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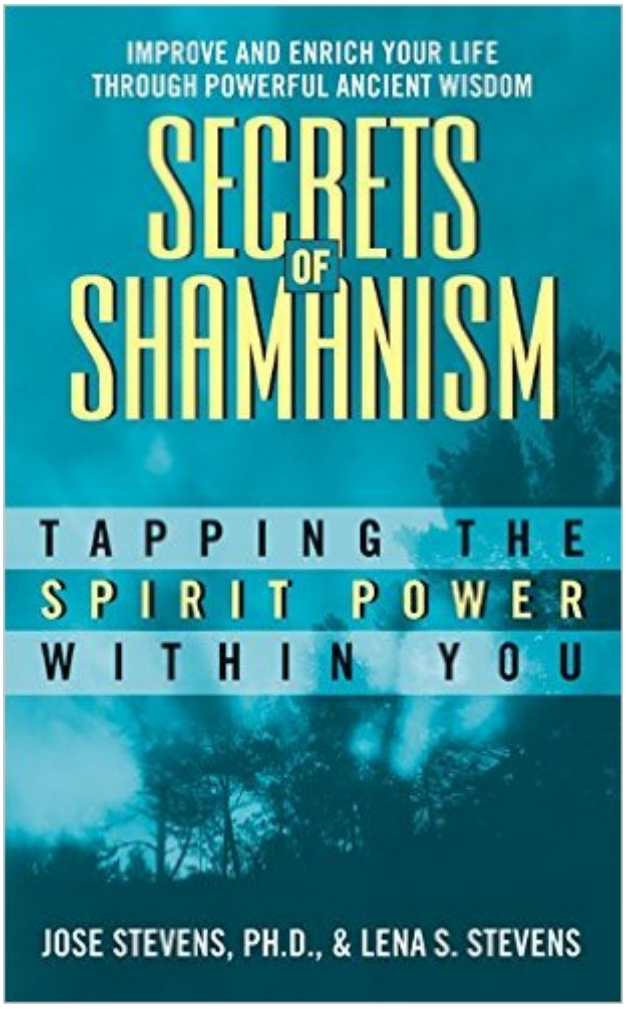
Secrets Of Shamanism: Tapping The Spirit Power Within You



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Synopsis

For untold centuries, the shaman was the tribeâ s most revered and respected member, possessing the unique ability to tap into the universal source of wisdom by journeying deep within the self -- seeking, and finding, answers to pressing questions, achieving profound understanding by avoiding the stumbling blocks of the outer material world. Developing techniques for communicating with the innermost world of the spirit can be a valuable boon in these modern times with their contemporary problems and concerns. Through a series of easy-to-follow exercises, lessons, and rituals, psychologist Jose Stevens and wife, Lena, can show you how to identify your inner spiritual guides -- and how, through a unique and powerful communication with them, you can achieve undreamed-of professional success, psychological enlightenment, and personal fulfillment ... and completely change the way you live your life.

Book Information

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Customer Reviews

This was the first book I read concerning the Shamanic practice, and is only one of many. This book is responsible for my devotion to this way of life. It is easy to read, enjoyable, intriguing, and very useful. It is ideal for introducing newcomers as it is also non-threatening. HOWEVER, there is one important fact that I think the authors failed to express: The universal fact that shamanism is different for each individual who practices it. This book lists exercises to do in step-by-step processes; I think this somewhat limits the mental/spiritual creativity that makes the shamanic

practice so effective. Sure, the exercises can be done, and will work, too, but those serious about the practice should not limit themselves to only the practices in this one book. I would recommend reading several others to gain a greater perspective on the subject, read only as opinions, as, like I said, the practice is different for every person. Even the practices here can be done in many other ways, not just like they are said to be done by the authors. Techniques not mentioned may be more effective for different people. In short: This book should be read as an outline, an introduction to the personal shamanic experience.

Out of the many books on shamanism I own- this is the one I go to the most. I keep several on hand to give to friends. Written by a psychologist, the book is full of clear, safe, practical and powerful techniques. If you want to have a shamanic experience or focus on a specific question - search no further. The layout is great- 1) A clear concise description of the skill 2) A short (one page or less) story/example of a person applying shamanism in an every day life situation 3) A description of how to do it. and 4) A simple numbered step list/chart to make it clear. It’s so easy to jump right in. I am sick of people writing about their shamanic experiences when any body can jump right in and do it themselves! Yes you!

Popular books on the topic of what is known in New Age circles as "shamanism" tend to fall into one of two categories: stories or cook books. The story-type books (ala John Perkins or Alberto Villoldo) tell a story (whether true or not) and hope that the reader will gain true spiritual advancement from the story itself. This is considered the approach used most often by indigenous peoples. On the other hand, the shamanism cook books try a more direct approach: do this, do that, do this other thing, and you’ll get magical results. Cook books are very effective at teaching technique but essentially useless at evoking personal transformation or spiritual advancement.Jose Stevens’ book is probably the very best cook book on so-called "shamanism" that I have read. The other very notable cook book is Serge King’s Urban Shaman, although Stevens’ book is much more complete.My rating of 3 stars reflects not so much on the content of this book but rather on its approach. Taking my analogy several steps further, I would say that a cook book will only tell you how to make a dish. It won’t teach you how to grow healthy food. But of course New Age "shamanism" misses that point completely anyway.

This is one of my all-time favorite books on Western shamanism. It’s unique among countless books on the subject. I appreciate the respectful way the authors treat indigenous peoples. As an initiate of

a traditional shaman, I highly recommend _Secrets of Shamanism_ for those wishing to pursue an independent study course that is safe and effective.

I keep a copy of this on my bookshelf for reference and study and recommend it to my friends and my sons. One son read it, did the exercises and found it an excellent self study in shamanism. I have worked and traveled with the Stevens' and give them my highest praise and recommendation. They are living examples of teachers who 'walk their talk.' David M. Ross, LCSW

This is one of the best guides on practical shamanism I've ever read. It must also be a well-kept secret, for I have never seen it referenced. It is well organized, with more exercises outlined than I could count at the moment. Just a wonderful resource for anyone interested in applied shamanism.

Very good beginning book on Shamanism.It lists several exercizes to practice, but Shamanism is limited only by your imagination.For more advanced books; I suggest that you view my Shamanism listmania list.I encourage questions and comments via E-Mail; Two Bears.Wah doh Ogedoda (We give thanks Great Spirit)

This book is one of my favorites on spirituality. It illustrates very well the shamanistic perspective of the interconnectedness of all things. It made alot of sense to me, and weaved together many different "strings" of thought into one coherent but complex notion.I would not recommend this book on the grounds of advanced shamanism or in-depth practices. I found it to be basic in nature, though no less essential to the spiritualists library. The exercises were good, and probably a good place to start for the "Armchair shaman" but those seeking serious study and practice could skip those and breeze on through the narrative.

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