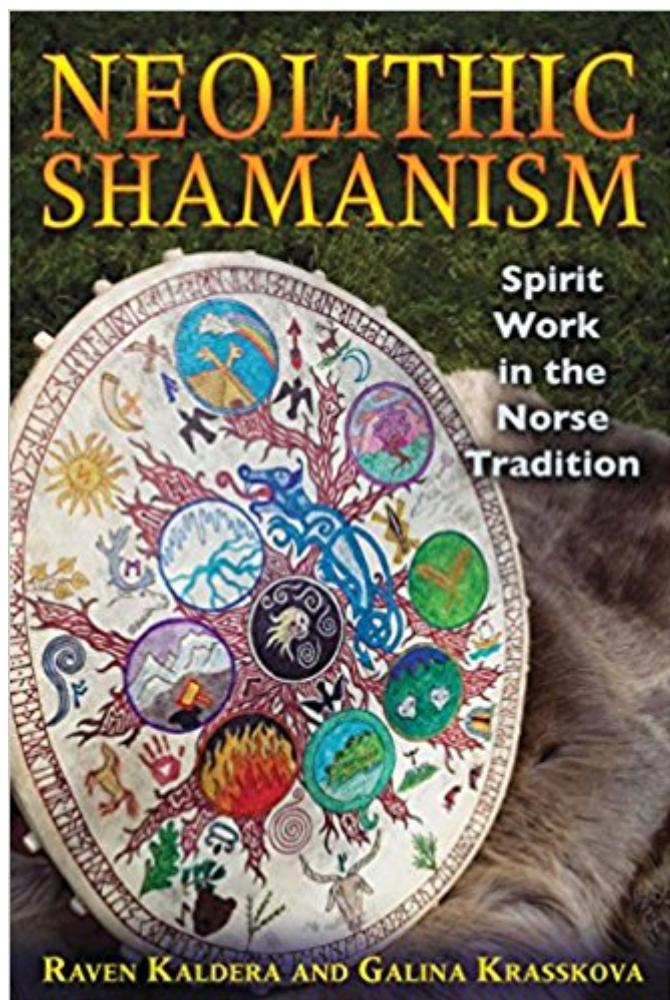


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# Neolithic Shamanism: Spirit Work In The Norse Tradition



## Synopsis

A step-by-step guide to working with the spirits of ancient northern Europe • Explains how to build relationships with Earth, Sun, Moon, Plants, Animals, Water, Fire, Craft, Air, and the Ancestors through 83 practical exercises • Explores the role of altered states in spirit work • Outlines the ancient cultural rules and taboos to avoid spiritual debt or offense We are all surrounded by spirits. Many people feel called to work with them, but few know where to begin. Enjoined by the gods and spirits to fulfill this need, Raven Kaldera and Galina Krasskova have reconstructed the indigenous spiritual traditions of northern Europe and Scandinavia extinguished more than one thousand years ago by the spread of Christianity. Arising from basic survival needs, these practical traditions are fundamentally tied to the elements found in the harsh world of the ancient North. Beginning with the skills tied to the Earth element, necessary for grounding prior to the more demanding aspects of the practice--working with Sun, Moon, Plants, Animals, Water, Fire, Craft, and Air--the authors explain, step by step, how to build relationships with each elemental spirit and the Ancestors. Offering 83 practical exercises, from cleansing with the Moon or borrowing the legs of Reindeer to making sacred space with Mugwort or creating an ancestor altar, they also explore building spirit relationships through altered states. Emphasizing the proper management of your spirit relationships to avoid spiritual debt or offense, the authors outline the ancient cultural rules and taboos that circumscribe these practices, essential knowledge for successful and fruitful spirit alliances. Detailing the beginning set of skills needed to work with the spirits of this ancient world, this comprehensive workbook offers a unique ancestral spiritual outlet for those of northern European descent as well as an accessible guide for anyone trying to fulfill their shamanic callings.

## Book Information

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## Customer Reviews

I am giving the book 5 stars even though it does have some drawbacks. Firstly, there is a lot of good information, as well as many good exercises in here. And I do believe the authors have a vast store of experience and knowledge which they base their writings on. However, the authors seem to be a bit too totalitarian when it comes to their ideologies. They are on the brink of turning their particular flavor paganism/shamanism into a dogma much similar to any traditional religion. While most of the ideals they stress in such a 'black and white' manner are true for the most part, I personally don't feel shamanism was bound in such dogma. Even with that being said, I recommend you buy all of these authors books, because they do contain great information.

This is exactly the book I have been waiting for. It is full of practical advice and techniques presented in a clear and easy to understand format. I have read other books by these authors and continue to be impressed by how they can shed such a brilliant light on topics that have long been clouded by mystery and misconception. This book is a no non-sense introduction to Shamanism that I would recommend as the first book you pick up on the topic, or to those who have been dabbling for a while. It includes some great recommendations for other books if you feel like you need to know more as well.

Whether interested in being a Shaman, or just looking for a book to inspire your spiritual growth, this is a must read! Don't get frustrated and stop reading it if you can't "see" whilst journeying, keep reading as the lessons are worth every second you spend with this book. Also, remember there is more than one way of seeing as the authors point out.

Though there is controversy with contemporary shamanism, Raven's book is an excellent introduction. It's important that we learn about spirit work that is not Harner based but culturally based.

Here we have the final book in the Northern Tradition Shamanism series. As the author states, it would have been better to publish this one first as it is all about the basic skills you need in order to relate to nature, The Ancestors, et cetera, but that is the only negative thing I can find about it. And

that's hardly anything important anyhow! The authors have really worked hard to get down what they've learned through not only their own experience, but the experiences of others on the same path as well. A very good handbook to have if you are interested in Norse/Northern European shamanism.

While I have an ambivalent attitude towards Raven Kaldera's Shamanism series, "Neolithic Shamanism," by both Kaldera and Galina Krasskova, is practically flawless. Also, it is refreshing to read a book on spirit work NOT written in a New Age or Wiccan tone. Kaldera and Krasskova do frequently reference the Northern Tradition. However, instead of focusing on the Gods and the Nine Worlds of Germanic theology/cosmology, "Neolithic Shamanism" encourages the reader to become more spiritually in-tune with the world around them. While the book is designed to be a beginner's guide to novice shaman and shaman-practitioners, the numerous exercises and lessons within would be applicable to any neo-pagan. It is the perfect book for someone wanting to get in touch with the spirits of earth, sun, moon, plants, animals, elements, ancestors, and so forth.

This book is an excellent book for anyone who wants to learn about the world of Shamanism from the foundation. It has a series of exercises that you work through, so it is a workbook to give you an opportunity to connect to the land and its elements something essential in the work of a Shaman. Another great book from two great authors and pioneers of the path.

All sorts of information about northern spirit work that I had no idea existed. I lived in Asia so I'm used to their way of doing things, but this book is a real eye opener. I hope the northern way is able to be reborn, before scientific materialism destroys us.

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