

# **The Beginner's Guide To Shamanic Journeying By Sandra Ingerman**



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

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so if you're interested in taking your own shamanic journey, here's some guidelines. Hurrah! Shamanic Journeying: A Beginner's Guide by Sandra Ingerman.

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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

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