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The combination of intense breathwork and shamanic journeying could be involved and beneficial, both personally and as part of a healing practice. And it probably could... except the author has somehow only included the absolute minimum of information on what shamanic breathwork actually IS.

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Incorporating psychospiritual tools with her Shamanic Breathwork practice, Linda Star Wolf shows how to spiritually journey in the same way shamans entrain to the rhythms of drums or rattles using the breath, either alone or together with music.

Shamanic Breathwork | Book by Linda Star Wolf, Nicki ...

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