



Shamanism for Beginners: Walking With the World's Healers of Earth and Sky

By James Endredy

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Healers and visionaries, food-finders and rainmakers?as intermediaries between the physical and spirit worlds, shamans have served a vital role in indigenous cultures for more than 40,000 years. The timeless wisdom of the shaman also holds relevance for the challenges we face today.

James Endredy explores shamanic paths from around the globe and discusses the tools, rituals, and beliefs that are common to most traditions. You'll discover how shamans are chosen and initiated, and how they establish a relationship with power animals, ancestors, and other inhabitants of the spirit realm. Along with many stories from his own experiences, Endredy shares insights from other scholars in the field, including Mircea Eliade, Michael Harner, and Holger Kalweit, and from indigenous shamans throughout history.

Shamanism for Beginners concludes with a thoughtful, empowering look at how shamanic practices can help restore balance and peace to our lives and the earth.

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Editorial Review

About the Author

James Endredy is a teacher, mentor, and guide to thousands of people through his books and workshops. After a series of life tragedies and mystical experiences as a teenager he changed direction from his Catholic upbringing and embarked on a life-long spiritual journey to encounter the mysteries of life and death and why we are all here. For over twenty-five years he has learned shamanic practices from all over the globe, while also studying with kawiteros, lamas, siddhas, roadmen, and leaders in the modern fields of ecopsychology, bioregionalism, and sustainable living. James also worked for ten years with Mexican shamanic researcher Victor Sanchez learning to share shamanic practices with modern people.

On a daily level, his experiences have inspired him to live a sustainable lifestyle as much as possible while still working within mainstream society. He writes, leads workshops, mentors private clients, visits schools and community centers, speaks at bookstores, and volunteers in his community. His books have thus far been published in four languages and include *Ecoshamanism*, *Shamanism for Beginners*, and *Beyond 2012*.

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