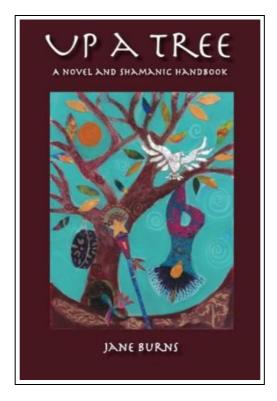
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## UP A TREE: A NOVEL AND SHAMANIC HANDBOOK (PAPERBACK)



Out in the Barn Press, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. In Up a Tree, shamanic teacher and healer, Jane Burns creatively imagines how a recently widowed mother of two teenagers confronts major crises in her family s life and within herself by using shamanic knowledge and skills. Readers familiar with shamanic living will recognize and be re-inspired by Burns treatment of traditional shamanic methods for healing and for finding meaning in a world that seems to be falling apart. Readers new to shamanism will discover how the shaman s relationship with spirit allies can ease suffering, heal those in pain, and support difficult decisions. Both a novel and handbook, Up a Tree is based on the experience and wisdom Burns has acquired from many years of studying, practicing, and teaching shamanism. Here is a story that explains shamanism in clear and understandable terms and places it in the center of a woman s life as she handles her own failings and the struggles of those she loves. ---Tom Cowan, PhD, Author of Fire in the Head and Shamanism As a Spiritual Practice for Daily Life. Up A Tree is an engaging and beautiful story of love and healing. Jane Burns does a brilliant job of demonstrating how challenges in life can be healed and supported by helping spirits in the non-ordinary realms. As readers, you are gifted with a great story as well as the tools needed to access spiritual guidance and healing from the invisible realms. ---Sandra Ingerman, MA, Author of Soul Retrieval and Shamanic Journeying: A Beginner's Guide.

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