



Singing the Soul Back Home: Shamanic Wisdom for Every Day

Caitlin Matthews

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Since first publication in 1995, Caitlin Matthews's primer on practical, everyday spirituality as practised through shamanism, has become a sought-after classic. For those trapped in a material society, shamanic wisdom offers new purpose and vitality in life, and a re-connection to the natural world. Caitlin Matthews shows how you can harness your creative imagination and innate healing powers as you explore your inner space, and journey between the everyday world and the spiritual realm of the shaman.



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