



## The Shaman within: Reclaiming Our Rites of Passage

By Barbara Meiklejohn-Free

John Hunt Publishing. Paperback. Book Condition: new. BRAND NEW, The Shaman within: Reclaiming Our Rites of Passage, Barbara Meiklejohn-Free, The Shaman Within explains how our ancient wisdoms can now be employed to tackle the big issues that trouble our minds, ravage our bodies and quash our spirits. Through a very personal journey; the travels, experiences, rituals, highs and lows of the protagonist, an amazing tapestry of insights and answers is woven before our very eyes. And the threads of this tapestry consist of the incredible healing and empowerment that our long-forgotten 'rites of passage' afford us. The lessons within enable us to feel more complete, at one with ourselves, our environment and the universe that created us. This book speaks to all who seek true fulfilment and imparts the tools to achieve it.



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