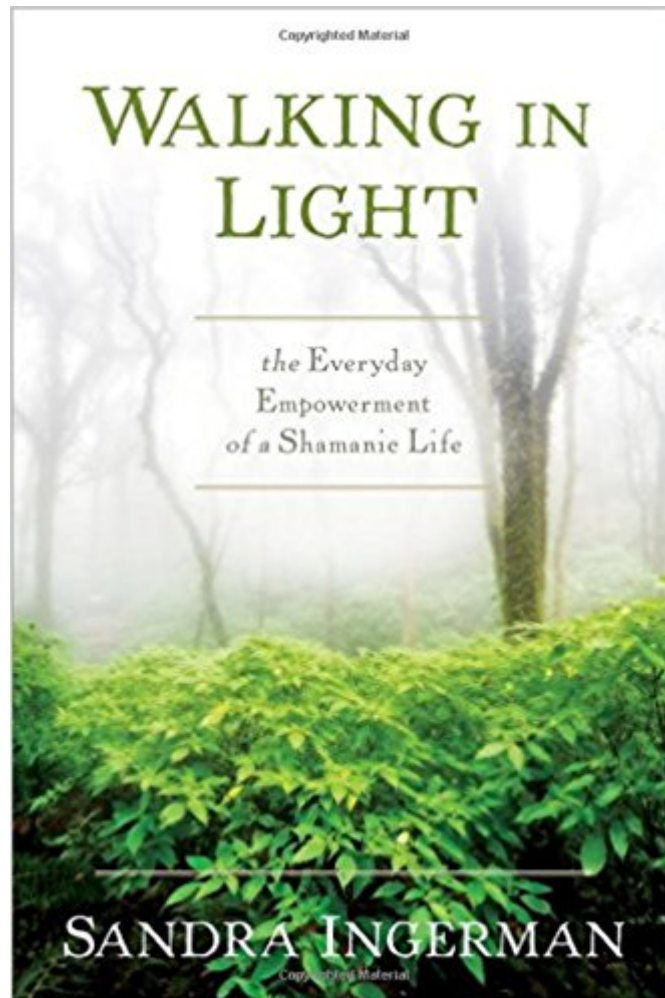




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# Walking In Light: The Everyday Empowerment Of A Shamanic Life



## Synopsis

A shaman can serve as a healer, storyteller, and a keeper of wisdom—but most of all, teaches Sandra Ingerman, “Shamans radiate a light that uplifts everybody. In our culture, we tend to focus on methods and forget that the greatest way we can offer healing to the world is to become a vessel of love.” • With *Walking in Light*, this renowned teacher offers a complete guide for living in a shamanic way—“empowered by purpose, focus, and a deep connection to the spiritual dimensions.” • Shamanism remains so relevant because it continues to evolve to meet the needs of the times and culture,” teaches Sandra. Here you are invited to participate in the modern evolution of this ancient and powerful form of spirituality, featuring:

- Foundational practices—lucid instruction on the shamanic journey, ceremonies, and other techniques for accessing the hidden realms of spirit
- Compassionate spirits, allies, and ancestors—how to contact and build a relationship with your power animals and spiritual helpers
- Healing from a shamanic perspective—practices that can integrate with and enhance any healing modality
- Guidance for deepening your connection with the environment and the rhythms of the natural world
- Ways to cultivate a rich inner landscape that empowers your intentions and actions in every aspect of your life, and much more

• *Walking in Light* is a comprehensive resource filled with practical techniques, indigenous wisdom, and invaluable guidance for both new and experienced shamanic practitioners. Most importantly, Sandra Ingerman illuminates the meaning behind the practices—revealing our universe as a place where spirit is the ultimate reality, where our intentions shape our world, and where unseen allies support us on every step of our journey.

## Book Information

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## Customer Reviews

In her wonderful new book, Sandra Ingerman, one of the great shamanic teachers of our time, offers us ways to become shamans of our own souls and healers of our own lives. She incites us to come to our senses in the animated, spirited universe. Open this book on almost any page, and you will find a door to the Otherworld. Walking in Light stirs us to wake up inside the dream of this life, and change the dream if it does not suit our soul's purpose. This book is highly recommended for both neophytes and advanced practitioners. It calls us to make and live our own creation stories and walk in tenderness and joy on this good earth as stars who came down because we wanted a juicier life.

