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Ce livre est une initiation au chamanisme qui n'a pas pour ambition de transformer le lecteur en petit chaman. C'est un guide découverte centré sur l'aspect pratique de la tradition, pour nous aider à acquérir un regard neuf sur le monde, la nature et l'unité corps-esprit.

Un guide pratique qui vise le mieux-être et le changement intérieur. Un test en début de 2ème partie oriente le lecteur vers les sections et sous-sections qui correspondent à ses attentes. Pour chaque chapitre un exercice ou un rituel.

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