and ceremonial powers of the honeybee and the hive • Reveals bee shamanism's system of acupuncture, which predates the Chinese systems • Imparts teachings from the female tradition and explores the transformative powers of the magico-sexual elixirs they produce Bee shamanism may well be the most ancient and enigmatic branch of shamanism. It exists throughout the world--wherever in fact the honeybee exists. Its medicinal tools--such as honey, pollen, propolis, and royal jelly--are now in common usage, and even the origins of Chinese acupuncture can be traced back to the ancient practice of applying bee stings to the body’s meridians. In this authoritative ethnography and spiritual memoir, Simon Buxton, an elder of the Path of Pollen, reveals for the first time the richness of this tradition: its subtle intelligence; its sights, sounds, smells; and its unique ceremonies, which until now have been known only to initiates. Buxton unknowingly took his first steps on the Path of Pollen at age nine, when a neighbor--an Austrian bee shaman--cured him of a near-fatal bout of encephalitis. This early contact prepared him for his later meeting with an elder of the tradition who took him on as an apprentice. Following an intense initiation that opened him to the mysteries of the hive mind, Buxton learned over the next 13 years the practices, rituals, and tools of bee shamanism. He experienced the healing and spiritual powers of honey and other bee products, including the “flying ointment” once used by medieval witches, as well as ritual initiations with the female members of the tradition--the Mellisae--and the application of magico-sexual “nektars” that promote longevity and ecstasy. The Shamanic Way of the Bee is a rare view into the secret wisdom of this age-old tradition.

Shaman Pathways - Way of the Faery Shaman-Flavia Kate Peters 2015-01-30 The Earth needs your help. The Fae are calling you to harness the power of Nature. In return they offer assistance to enable you to thrive in this very modern world, in balance and harmony, and with a sprinkle of very real magic. The Way of The Faery Shaman, gives insight as to who the Faeries really are, which element they are connected to, and how to work with that element in order to bring about the magic that is actually all around us.

The Heart of the Shaman-Alberto Villoldo, Ph.D. 2018-07-31 The Heart of the Shaman will take you on a journey into the sacred world of the shaman, through stories, dreams, and ancient rites. In his latest book, Alberto Villoldo sets his focus on the dreaming and time-travel practices of the medicine men and women of the Andes and Amazon, whose wisdom radically changed his worldview. Villoldo shares some of their time-honored teachings that emphasize the sacred dream: an ephemeral, yet powerful vision that has the potential to guide us to our purpose and show us our place in the universe. The practices in this book will help you forge a sacred dream for yourself. They will help you craft a destiny infused with courage, and driven by vision. You’ll be invited to follow the footsteps of the luminous
warrior and learn how to break out of the three nightmares surrounding love, death, and safety that have held you captive, and transform them into the experience of timeless freedom, known as the Primordial Light. This creative power exercised by shamans will lead you to create beauty and healing, and dream a new world into being. When you transform these dreams and accept that life is ever changing, that your mortality is a given and that no one except you can free you from fear—the chaos in your life turns to order, and beauty prevails. “Wake up from the slumber you are living in, and dream with your eyes open so that all the possibilities of the future are available to you.”

Urban Shaman-Serge Kahili King 2009-11-24 The first practical guide to applying the ancient healing art of Hawaiian shamanism to our modern lives. Uniquely suited for use in today's world, Hawaiian shamanism follows the way of the adventurer, which produces change through love and cooperation—in contrast to the widely known way of the warrior, which emphasizes solitary quests and conquest by power. Now, even if you can't get out into the wilderness or undertake a long apprenticeship with a shaman, you can learn to practice the art of shamanism. You'll learn how to: —Interpret and change your dreams —Heal yourself, your relationships, and the environment —Cast the shaman stones to foretell the future —Design and perform powerful rituals —Shapechange —Make vision quests to other realities And more.

The Medicine Bag-Don Jose Ruiz 2020-02 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.

Cave and Cosmos-Michael Harner 2013-04-09 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 the Shadow of the Shaman- 1988 Presented in what the author calls a 'cookbook shamanism' style, this book shares recipes, ingredients, and methods of preparation for experiencing some very ancient wisdoms - wisdoms of Native American and Wiccan traditions, as well as contributions from other philosophies of Nature as they are used in the shamanic way. Wheels, the circle, totems, shields, directions, divinations, spells, care of sacred tools and meditations are all discussed.

