



Spirit Walking: A Course in Shamanic Power

Evelyn C. Rysdyk

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Shamanism is an ancient spirituality rooted in the belief that all matter has consciousness and that accessing the spirit in all things is part of what keeps the world and people healthy and in balance. Spirit beings surround us and are the source of a spirit walker's ability to profoundly influence life events and thrive in difficult circumstances.

In *Spirit Walking*, shamanic practitioner Evelyn Rysdyk shows how we can all connect with the spirit world to find balance and healing. Using shamanic techniques that have been proven over thousands of years of human existence, Rysdyk offers a step-by-step guide to understanding and integrating shamanic practices into one's life through:

Power Animals Prayers and Rituals Discovering the Creative Energy of Emotion Imagination and Manifestation Learning to Shape-shift Divination Traditional Shamanic Healing

Rysdyk shares powerful stories of shamans from a variety of cultures such as Nepal, Tuva, the Ulchi from Siberia, and from Peru. She brings a fresh perspective to the work by showing how the latest findings in quantum physics are verifying that we are all connected in an intricate web of energy and spirit.

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