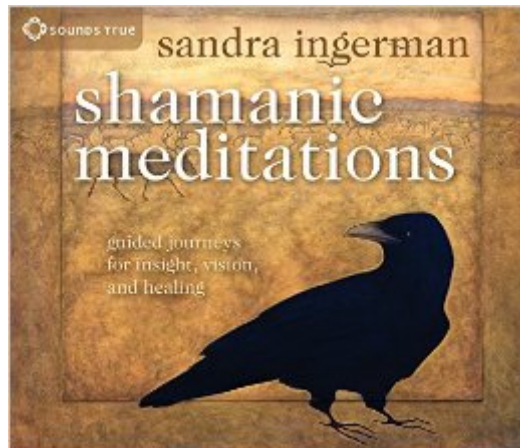


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# Shamanic Meditations: Guided Journeys For Insight, Vision, And Healing



## Synopsis

The first meditators in history were the shamans, whose practices for contemplation and connecting with the divine are echoed in virtually every spiritual tradition today. On *Shamanic Meditations*, Sandra Ingerman invites you to return to the source of human spirituality--and experience for yourself the enduring power of these ancient practices for healing, guidance, and awakening. With seven guided meditations called "journeys" in the shamanic tradition--from a renowned author and teacher, this two-hour program features an overview of shamanic principles, guided practices for finding your "spirit teachers" and "power animals," the shamanic initiation into oneness, and more.

## Book Information

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## Customer Reviews

Having experienced the moving changes resulting in the journey of Sarah Ingerman's book, *AWAKENING TO THE SPIRIT WORLD*, it seemed the next step would be to share the audio format of her two CD set *SHAMANIC MEDITATIONS*. But there is a difference in quality between the two, which are supposedly meant to be purchased as a set. Where Ingerman soars in her book, she wears on the patience of the listener. The quality of sound is spotty, and the entire guide feels, well, used. There are too many distractions technically speaking to submit to the journeys she guides: perhaps wearing earphones would help. There is considerable repetition in these 2 1/4 hours of listening and while that is part of the meditation practice (repetition, that is), it takes great patience to endure the distractions of the physical recording. Stick to the book and wait for Version 2. Grady Harp, June 10

I bought this CD based on its selling point as shamanic "meditations". I enjoy Sandra Ingerman and her many works. This is a good CD for beginners, but very repetitive of previous audio works that emphasize journeying techniques. I did not consider these to be meditations. Directing is not the same as leading someone into a state of meditation. Granted I had a pre-conceived notion of the CD and was hoping for an expansion of Sandra's talents as delivered in her workshops, moving this into meditations on shamanic work and other related topics; not a re-hash. The quality of the audio sounds dubbed and remastered. At times the volume of it is really loud. Since this Audio CD is more instructive than experiential-based, I would recommend instead, Pema Chodran's Don't Bite the Hook, or Getting Unstuck. Pema has a beautiful, rich voice that is sure to relax and instruct with humor. You can also listen to Pema's CD's on a road trip!

I see complaints about the author's reading style and voice. Frankly, I found that, because I was not comfortable with her voice, I was able to stay a lot more focused than I would have been able to, if she had had a soft and dreamy sound. Also, though she talks you through the entire inner scenario, it lays a very good foundation for when we journey on our own with a simple beat or sound alone. She offers considerations, orientations, and establishes a beginning to an inner environment and relationships that does not shut-down, but expands the possibilities related to what we might experience, with an inspiring framework.

It is really amazing how many ancient healing practices still remain today. There are six guided journeys that bring the listener into sacred territory of shamanism. One of these journeys helps one to make a connection with their power animal and explore new wisdom and healing. One can journey to The Lower World, The Middle World or The Upper World. These journeys provide a great deal of awareness for the listener. There is so much to be learned from these meditations and we are able to make a strong connection to our world and to feel that connection that truly unites all living beings and creatures.

I know it's nice to have the author or creator of the product speak on it, but in this case it was not helpful as unfortunately Ingerman's voice was distracting. This CD is what I would term guided meditations as journey's should not have too much guidance. Part of the point of the journey is to allow what is meant for you to receive. Ingerman should have provided some info, help set the intention for the journey then let the imagination of the journeyer take him/her on the journey to

discover what is meant for him/her. A large part of the shamanic journey is allowing and using your own imagination and by trying to guide too much I felt Ingerman didn't allow the natural journey process to occur. Also since her voice was distracting I just could not keep my mind focused on the journey.

Sandra Ingerman helps students of shamanism to find their way in the 3 worlds of not-ordinary-reality! She guides the beginner to find his/her place, from which to travel, she helps finding a power animal, a teacher and viewing the middle world through the eyes of a teacher or a power animal. One can try these CDs without course in Shamanism, but it's a supplementation to every course/workshop, you did. Those are 2 healing CDs for everybody, a possibility to relax and let go of everydaylife-strains. Sandra Ingerman must be a fantastic teacher and therapist.

I borrowed this and several other of Sandra Ingerman's books from the library. I love this audio set. I've not been able to find anything else that introduces a person to shamanic traveling, i.e., audio guidance to help a person have genuine experience. At first I was put off by her voice and the strange sounds, also put off by her talking too much during the meditations, but what I now realized, (in part from working with other teaching DVDs, yoga, tai chi, chi gong, is that in teaching these practices which are so deep, first the teacher lectures about the details. i.e. the mechanics. this is common for any teacher of the more subtle practices ) The beauty of this audio set, is that by the time I reached the meditations, I journeyed very quickly, having authentic experiences. In trying to duplicate this on my own, I am discovering it is not as easy or simple as I first thought. It takes learning the details, boring, tedious to do this, but by learning the mechanics, i.e. learn to crawl, then can learn to walk, and run very quickly, but first have to learn to crawl. The best way to learn this is from live training, experience. this is next best option for those of us who do not have access to living teacher. I myself am truly thankful for Sandra's willingness to offer this, along with her other books. These have been some of the most beneficial self help tools, audio aids I have come across. Highly recommend get over the discomfort with her teaching style, and explore shamanic journeying through following her helpful guidance.

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