The Teachings of Don Juan-Carlos Castaneda 2008

The Kartoss Gambit (the Way of the Shaman Book #2)-Vasily Mahanenko 2017-04-15 A product of the latest technologies, Barliona is a virtual world brimming with fun and entertainment. The government has become the guarantor for the in-game currency, allowing its free circulation. As a result, the population floods Barliona in pursuit of easy money. It doesn't take long for the game developers to discover a source of free labor: real-world prison convicts. While their bodies are locked in
special auto-maintenance virtual capsules, the prisoners' minds are released into Barlionia's vitual mines. Dmitry Mahan has been through it all. Sentenced to eight years hard labor, he now struggles with an unpopular class - the Shaman - and an equally unpopular profession of a Jeweler. His fight for survival becomes anything but virtual.

The Way Of The Shaman

According to José Stevens and Lena Stevens, business leaders and shamans share many important traits: the abilities to solve problems, to achieve goals, and to forecast events. What their previous book, Secrets of Shamanism, did for the growth of the individual, The Power Path does for the growth of business managers and entrepreneurs. On the basis of years of study with shamans, the authors share a new way of thinking about the nature of power. By applying shamanic traditions of power to the workplace, readers learn how to improve work relationships, to understand employees' strengths and limitations, and to inspire effective teamwork — techniques aimed ultimately toward increasing business success.

The Power Path-José Stevens 2010-11-17

The Terror-Dan Simmons 2007-03-08 The "masterfully chilling" novel that inspired the hit AMC series (Entertainment Weekly). The men on board the HMS Terror — part of the 1845 Franklin Expedition, the first steam-powered vessels ever to search for the legendary Northwest Passage — are entering a second summer in the Arctic Circle without a thaw, stranded in a nightmarish landscape of encroaching ice and darkness. Endlessly cold, they struggle to survive with poisonous rations, a dwindling coal supply, and ships buckling in the grip of crushing ice. But their real enemy is even more terrifying. There is something out there in the frigid darkness: an unseen predator stalking their ship, a monstrous terror clawing to get in. “The best and most unusual historical novel I have read in years.”—Katherine A. Powers, Boston Globe

The Terror-Dan Simmons 2007-03-08


The Shamen's Body-Arnold Mindell 1993-11-30

In Mercedes Lackey's Firebird, Ilya, son of a Russian prince, is largely ignored by his father and tormented by his larger, older brothers. His only friends are three old people: a priest, a magician, and a woman who toils in the palace dairy. From them Ilya learns faith, a smattering of magic, and the power of love—all of which he will need desperately, for his life is about to be turned upside-down. The prince's magnificent cherry orchard is visited at midnight by the legendary Firebird, whose wings are made of flame. Ilya's brothers' attempts to capture the magical creature fail. When Ilya tries to catch the Firebird, he sees her as a beautiful woman and earns a magical gift: the speech of animals. Banished, the young man journeys through a fantastical Russia full of magical mazes, enchanted creatures, and untold dangers. As happens in the best fairy tales, Ilya falls in love with an enchanted princess, but to win her freedom will be no easy task. At the Publisher's request, this title is being sold without Digital Rights Management Software (DRM) applied.

Firebird-Mercedes Lackey 2008-01-08

The Books of the Shamen—Gregory Drambour 2017-07-17 Come Quiet Your Mind, Warm Your Heart, & Lift Your Spirit! We all need a book that we can reach for that will make us smile and cry and laugh in joy—words that can give us hope that we can survive the hard days that will come in anyone’s life. These pages will guide you to deeper levels of acceptance and letting go, no matter what’s happening in your life. The Shaman & His Daughter takes us inside the world of a 35 year veteran master shamanic healer/spiritual teacher and his powerful apprentice daughter three years after a devastating loss. Their journey will inspire and touch you in a deep part of your soul. Through these 18 tender tales you’ll learn how to trust that there is always a way out of tragedy, out of the deepest sadness and a way out of not understanding why life can sometimes feel so unfair. Come Experience a Journey of Recovery, Hope, and Magic! What reviewers are saying: ★★★★★ “This is a book I will keep on my bedside to read over and over again.” — D. Thaler ★★★★★ “The Shamen & His Daughter is a wonderful, heartwarming and insightful book.” — J. Renfro ★★★★★ “I have things I want to underline so I can go back quickly and receive the wisdom Gregory has shared.” — Gloria Larimar ★★★★★ “An Indescribably Beautiful Treasure of a Book.” — Heather Uva ★★★★★ “So blessed with the heartwarming love, deep intimacy and sacred wisdom and sensitivity you have expertly
shared in these pages. Hard to put down!!” – Chris Cago ★★★★★ “This book warms my soul and emboldens me to look further, dream bigger and DO more. Highly recommended!” – Angela Pugh ★★★★★ “Excellent and awe inspiring moments. Can't wait till the sequel!” – Marti Jo Caldwell ★★★★★ “This book completely enthralled me. I laughed, I cried and I held the book close to my heart as if it were one of Angel Girl's bear friends.” – C. Ward ★★★★★ “This was a beautiful and gentle book that I read all in one sitting.” – Mandy Spay The Shaman & His Daughter is a moving deeply emotional book. If you like stories of inner strength, spiritual warriors in-training, and the beauty of a powerful father/daughter bond, then you’ll love Gregory Drambour's inspiring saga. Buy The Shaman & His Daughter to discover the real world of shamanism and the value it can bring to your life!

