



# **The Shaman's Path: A Guided Journey to Discover Your Healed Self**

*Lorie Allen*

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## **The Shaman's Path: A Guided Journey to Discover Your Healed Self** Lorie Allen

The Shaman's Path takes you on a guided journey to discover your life's purpose. Exercises and meditations take you on an experiential path on which you identify your issues, explore your ancestral ties and relationships, and examine your everyday roles. All of these are released through personal work and ceremony. At the end of the journey, you discover your destiny and move forward with a different perspective about yourself and the world around you. Rooted in the Shamanic practices of the medicine men and women of the High Andes in Peru, the author has taken what has been an oral tradition and concisely explained its history and its practical applications to modern life in North America and elsewhere. By completing the exercises in this book, you move out of time and space, and learn to navigate the pathways to the lower and upper worlds through Shamanic journeying, meet and communicate with spirit guides and power animals, and come to a place where the mind and spirit can find healing. Working closely with the Earth, the author describes sacred ceremonies to create a deep connection with your place of being in the world. Options for working alone or in a group are provided. The work is not easy or fast, but the author offers you step-by-step guidance and advice, as well as personal examples, to help along the way. The author's journey, through the work described, was one of personal transformation and joy, and she wishes you many insights and great blessings as you begin your own journey to the healed state.

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