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Shamanic wisdom for every day

→ *Caitlín Matthews* ←



Singing the Soul Back Home: Shamanic Wisdom for Every Day

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Do you feel alienated from the natural world, trapped in a material society, searching for meaning and purpose, disconnected from the mainspring of life? Thousands of people are now discovering an answer in shamanic wisdom, where respect and wonder for nature combine with spiritual joy and healing to the benefit of all. Explore the holistic, vital world of the shaman and you, too, can live your life more fully and joyously.

This refreshing and inspiring book will set you on the right track, and show how you can bring the rich wisdom of the shaman into your daily life, whatever your creed or religion. Caitlin Matthews teaches you to explore your inner space, journey between the everyday world and the spiritual realm of the shaman, and find your spirit voice and true destiny. Fresh new approach, ideal for everyone, regardless of creed or religion. Packed with clear, practical exercises and comprehensive instruction. Shows how to harness your creative imagination and innate healing powers, and discover your real place in life.

Singing the Soul Back Home: Shamanic Wisdom for Every Day Details

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From Reader Review Singing the Soul Back Home: Shamanic Wisdom for Every Day for online ebook

Jennifer says

I felt this book was so thick with information, I had to read it more slowly than other books. I didn't realize exactly how much I gained (and assimilated) from reading this book until I tried to re-read it a year later and thought, wow, this is all old hat.

Aiyokysama says

As long as you realize this is her own core-shamanic path with a European flavor, this is an absolutely excellent book. I love her practices throughout the book and how she talks to the reader like they have functioning brains. Overall I found this a wonderful product and even empowering book.

Not everyone is going to be a shaman in a traditional sense (actually few people are) but there is much value in learning the cosmology and techniques of such. If someone has no idea what they are looking for as far as "alternative spirituality" this one of the books I will hand them, smile and tell them to get back to me when they've read it. This often results in new friends that have a firmer sense of self and where they are going.

David Lintonbon says

This book is like having your friendly neighborhood Shaman stop by to share a cup of tea, giving sage advice and a little cheerful encouragement.

Maria says

Caitlin Matthews is just great really. She's a very insightful writer who knows a great deal.

Dan says

If cosmic circumstance has placed you on a shamanic path, you may find *Singing the Soul Back Home* a valuable resource. With its discussions of subjects like acquiring a drum and finding allies and teachers, this book is an instructive guide meant to help you find your feet as you learn to "walk between the worlds"

Joan says

When I saw this book in my local occult bookstore, I had to have it. The artwork and typography are lovely.

I read the whole thing through and am now working through the extensive exercises. Mathews' presents the material in a clearly written woo-woo free manner in a sensible progressive order. I am enjoying my explorations so far, and I am hopeful that I will learn a lot.

Heather says

This book is incredible. Having journeyed, studied, and been healed with others involved with shamanism, most trained by Micheal Harner (a name you ought to know if you really are serious about shamanism), this book just brought me back to those amazing spaces when my group would gather and journey for two hours on different topics. With this book, I could do it myself, have the same kind of life changing experiences, and get a GREAT training, about as formal as one can get from a book. Missing pieces of my training were filled in, as the seemingly endless exercises covered everything and anything, stretching me to new horizons. Ideas I'd never had for journeys came to me in such simple forms on paper, I was so thrilled. Every day I'd look forward to the next exercise. I do suggest having a blindfold and drumming CD for your journeying. This work will add to any Pagan religious path.
