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Sandra Ingerman Interview w/ Sharon
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From the rainforests of the Amazon to the
remotes of the Andes, an eminent seeker
describes the path that brought him to
discover the traditions of Huachuma

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shamanism. Based on the clear laws of nature in both the material and energetic dimensions, the shaman's world reflects 5,000 years of Huachuma philosophies of harmony and oneness-as shown through totem animals, elements of nature, physical archetypes, and energy postures. His experiences offers possibilities for deep

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Shamanism in all aspects of life, including wellbeing, relationships, and child rearing, and his ideas are presented as simple, profound wisdoms that are palatable and beneficial to other seekers without requiring additional shamanic experience." Shaman's Wisdom is a book that will become a source of reference for

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years to come and should be part of the library of everyone seeking wisdom and enlightenment. Well written, in depth research and a subject truly engrained in the author's soul, make this an excellent read that is highly recommended by this reviewer." - Shirley A. Roe, Allbooks Review International

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allbooksreviewint.com" Thank you Tony for writing from your heart and the deepest part of you. This is the first book of yours I'd ever read, thanks to the interview of you in front of a loud London train (thanks again, YouTube), and the book was a page turner I could barely put down - From your personal experiences to

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the spiritual insights, message of Unity and
Totality and loving, practical wisdom and
Shamanic exercises, and more - This was
exactly what I needed to read at this stage
of my journey." - Vivian Bryan, USA "I
can honestly say my life's changed over the
last few years with the help of his teachings
which are filled with profound wisdom yet

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are simple and accessible to understand.
This book helped me to reconnect with
life's essence. I am so grateful for having
access to one more product of Tony's
work!" - Sibra, Portugal"Having
personally worked with the author, this
book brought me the freshness of his
words into a format which is possible to

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savour slowly, get back to, read again certain parts. It shows in a very easily readable and interesting way the teachings and what the author learned himself from the many years he spent in south america with indigenous people." - Kaya, Portugal" There's a quality of authenticity, depth and sensitivity in this book that

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keeps me inspired each time I read it. And I've read it many times! Tony Samara is for real, there is no hogus bogus or false new agey shamanism here. He's lived in the Amazon with the shamans for many years, has been initiated in their healing ways and then decided to leave South America, to share these ancient peoples'

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wisdom with the western world. I love shamanism and have read some books on the topic (all the big names out there) but almost always have felt disappointed - they are far too left brained, analytical, methodological, or, at the other end of the spectrum, unrealistic, unworkable, with a focus on the psychoactive experiences of

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Ayahuasca or other sacred plants... but forgetting all the other aspects of what it means to be a shaman. Tony's book is totally different - it makes the bridge between the fantastic and sometimes inaccessible world of the shamans and our real lives. Dozens of practical helpful tips, meditations, breathing exercises, chants,

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are included for everyone who wants to go deeper into themselves and bring the wonderful world of shamans into their everyday lives. The book is easy to read, accessible and the profound wisdom contained in it is passed on to the reader without us even noticing it! That's the beauty of this little magical book. Love

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and gratitude, Ilanta" - Ilanta, Switzerland

Metaphysics

Increasing numbers of professionals in the fields of psychology and therapy are seeking to incorporate elements of spirituality into their therapeutic oeuvre, addressing not only mental and emotional issues, but also the soul. This book

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discloses how indigenous traditions can be adapted to offer practitioners a highly effective repertoire of insights, psycho-spiritual approaches and therapeutic tools. The underlying concepts and world-views of indigenous and contemporary shamanism are explained and tied in with current developments in psychology and

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science. After clarifying altered states of perception, concepts of integrative wholeness of mind, body, soul and spirit and transformative shamanic 'healing' approaches, the book goes on to outline concrete contemporary tools and techniques that can be applied directly to work with clients. It presents research,

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examples and case studies throughout.

This will be enlightening and compelling reading for psychologists, therapists, counsellors and coaches looking for profound insights and innovative methods of practice that cater for the whole human psyche, reaching beyond contemporary Western mind and body approaches.

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Somatic psychology and bodymind therapy (the simultaneous study of the mind and body) are challenging contemporary understandings of the psyche, of what it means to be human and how to heal human suffering.

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Dynamic Energetic Healing(R), Howard Brockman, MA, MSW, LCSW introduces a new psychotherapy model that creatively integrates ancient spiritual healing practices with modern psychotherapy. Dynamic Energetic Healing(R) provides a non-traditional alternative for the millions of Americans frustrated with the over

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prescription of anti-depressants and countless hours of talk therapy. In Dynamic Energetic Healing(R), Brockman explains the DEH(R) model and its practical application, provides 17 case studies that illustrate the model's successful implementation, and assists readers in releasing and eliminating trauma caused

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by unidentified sources of anxiety,
depression and relationship difficulties.

