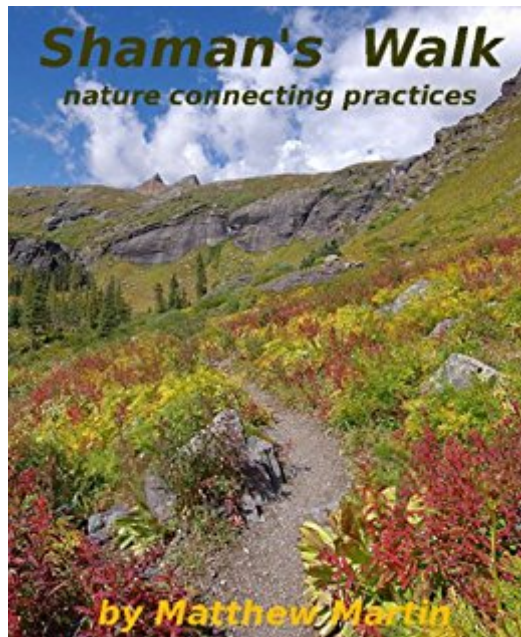




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Shaman's Walk: Nature Connecting Practices (Earth Wisdom Book 1)



Synopsis

Four Days walking with a native american shaman, who teaches practices for deepening our spiritual connection with the earth, experiencing energies and spirits of nature, clearing and healing our own energy body, and developing our earth-spiritual abilities and powers. This book is filled with practices that anyone can easily try when out in nature.

Book Information

File Size: 565 KB

Print Length: 189 pages

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Customer Reviews

Reconnect with your body and nature with simple breathing techniques and experiencing instead of complicating and intellectualizing foolishly like so many other psychobabble books out there. Deep healing- I highly recommend this read.

A good book that is worth taking the time to read. No Earth shattering wisdom is imparted but helps you have a better understanding of how to walk well on Mother Earth. It also makes you stop and think. It is an easy read but at the same time one that will have you stopping to think about what you read.

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