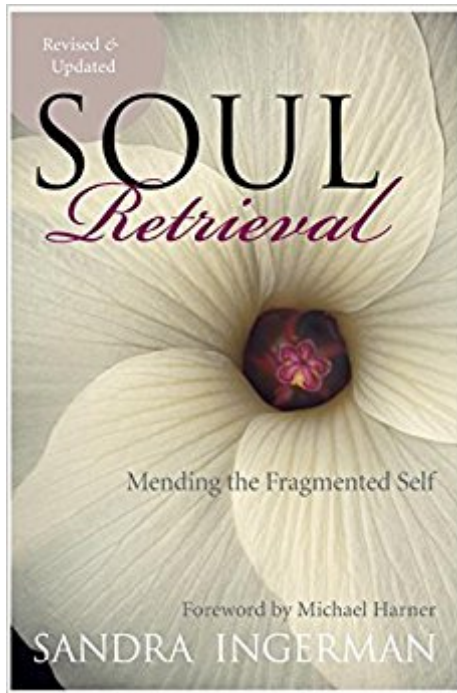




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Soul Retrieval: Mending The Fragmented Self



Synopsis

With warmth and compassion, Sandra Ingerman describes the dramatic results of combining soul retrieval with contemporary psychological concepts in this visionary work that revives the ancient shamanic tradition of soul retrieval for healing emotional and physical illness. This revised and updated edition includes a new afterword by the author.

Book Information

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Customer Reviews

Sandra Ingerman is today's leading practitioner of soul retrieval and conducts workshops around the world. In the course of her career she has created an international alliance of shamanic practitioners and teachers. Sandra has an MA in counseling psychology and is a licensed therapist. She is the author of other books on shamanism and healing the environment.

Very good, however, one should be clear that Sandra has revised/modified some of the teachings in this book. A reader most definitely should be working with an experienced teacher who can expound on the practices. My teacher is a certified by Sandra Ingerman and knows what the current practices are. This is a very sacred act and should be honored as such.

Awesome Book! Great information! Great for self help! Easy to read and follow. Helped me with some needed self mending. I highly recommend it.

Decent book with some interesting information and anecdotes. However, it glazed over many

interesting subjects that it kept mentioning, leaving me feeling as though I only got an insignificant, unsubstantial taste.

Amazing book. It jumped into my cart one day so I went with it. Arrived right after a traumatic hospitalization and surgery. Synchronicity? I'd say so! I even felt called to work a local shamanic practitioner trained by Sandra herself after reading it. Very worthy of more than one read. Soulful. Beautiful. Healing.

The author helps those with fragmented personalities such as a history of child abuse, incest, and other post-traumatic stress syndromes recover through hypnosis. The author goes while in trance to where she believes the patient's soul fragment is located and brings it back to the individual. One must read the book to understand how this is done. Patients undergoing these trance sessions usually recuperate from their stresses within a few weeks to a few months. Many recuperate within a few days. An interesting and engaging book! Barbara Fifield

The author is very clear that one should not try to practice soul retrieval based merely on the reading of this book. Nonetheless this book is a thorough, complete, clear and readable account of the technique. What comes through, other than the exposition on soul retrieval itself, is a bone deep niceness on the part of the author. For a person having any interest whatsoever on soul retrieval, this is the place to start.

My wife enjoyed the information and found the book very beneficial. She will keep this author in mind for the next purchase.

I haven't finished reading this book as of yet but I can tell you if you want to become a Shaman or learn the ways....Then this book is for you!!!! I've only ready 4 chapters because this book allows you to learn as you read. Exercises are provided. It's not a book to race through. I'm thoroughly enjoying this book and looking forward to my next level in this lifetime.

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