Through his extensive training in process-oriented psychology, core shamanism (since 1981), energy psychology, and more than 35 years of clinical experience as a psychotherapist in private practice, Brockman has created a synthesis of

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psychospiritual healing methods that awaken the power of applied human consciousness. These methods come together powerfully in this fascinating and compelling book, Dynamic Energetic Healing(R). Reader Benefits: 1. Learn a powerful alternative to talk therapy. 2. Explore energy psychology as a new

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paradigm for client work and therapy today. 3. Discover how energy psychology integrates with traditional psychotherapeutic approaches. 4. Explore how Dynamic Energetic Healing(R) addresses the underlying origins of PTSD symptoms. 5. Learn how complex trauma can be identified and cleared from an

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originating event. 6. Explore how muscle testing techniques derived from Applied Kinesiology can enhance and inform client sessions 7. Discover interventions that promote powerful change with clients that are unresponsive to traditional therapy. 8. Learn a structured therapeutic model that integrates existing training into a creative

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new therapeutic framework 9. Discover a new understanding of the complexity of PTSD within the context of Dynamic Energetic Healing(R). 10. Learn how "soul loss" is one of the most serious consequences of trauma. 11. Learn about shamanic healing practices. 12. Learn to access inner spiritual resources and raise

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your vibrational frequency. 13. Learn the protocol to ensure your connection to Source or Creator. 14. Find out how a regular energetic practice such as Qi Gong or meditation can awaken your extrasensory or psychic abilities. 15. Discover alternatives to the dangers and devastating side effects of antidepressants.

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16. Learn about trainings to become a certified Dynamic Energetic Healing(R) facilitator. Endorsements: DEH(R) helps to bridge the gap between Eastern and Western medicine, offering us new ways to approach client work and our common goal of planetary healing. Alberto Villoldo, Ph.D., author of Shaman, Healer, Sage

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Provides a wealth of information, creatively synthesizing ancient spiritual healing practices with modern psychotherapy to create a holistic approach to healing. This book contains powerful healing! Sandra Ingerman, MA, author of Soul Retrieval and Medicine for the Earth. Creatively bridges shamanism

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and body oriented psychological healing practices to create new methods to heal trauma and help integrate body, mind, and spirit. This book is easily read and very practical for both therapists and clients. Arnold Mindell, Ph.D., author of The Quantum Mind. Awards: * Finalist, Best Books 2006 for New Age, Non-

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Fiction; USA Book News.com. * Notable,
2007, The Eric Hoffer Book Award for
Best New Writing in Health/Self-Help *
Finalist, 2007 Nautilus Book Awards in the
Health & Healing category * Silver
Medalist, 2007 Independent Publisher
Book Awards in Psychology/ Mental
Health category.

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"Religion has become sick. Jesus's teaching and healing ministries point out this frightening and important truth. The worst enemies of religion usually lie within religion itself. A subtle rigidity takes over that blocks the flow of healing." —Chapter 7, Transforming Body and Soul With all

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the scholarly attention given to the Scriptures in the Christian community, it is remarkable how little study has been done of the Gospel healing stories. These stories embody and reflect powerful interpersonal dynamics, which are being rediscovered today in the practice of psychotherapy. As a healer, Jesus forms a

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bridge between the most ancient of healers, the shamans, and recent developments in psychosomatic medicine and depth psychology. Body and soul are intimately connected-health in one is often reflected in wholeness in the other.

Blending the insights of Biblical scholarship with those of modern

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psychology, Galipeau examines each of the Gospel healing stories in depth.

Transforming Body and Soul is a valuable resource for psychotherapists and counselors as well as clergy and pastoral ministers. Anyone seeking health and wholeness of body and spirit will find this a rewarding, challenging and therapeutic

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book. Originally published by Paulist Press in 1990, Transforming Body and Soul is a significant contribution to Jungian psychology and to the relationship between psychological and spiritual development. This Revised Edition includes an Index, Larger pages, Larger font and a Foreword and Afterword by the

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Although the therapeutic relationship is a major contributor to therapeutic outcomes, the cognitive behavioral psychotherapies have not explored this aspect in any detail. This book addresses this shortfall and explores the therapeutic

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relationship from a range of different perspectives within cognitive behavioral and emotion focused therapy traditions. The Therapeutic Relationship in the Cognitive Behavioral Psychotherapies covers new research on basic models of the process of the therapeutic relationship, and explores key issues related to developing

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emotional sensitivity, empathic understanding, mindfulness, compassion and validation within the therapeutic relationship. The contributors draw on their extensive experience in different schools of cognitive behavioral therapy to address their understanding and use of the therapeutic relationship. Subjects covered

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include:

- the process and changing nature of the therapeutic relationship over time
- recognizing and resolving ruptures in the therapeutic alliance
- the role of evolved social needs and compassion in the therapeutic relationship
- the therapeutic relationship with difficult to engage clients
- self and self-reflection in

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the therapeutic relationship. This book will be of great interest to all psychotherapists who want to deepen their understanding of the therapeutic relationship, especially those who wish to follow cognitive behavioral approaches.

In this text, Arthur Robbins explores the

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interaction between patient and therapist in depth, examining the concept of therapeutic presence, and the therapist's ability to maintain it.

God wants us to have the life of our dreams. We just need to listen to the messages within. In Dear Bonnie, My Life

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at Lake of the Ozarks, author Chris Goin shows how God speaks to us through our bodies. She shares information that has the ability to reveal the truth of Gods extraordinary world, bring healing to those in pain, and bring families and couples closer together. Using her personal journey to self-healing and rebirth as a

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guide, Goin describes several healing modalities, such as muscle testing to reveal the hidden aspects of ourselves, EFT to reprogram the subconscious, and Reiki for connecting with the divine. She discusses how our bodies are designed to heal fully and completely and give us clues to our strengths and weaknesses. By learning to

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listen to what the body says, we can learn to embrace our weaknesses so they don't hold us back. Complete with simple exercises and experiments, Dear Bonnie, My Life at the Lake of the Ozarks shows different ways you can help yourself heal and live a more magnificent life. These techniques may hasten healing, amplify

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joy, and bring mental, physical, and
emotional balance.

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