Awakening to the Spirit World - Sandra Ingerman 2012-06-14 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 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. Reviews "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."

The Shaman's Apprentice - Mark J. Plotkin 1998-04-01 In a Tirio village deep in the heart of the Amazon rain forest, the shaman Nahtahlah has a place of honor in his tribe. Young Kamanya wants to learn the healing secrets of the forest plants—he hopes that he, too, will become the tribe's shaman, so that he can cure his people. When the villagers fall sick with an illness that Nahtahlah cannot cure, many lose faith in the shaman's wisdom—until a foreign woman helps them understand its value while giving Kamanya an opportunity to realize his dream. Lynne Cherry returns to the rain forest with ethnobotanist Mark J. Plotkin to tell an important story
about the healing plants of the earth—and why we must protect them.

Shaman-Kim Stanley Robinson 2013-09-03 Kim Stanley Robinson, the New York Times bestselling author of science fiction masterworks such as the Mars trilogy and 2312, has, on many occasions, imagined our future. Now, in SHAMAN, he brings our past to life as never before. There is Thorn, a shaman himself. He lives to pass down his wisdom and his stories—to teach those who would follow in his footsteps. There is Heather, the healer who, in many ways, holds the clan together. There is Elga, an outsider and the bringer of change. And then there is Loon, the next shaman, who is determined to find his own path. But in a world so treacherous, that journey is never simple—and where it may lead is never certain. SHAMAN is a powerful, thrilling and heartbreaking story of one young man’s journey into adulthood—and an awe-inspiring vision of how we lived thirty thousand years ago.

The Curse Of The Shaman-Michael Kusugak 2012-08-28 Sometimes even shamans get cranky. That was baby Wolverine’s misfortune—to be cursed by an out-of-sorts shaman frustrated by his own babycrusher’s incessant crying. Not only has shaman Paaliaq forbidden the future marriage of Wolverine to Breath, Paaliaq’s beautiful but teary baby girl, he has cursed Wolverine, banishing him when he becomes a young man. And even when acrimonious Paaliaq later revokes the curse, the shaman’s even crankier magicanimal will not. Now Wolverine finds himself stranded on a barren island, locked in a life-or-death struggle to return to his home, his family and a very special young girl. Michael Kusugak, consummate storyteller and bestselling author, conjures up an Inuit tale of adventure, perseverance and first-time love shot through with humanity and humour. This is a story perfect for its pre-teen and ‘tween audience, where even the strong and the mighty have bad days, the bully gets his due and a dream can come true.

The Shaman in Stilettos-Anna Hunt 2012 When celebrity journalist Anna Hunt takes a break from her glamorous, high-powered and fast-paced job to live in Peru for three months, none of her friends take her seriously. A burn-the-candle-at-both-ends 29-year-old with a love of stilettos, chocolate, fast cars and Sauvignon Blanc, she seems to have it all, including a wealthy boyfriend and a comfortable pad in Marylebone. How will she manage in a Third World country? Anna’s quest takes her from the wilderness of the Amazon jungle where she drinks ayahuasca, one of the most mysterious and potent hallucinogens known to man, to a passionate affair with Maximo Morales, a disarmingly seductive and charismatic shaman who offers her the once-in-a-lifetime opportunity to become his apprentice. Anna embarks on what is to be an utterly exhilarating, life-changing journey of mysterious rituals and burning passion. Will she find the fulfilment and inner peace she craves? And how will she bridge her two worlds and bring the ancient healing arts home to 21st century London? ‘I love this book - it’s a real page turner.’ Sadie Frost

