

[PDF] Awakening To The Spirit World: The Shamanic Path Of Direct Revelation

Hank Wesselman, Sandra Ingerman - pdf download free book

Books Details:

Title: Awakening to the Spirit World

Author: Hank Wesselman, Sandra Inger

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Description:

Review

This book's two authors are popular lecturers, writers, and practitioners of contemporary shamanism. Sandra Ingerman's previous books include Soul Retrieval, Welcome Home, A Fall to Grace, and Shamanic Journeying. Those by Hank Wesselman include The Journey to the Sacred Garden and the trilogy Spiritwalker, Medicinemaker, and Visionseeker. Both authors see shamanism not as a religion but as a method free of any religious overlay or dogma, as "the path of immediate and direct personal contact with Spirit, deeply meditative, and not subject to definition, censorship,

or judgment by others." They stress that the shamanic approach to life is natural and basic to everyone and that human beings everywhere share the same basic traits, abilities, and skills with shamans, who are "visionaries who simply develop these skills to a masterful degree through their initiations and subsequent training."

The book begins by explaining shamanism, the shamanic journey, and the importance of reconnecting with nature. It then covers all aspects of shamanism, including visionary work with weather and environmental changes, the power of ritual and ceremony, dreams, creative art, sound and light, death and dying (both actual and metaphorical), and working with transformational communities. In addition to material from Ingerman and Wasselman, each chapter includes extended commentary by Tom Cowan, Carol Proudfoot-Edgar, Jose Luis Stevens, and Alberto Villoldo.

One objective of the shamanic approach stressed by these authors is for the individual to become liberated and self-realized, able to gain mastery over life. Three necessary tools are gratitude, or the ability to see through the false ego to the heart; seeing, or cutting through falsity to the true nature of Spirit; and blessing, or recognizing the Spirit flowing through one. Shamans are viewed as hollow bones or empty reeds, people who learn "to move ... ego out of the way so that the power of the universe may work through and within them." Each chapter contains step-by-step exercises, many to be undertaken while using the drumming CD included with the book.

One of the optimistic understandings of the shaman is that "since everyone is collectively dreaming, each person can, with awareness and an act of will, change the dream." To this end the authors say that there are spiritual forces surrounding us in many forms, and they hear our call for help. The two authors and the other contributors share the view that "a new dream is possible but requires enough dreamers to wake up from their collective nightmare and choose to transform the dream." The book is highly recommended, especially to newcomers, for its breadth of coverage of modern shamanism and the clarity of its practical usefulness.- Richard D. Wright, *Tranquil Things*, Derby Line, Vt.

-- New Age Retailer, January 18, 2010

About the Author

Hank Wasselman, 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* (Hay House, 2002), *Spiritwalker* (Bantam, 1996) and *Journey to the Sacred Garden* (Hay House, 2003). He lives in Hawaii.

Sandra Ingerman is a licensed therapist and shamanic practitioner who teaches workshops on shamanism and reversing environmental pollution. Acclaimed for bringing ancient healing practices into modern culture, her books include *Shamanic Journeying* (Sounds True, 2008) and *Soul Retrieval* (HarperOne, 2006). She resides in New Mexico.

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