• "Robert Moss, author of Conscious Dreaming, Dreaming the Soul Back Home, and The Boy Who Died and Came Back

• "Your birthright to live an inspired and purposeful life is illuminated by the radiance of your soul. In these pages, Sandra Ingerman lovingly guides you into the profound, ongoing ceremony that is shamanic living. Allow her to inspire you to transform the mundane into the sacred and open your heart to the enduring beauty that unites all that is. The journey to awaken the marvelous change-maker you were born to be starts now!

• "Evelyn C. Rysdyk, author of Spirit Walking: A Course in Shamanic Power and A Spirit Walker's Guide to Shamanic Tools

• "The practices, journeys, and insights in Walking in Light offer a step-by-step guide that will help you refine your soul's journey, deepen your relationship with spirit and nature, and consciously participate with the creative force of life. Sandra shares brilliantly, in a down-to-earth and detailed manner, how we can nurture our heartfelt longings and support positive planetary change during these evolving times. This is a master guidebook!

• "Llyn Roberts, MA, award-winning author of Shapeshifting into Higher Consciousness and Shamanic Reiki (with Robert Levy)

• "In Walking in Light, Sandra Ingerman, calling herself a spiritual explorer, leads us to explore our own inner worlds to seek our spiritual identities. From her own life experiences and shamanic practice, she tells us she has "fine-tuned" her work and teaching as she continues to share the solid advice and instruction that her students have come to expect. Her message to all of us, whether seasoned shamanic practitioners or newcomers, is to fine-tune our own spiritual paths, to not put our shamanic practice "in a box," but to experiment in order to keep it alive, relevant, and vital.

• "Tom Cowan, author of Fire in the Head, Shamanism As a Spiritual Practice for Daily Life and Yearning for the Wind

• "Once again Sandra Ingerman has written a superb, highly practical, and comprehensive book about practicing the shamanic way of life—and the best part of all, with simplicity and kindness. Here Sandra demonstrates the wisdom gained from many years of dedicated hard work walking her own sometimes very challenging shamanic path. What I most appreciated is that throughout the book she takes a non-rigid, flexible approach, emphasizing

creativity and living from the heart. It is as if she is taking you by the hand and guiding you personally through each step and consideration in the process. If there were ever an excellent basic manual to shamanic practice, this would be it. • "JosÃ© Luis Stevens, PhD, author of *Awaken the Inner Shaman*, *The Power Path*, *Â* and *Secrets of Shamanism*. • Sandra Ingerman is a modern medicine woman whose book *Walking in Light* has brought together more than 30 years of her teaching and practice in an ancient yet curiously immediate spiritual tradition called shamanism. Among the indigenous peoples, it was always understood that each new generation had the responsibility to perpetuate and refresh a continuously recreated body of wisdom and technique, even adding to and changing the accumulating treasure of the shamanic tradition across time . . . for it was always in this way that it remained vital and meaningful to those who walked the shaman's path. Sandra Ingerman has done just this, and she is to be commended for creating very good medicine indeed. I love this book! • "Hank Wesselman, PhD, anthropologist and author of eight books on shamanism including *The Bowl of Light*, *Â* the award-winning *Awakening to the Spirit World* (with Sandra Ingerman), and the *Spiritwalker* trilogy *Â* • *Walking in Light* by Sandra Ingerman is more than just a deeper understanding of the work of a shaman. It's an everyday guide to help you tap into your inner wisdom, integrate the shamanic practices, and activate the power of love within. This book will not only help beginners of the shamanic way but also people who have been working with these practices for a while." • "Gary Quinn, intuitive life coach and bestselling author of *May the Angels Be With You* and *The Yes Frequency* *Â* • *Awaken with Sandra Ingerman's* new book and walk into the light of your destiny. Sandra will take you by the hand and help reveal your inner self in order to find and achieve your true call and vision for the future. See how following the shamanic life leads you to a sense of inner peace, and triggers the creation of your mind to put into action all of these deep thoughts buried within. We all need to become Peace in Action in order to complete the sentence "I think, therefore I am" with "therefore I do!" It's in the doing that our being finds the true meaning of its existence. *Walking in Light* will indeed empower you and reveal the path to your inner and outer world. • "Emmanuel Itier, director/producer of the award-winning documentary *Femme* and CEO of Wonderland Entertainment

