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Lire des ebooks La Voie du chamane Michael Harner & Laurent Huguelit PDF, ePub, mobi, Un manuel unique en son genre qui permet de comprendre et de pratiquer la transe chamanique avec la seule aide d'un tambour. Une référence mondiale entièrement mise à jour par Laurent Huguelit, coauteur de *Le Chamane & le Psy*.

Le pouvoir de guérison des chamanes est aujourd'hui pris au sérieux par un nombre croissant de professionnels de la santé. Avec ce livre, l'anthropologue Michael Harner nous emmène à la source de la guérison chamanique.

Michael Harner a compilé les pratiques chamaniques communes à diverses traditions et mis au point une méthode simple, à la portée de tous, pour en faire l'expérience. Dans un style très vivant et souvent humoristique, il guide pas à pas le lecteur dans des exercices qui permettent d'atteindre un état modifié de conscience sans utilisation de plantes rituelles, avec la seule aide d'un rythme spécifique.

La compréhension du voyage chamanique est facilitée par des récits de Michael Harner (comme l'histoire de son initiation à l'ayahuasca chez les Indiens Jivaro, devenue un morceau d'anthologie) aussi bien que de novices racontant leurs expériences lors d'ateliers organisés par l'anthropologue.

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