



# Urban Shaman

*Serge Kahili King*

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## **Urban Shaman** Serge Kahili King

Now, even if you can't get out into the wilderness or undertake a long apprenticeship, you can learn to practice the art of shamanism.

Uniquely suited for use in today's world, Hawaiian shamanism follows the way of the adventurer, which produces change through love and cooperation - in contrast to the widely known way of the warrior, which emphasizes solitary quests and conquest by power.

Here, in the first practical guide to applying this ancient healing art to our modern lives, you'll learn how to:

- Interpret and change your dreams
- Heal yourself, your relationships, and the environment
- Cast the shaman stones to foretell the future
- Design and perform powerful rituals
- Shapechange
- Make vision quests to other realities

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Spent a free time to be fun activity to do! A lot of people spent their down time with their family, or their particular friends. Usually they performing activity like watching television, planning to beach, or picnic from the park. They actually doing same every week. Do you feel it? Would you like to something different to fill your own personal free time/ holiday? Might be reading a book might be option to fill your cost-free time/ holiday. The first thing you ask may be what kinds of reserve that you should read. If you want to try look for book, may be the book untitled Urban Shaman can be very good book to read. May be it can be best activity to you.

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