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Earth Mother Dreaming: The Modern Guide to Living a Shamanic Life

Scott Alexander King

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Earth Mother Dreaming: The Modern Guide to Living a Shamanic Life Scott Alexander King
A comprehensive, hands-on workbook covering all things metaphysical offers simple, yet practical activities, rituals, and ceremonies to reconnect with nature

Living in an urbanized, modern society, many have lost day to day contact with the beauty and wisdom of Mother Earth. This guide will help readers to reenergize, reflect, and gain a greater understanding of their connection to natural world. It teaches such nature healing therapies and techniques such as Bach flower remedies and Chakra meditations, as well as ways to forecast the weather, divine future events, and gain important messages from Mother Earth. Readers will also learn how to understand messages from their powerful animal totems; how to employ Wicca, crystal therapy, and bush magic; and how to explore the world of faery and elemental spirits. Activities include creating a medicine pouch, medicine shield, dream catcher, and journey drum. Readers will realize their gifts of power by participating in sacred dance, breath, song, and divination, while learning how to follow the omens, signs, and portents of nature.

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