Wim Hof Method-Wim Hof 2020-10-20 INSTANT NEW YORK TIMES BESTSELLER The only definitive book authored by Wim Hof on his powerful method for realizing our physical and spiritual potential. “This method is very simple, very accessible, and endorsed by science. Anybody can do it, and there is no dogma, only acceptance. Only freedom.” —Wim Hof Wim Hof has a message for each of us: “You can literally do the impossible. You can overcome disease, improve your mental health and physical performance, and even control your physiology so you can thrive in any stressful situation.” With The Wim Hof Method, this trailblazer of human potential shares a method that anyone can use—young or old, sick or healthy—to supercharge their capacity for strength, vitality, and happiness. Wim has become known as “The Iceman” for his astounding physical feats, such as spending hours in freezing water and running barefoot marathons over deserts and ice fields. Yet his most remarkable achievement is not any record-breaking performance—it is the creation of a method that thousands of people have used to transform their lives. In his gripping and passionate style, Wim shares his method and his story, including: • Breath—Wim’s unique practices to change your body chemistry, infuse yourself with energy, and focus your mind • Cold—Safe, controlled, shock-free practices for using cold exposure to enhance your cardiovascular system and awaken your body’s untapped strength • Mindset—Build your willpower, inner clarity, sensory awareness, and innate joyfulness in the miracle of living • Science—How users of this method have redefined what is medically possible in study after study • Health—True stories and testimonials from people using the method to overcome disease and chronic illness • Performance—Increase your endurance, improve recovery time, up your mental game, and more • Wim’s Story—Follow Wim’s inspiring personal journey of discovery, tragedy, and triumph • Spiritual Awakening—How breath, cold, and mindset can reveal the beauty of your soul Wim Hof is a man on a mission: to transform the way we live by reminding us of our true power and purpose. “This is how we will change the world, one soul at a time,”
Wim says, "We alter the collective consciousness by awakening to our own boundless potential. We are limited only by the depth of our imagination and the strength of our conviction." If you’re ready to explore and exceed the limits of your own potential, The Wim Hof Method is waiting for you.

Shamans-Ronald Hutton 2007-06-01 With their ability to enter trances, to change into the bodies of other creatures, and to fly through the northern skies, shamans are the subject of both popular and scholarly fascination. In Shamans: Siberian Spirituality and the Western Imagination Ronald Hutton looks at what is really known about both the shamans of Siberia and about others spread throughout the world. He traces the growth of knowledge of shamans in Imperial and Stalinist Russia, describes local variations and different types of shamanism, and explores more recent western influences on its history and modern practice. This is a challenging book by one of the world’s leading authorities on Paganism.

The Spiritual Child-Dr. Lisa Miller 2015-05-05 In The Spiritual Child, psychologist Lisa Miller presents the next big idea in psychology: the science and the power of spirituality. She explains the clear, scientific link between spirituality and health and shows that children who have a positive, active relationship to spirituality: * are 40% less likely to use and abuse substances * are 60% less likely to be depressed as teenagers * are 80% less likely to have dangerous or unprotected sex * have significantly more positive markers for thriving including an increased sense of meaning and purpose, and high levels of academic success. Combining cutting-edge research with broad anecdotal evidence from her work as a clinical psychologist to illustrate just how invaluable spirituality is to a child's mental and physical health, Miller translates these findings into practical advice for parents, giving them concrete ways to develop and encourage their children’s—as well as their own—well-being. In this provocative, conversation-starting book, Dr. Miller presents us with a pioneering new way to think about parenting our modern youth.

The Renegades (the Bard from Barliona Album #1)-Eugenia Dmitrieva 2018-06-04 Barliona is back! OLD WORLD, NEW HEROES! What would happen if a professional rock musician joined a virtual MMO in search of inspiration among its gameworld? What would happen if she decided to play as a biota bard, a brand new race of humanoid flora as well as a new class? Whatever would happen, it would surely be fun.

The Quest for the Shaman-Miranda Jane Aldhouse-Green 2005 An exploration of shamanism and ritual behavior in ancient Europe draws on recent archaeological research to identify the roles and techniques of shamans from multiple periods and civilizations, in a history that also features numerous photographs of elaborate ritual objects.

Shamanism-Merete Demant Jakobsen† 1999-03-01 Shamanism has always been of great interest to anthropologists. More recently it has been "discovered" by westerners, especially New Age followers. This book breaks new ground by examining pristine shamanism in Greenland, among people contacted late by Western missionaries and settlers. On the basis of material only available in Danish, and presented herein English for the first time, the author questions Mircea Eliade's well-known definition of the shaman as the master of ecstasy and suggests that his role has to be seen as that of a master of spirits. The ambivalent nature of the shaman and the spirit world in the tough Arctic environment is then contrasted with the more benign attitude to shamanism in the New Age movement. After presenting descriptions of their organizations and accounts by participants, the author critically analyses the role of neo-shamanic courses and concludes that it is doubtful to consider what is offered as shamanism.

