



# The Soul Retrieval Journey

*Sandra Ingerman*

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## **The Soul Retrieval Journey** Sandra Ingerman

Over 40,000 years ago the first shamans ventured into the spirit realms in search of wisdom and healing. What they found was a secret world of teachers, animal spirits, and the soul fragments of those suffering in the ordinary world. On *The Soul Retrieval Journey*, you will join Sandra Ingerman (director of the Foundation for Shamanic Studies) as she shares the rituals of the shaman and explains how, even today, they remain powerful tools for self-healing and insight available to anyone. Ingerman offers the shamanic perspective on illness, explaining how parts of the soul can be lost through personal tragedy, physical injury, or the negative emotions of others. Through the ages, she teaches, shamans have used a simple, powerful process for returning people to their original wholeness and health. In step-by-step detail, Ingerman explains this "soul retrieval" journey, including exercises that use singing, dancing, praying, sacred spaces, and talismans to welcome the soul home. *The Soul Retrieval Journey* is a fascinating introduction to shamanic healing, as taught by one of the West's pre-eminent authorities and modern-day practitioners.

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