



**SHAMANIC  
JOURNEYING**  
**A Beginner's Guide**

**Sandra Ingerman**

**Softcover**  
**6" x 8"**  
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**with audio CD**  
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"Sandra Ingerman skillfully teaches us how shamanic journeying can be used for guidance, empowerment, renewal, divination, and healing. This is an exceptional resource and guidebook."

--Angeles Arrien,  
Ph.D., author of *The Four-Fold Way* and  
*Signs of Life*

## SHAMANIC JOURNEYING

### A Beginner's Guide

The shamanic journey is a practice common to all indigenous societies throughout history. By listening to a drumbeat or other rhythmic percussion, the shaman enters "non-ordinary" reality—an altered state of consciousness beyond space and time—to access spiritual guidance and healing, assist others and the planet, and reconnect with the cycles of nature. *Shamanic Journeying* offers you an interactive learning experience to discover how to journey just as traditional shamans have for centuries.

With the instruction in this book and the accompanying audio CD, internationally respected teacher Sandra Ingerman illuminates:

- The original role of the shaman in indigenous cultures
- How to meet and work with your "power animals" and other spirit teachers
- How to navigate the Lower World, Upper World, and Middle World—the three divisions of unseen reality

The keys to successful journeying in our modern culture  
Sharing fascinating accounts of the powerful results of shamanic journeying and answers to the questions common to most beginners, *Shamanic Journeying* is an accessible guide for exploring the visionary worlds of the shaman.

**Sandra Ingerman** leads workshops on shamanism around the world. She holds an MA in counseling psychology from the California Institute of Integral Studies. Sandra is a licensed marriage and family therapist and professional mental-health counselor. She is the author of the books *How to Heal Toxic Thoughts*, *Soul Retrieval*, *Medicine for the Earth*, and more, as well as the Sounds True audio programs *The Beginner's Guide to Shamanic Journeying*, *The Soul Retrieval Journey*, and *Miracles for the Earth*.

To learn more about Sandra Ingerman, visit:  
[www.shamanicvisions.com/ingerman](http://www.shamanicvisions.com/ingerman) or [www.sandrangerman.com](http://www.sandrangerman.com)

**Contact Beverly Yates**  
(303) 665-3151 ext. 153  
[publicity@soundstrue.com](mailto:publicity@soundstrue.com)

Sounds True  
413 South Arthur Avenue | Louisville, Colorado 80027  
(303) 665-3151 | [www.soundstrue.com](http://www.soundstrue.com)