Sandra Ingerman Sandra Ingerman, MA, is the author of eight books including *Soul Retrieval*, *Medicine for the Earth*, *How to Heal Toxic Thoughts*, and *How to Thrive in Changing Times*. With *Sounds True*, she has published the books *Shamanic Journeying: A Beginner's Guide* and *Awakening to the Spirit World: The Shamanic Path of Direct Revelation* (coauthored with Hank

Wesselman) as well as five audio programs, including Shamanic Meditations: Guided Journeys for Insight, Vision, and Healing and Soul Journeys: Music for Shamanic Practice. Sandra teaches workshops internationally on shamanic journeying, healing, and reversing environmental pollution using spiritual methods. She has trained and founded an international alliance of Medicine for the Earth Teachers and shamanic teachers. Sandra is recognized for bridging ancient cross-cultural healing methods into our modern culture addressing the needs of our times. She is devoted to teaching people how we can work together as a global community to bring about positive change for the planet. Sandra is a licensed Marriage and Family therapist and Professional Mental Health Counselor. She is also a board certified expert on traumatic stress as well as certified in acute traumatic stress management. She writes the monthly column "The Transmutation News," now translated into 10 languages.

This has been very helpful to me. I'm sure there is excellent psychology behind the exercises. It is very positive throughout. Any examples of negative human traits are brief and to the point, to explain why and how we can change. There is enough material here, and enough exercises, to keep a person busy growing and connecting for a very long time. I am nearly to the end of the book, even though I have been careful to read only small bits at a time. I like to give myself time to process each bit, to get maximum effect. The book is easy enough to read that I could have finished it quickly, and still gained much, but I wanted to feel it on a deeper level. I know I will be going back through it many times, as these exercises can be helpful done many times, and besides, I can't possibly remember everything. I wasn't sure I would like this book. If memory serves, that doubt lingered into the very first of the book. I was pleasantly surprised, even amazed at how perfect this book is for what I need at this time. So many great ways to connect with our spiritual self, and the spiritual world.

I loved this book as it fulfilled my requirements for enjoyment and knowledge. I was searching for a body of knowledge that encompasses positive ways to help and enlighten both my self and perhaps others. She was clear in her presentation informative and gave lots customizable exercises to deepen our experience. I would recommend this book to all that need to feel empowered to love the earth and the manic of humanity. In sometimes a challenging times she provides a beautiful light.

This is a must read for anyone who works in the social services and caring professions. I recommend it as a way to be more effective as a caregiver while at the same time learning how to

share and support people with social and emotional needs and maintaining one's energy reserves for the self and family/friends. I'm not an expert, though I found this a professionally useful read. I recommend it!

Walking In Light was a gorgeous surprise. I was prepared for the usual type of self-help book, however was pleasantly surprised to find the book and its contents were deeply rooted in reality, every day living and how to level-up in many ways.

Love this book? If you are a fan of Sandra and her work in Shamanism, this is an excellent book. Not just theory, lots of exercises to do. You will find yourself coming back and redoing these journeys, with deeper insight each time.

Engaging, timely and informative. This is a wonderfully in-depth discussion and experiential approach to journeying for the reader's personal growth as well as teaching ways to be empowered, supportive, and fully-engaging using life experiences and techniques used in Core Shamanism. I would highly recommend this book to anyone looking to deepen their connection with their own guides and helpers and to learn how to expand our consciousness and extending their connection to nature and the spirit in all things.

This is a book which will take you from the basics to in depth work. I would advise reading it, but find a qualified teacher for more in depth training.

Powerful suggestions and clearcut exercises for both the beginning practitioner as well as those who have been on their journey to enhance their daily practice

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