

Mp3 Katie Weatherup - Shamanic Journey Drumming

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Monotonous drumming CD of 3-5 beats per second used to achieve an altered trance state for shamanic journey with call back at the end of each track. 2 MP3 Songs in this album (47:38) ! Related styles: NEW AGE: Shamanic, NEW AGE: Healing Details: Shamanic practices, found throughout diverse indigenous cultures, are used to interact with the spiritual and natural worlds for healing, protection, and general well-being of the individual and the community. Shamanic journeying is used to send personal awareness into the symbolic, non-rational realm of myth and dreams. It is a traditional means of interacting with spiritual guides and allies for guidance and personal healing. It is said that the drum is the horse the shaman rides into the spirit world. A monotonous drumbeat of 3-5 beats per second, such as the drumming on this CD, is a gentle yet powerful way to get into the altered state of consciousness necessary for shamanic journeying. For best results, use headphones with this CD. Track 1 provides drumming for a 15-minute journey with a call back at the end. Track 2 provided 30 minutes for drumming with a call back at the end. Complete instructions for Shamanic Journeying are available in "Practical Shamanism, A Guide for Walking in Both Worlds" by Katie Weatherup. Katie Weatherup is a shamanic practitioner, a Reiki master, and a former mechanical engineer. Her unique perspective on shamanism centers on the application of each person's spiritual and intuitive abilities to the issues attending everyday life from a pragmatic, "what works" point of view. She helps people find their way back to themselves, all the parts they have lost, forgotten, denied, and disowned. Katie helps people realize new levels of happiness and fulfillment in a single session and to form a direction, personal connection with the divine. Shamanism is a staple of her healing business, Hands over Heart. Currently residing in San Diego, she teaches classes in shamanic journeying and offers individual healing sessions and soul retrieval, in person and over the phone. Katie's commitment to healing work is part of her deep commitment to her own growth and healing. For more information, visit her website at handsoverheart.com.

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