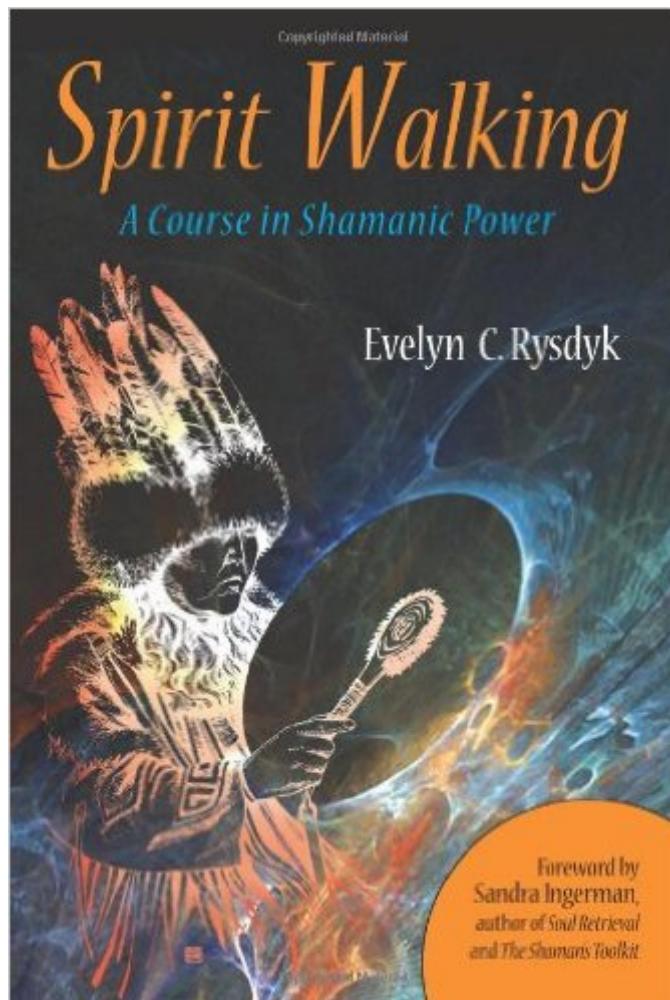


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# Spirit Walking: A Course In Shamanic Power



## Synopsis

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.

## Book Information

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## Customer Reviews

Over the years, I've attempted to read several works on Shamanism as a way to deepen my own meditation and yoga practice. Unfortunately, many of these works felt exclusive and assumed a deep knowledge of Shamanism at the outset. What makes Evelyn Rysdyk's book an important and necessary contribution to the field is its accessibility. In clear cut language, Rysdyk introduces and deepens one's understanding of Shamanism. Each chapter not only provides an explanation of an aspect of Shamanism but also offers exercises to experience Shamanism at work. Rysdyk is a wonderful writer; her personal experience, humor, knowledge, and research invite the reader into

the text. The writing is informative and inclusive. Indeed, one senses the richness of spirit in Rysdyk's life; no doubt, she is a gifted teacher. I highly recommend this book not only to anyone who wants to learn more about Shamanism, but also to anyone who wants to deepen their spiritual practice. Shamanism doesn't exclude other spiritual practices but works to deepen and enrich. Spirit Walking is a necessary tool and Rysdyk a gifted guide.

If you are serious about establishing or deepening your shamanic process, Spirit Walking - a Course in Shamanic Power will help you get to the next level. Author Evelyn Rysdyk, a nationally known teacher of shamanism, brings to this book many years of study with indigenous shamans from Peru, Nepal, Tuva, and Siberia. And fortunately for us, she also has years experience teaching students of shamanism in North America. I've been a shamanic practitioner for eight years, four of which I studied with Evelyn Rysdyk and her partner, Allie Knowlton. I can affirm that both of them scrupulously walk the shamanic path - the path of the spirit walker. In Spirit Walking, Evelyn extends an invitation to you to walk your own path toward spiritual power and fulfillment as a spirit walker. This book provides holistic, practical and Earth-centered techniques for you to explore realms of shamanic reality and build relationships with the spiritual beings who dwell there. Evelyn leads you through exercises that help you build your connection to both the spirit realm and the natural physical world. These activities are firmly based on the ancient ways of shamans - shamanic journeying, ceremony and prayer, sacred song and dance, creative arts, and more. Following the steps outlined in the book, you engage your physical, emotional, and spiritual self in shamanic practice. You also learn of modern scientific advancements that support the view of reality experienced by ancient and indigenous shamans. In my experience, this path has expanded my approach to all of life - the mundane, joyous, frightening, dismal, and special moments. As a spirit walker, life becomes the journey. As a spirit walker, each step, no matter how difficult, becomes precious. I highly recommend this book!

An inspiring and critically important work, this book helps you use all of the spiritual tools and connections you were born with, but most likely forgot. "Spirit Walking" clearly explains what shamanism is and does, while teaching in a concise, step-by-step, fashion how to bring this way of being into your everyday life. I loved that I could feel the profound wisdom of many years of experience flow through Evelyn's writing in such a personal way. It feels like she is teaching you directly, with all her deeply rooted energy and spirit guided words. Whether you are new to shamanism, or are living this way of life already, you will find this book a valuable resource. At a

time when life can seem so crazy, we need to become Spirit Walkers now, more than ever! ~

Colleen Deatsman, Shamanic Practitioner, Teacher and Author

I have read many books about shamanism but none of them compare to Spirit Walking. If you are looking for a book to build a foundation on this is it. Evelyn Rysdyk does a great job on giving the basics of walking a shamans path and you will walk away feeling fulfilled and excited after reading this book. There are daily rituals as well as how to do a despacho and more. She discusses everything from power animals to how your emotions affect your work. The book is full of practical exercises to help you build your shamanistic walk and make it a deeper more enhanced way of being. As someone who is walking a shamanistic path I found this book to be both enjoyable as well as educational. It is not focused on one branch of shamanism but rather the fundamentals of how to live a shamans way. Journeys, ceremonies, understanding the world around you, listening to your guides and so much more. You could easily spend years going through this book and referring back to it to find new and exciting things to do within your own path. There was a lot of thought and love put into this book. It is not a book for anyone who does not want to look deeply at themselves or honor the world around them. If you are looking for a book to help you develop your own personal path then this is the book you should read.

Many people feel that a shamanic calling is beyond them. Evelyn's twenty two years of working with people from all walks of life have inspired her to clarify this confusion in her book, Spirit Walking: A Course in Shamanic Power. She passionately believes that each person has access to the spirit world and that such connections support daily living and life transformations. She believes that each one of us can remember and live from a relationship with all living things and that these spirits can support and guide us. She is articulate and provides step-by-step instructions on how we can remember this ancient way of living. More importantly, the people who have the gift to know her personally, know that she lives what she writes!

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