Shaman, Healer, Sage-Alberto Villoldo, Ph.D. 2007-12-18 Alberto Villoldo, a classically trained medical anthropologist, has studied shamanic healing techniques among the descendants of the ancient Inkas for more than twenty years. In Shaman, Healer, Sage, he draws on his vast body of knowledge to create a practical and revolutionary program based on the traditional healing methods used by these shamans -- methods that, until now, have been inaccessible to most of the world. Villoldo explains that central to shamanic healing is the concept of the Luminous Energy Field that is believed to surround our material bodies. His book teaches us to see and influence the imprints that disease leaves on this field and thereby to heal ourselves and others, as well as prevent illness. Villoldo weaves wonderful teaching stories throughout about the healing power of the energy medicine of the Americas. In one story, Villoldo comes down with pneumonia while in Peru. When antibiotics fail to control the infection, his mentor, the shaman Don Antonio, uses the process of Illumination to remove the toxins that had invaded Villoldo's body. These same shamanic techniques later allowed Villoldo to remove stagnant energy from a young woman whose marriage was suffering due to her past experience with abandonment. With the aid of shamanic work, the woman regained her trust in others, and her marriage was revitalized. This book is rich with ancient wisdom and contemporary techniques we can use to help ourselves and others, as well as with the more advanced methods of master shamans, which are being brought to a wide audience for the first time.
Illumination-Ph. D. Alberto Villoldo 2010-08 Illumination guides the reader on a healing journey, forged by the timeless wisdom of indigenous cultures and the latest theories of neurobiology. Through various stages in this journey of initiation, we grow to understand the causes of our suffering and how to free ourselves from the pain and drama of our unhealed emotions. Life itself invites us to be initiated through many means the possibility of love, the loss of a parent or friend, the birth of a child, or a serious health crisis. True initiation is empowered by facing personal challenges and experiencing the spiritual rebirth or illumination that follows. Unifying this book is the sacred process of transforming toxic emotions into sources of power and grace. Illumination shows us how to bid a joyful goodbye to the people and places we have met, discovering a sacred space where the spirit inhabits, uniting the body and soul. When we learn to let go from difficult situations and problems, to accept our lives as they are, we can begin to identify with a self that is eternal. Recounting his own experiences, tracing the mythologies of an array of cultures, and expanding his inquiry into the field of neurobiology.

Survival Quest (the Way of the Shaman Book #1)-Vasily Mahanenko 2017-04-15 Barliona. A virtual world jam-packed with monsters, battles - and predictably, players. Millions of them come to Barliona, looking forward to the things they can’t get in real life: elves and magic, dragons and princesses, and unforgettable combat. The game has become so popular that players now choose to spend months online without returning home. In Barliona, anything goes: you can assault fellow players, level up, become a mythical hero, a wizard or a legendary thief. The only rule that attempted to regulate the game demanded that no player was allowed to feel actual pain. But there’s an exception to every rule. For a certain bunch of players, Barliona has become their personal hell. They are criminals sent to Barliona to serve their time. They aren’t in it for the dragons’ gold or the abundant loot. All they want is to survive the virtual inferno. They face the ultimate survival quest.

Yes, Shaman Can Wear Jeans-Nicola Mott 2018-08 Despite its quirky title, this is a serious and moving book about the ways of the shaman and how they can be applied to life in the modern world. The author speaks from her experience in learning and teaching, and presents the methods in an engaging, sometimes humorous, and personal way. Nicola describes topics such as science and the essence of shamanism, the body's energy field, as well as practical paths to take, such as the medicine wheel, nature painting, treasure maps, vision quests and breathing and meditation. Written in a light-hearted way, this book encourages us to know ourselves honestly, empowering us to take the opportunity to be the difference in our lives rather than thinking someone else or something else needs to change. A very readable and useful addition to the self-help genre. Yes, Shaman Can Wear Jeans is a very readable self-help book about the spiritual methods used by the ancient tribal shaman, with specific application to the modern technological world and relationship problems. With sections on breathing and meditation, our authentic selves, energy and shadows, and how our beliefs shape our actions, the author draws on her own extensive experience as a shaman, using entertaining and moving examples of real-life situations. The quirky title gives a flavour of the writing, which treats this serious subject in an approachable manner. - PRESS RELEASE

Winds of Spirit-Renee Baribeau 2018 Shamanic healer Renee Baribeau shares the rich mythology and cultural significance of wind, while also presenting a powerful system to help you recognize and utilize the subtle energies in your life to heal yourself
The Way Of The Shaman

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