

Shamanic Breathwork Journeying Beyond The Limits Of The Self Paperback 2009 Author Linda Star Wolf Nicki Scully

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Shamanic Breathwork: Journeying Beyond the Limits of the Self

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Shamanic inner journey

Shamanic Breath Work and Sound Healing to \"Make Shift Happen\" quickly ♥ ~~Journey Beyond Death Shamanic Maps to the Beyond~~ **Shamanic Breathwork Journeying Beyond The**

The combination of intense breathwork and shamanic journeying could be involved and beneficial, both personally and as part of a healing practice. And it probably could... except the author has somehow only included the absolute minimum of information on what shamanic breathwork actually IS.

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Shamanic Breathwork goes one step beyond the traditional shamanic journey by utilizing the techniques of super-oxygenated breathing, chakra attuned music, art creation, and the five cycles of shamanic consciousness. The value of this process is then shared through many stories from actual Shamanic Breathwork participants. Finally, with the overtone of the book being related to addiction, the ...

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