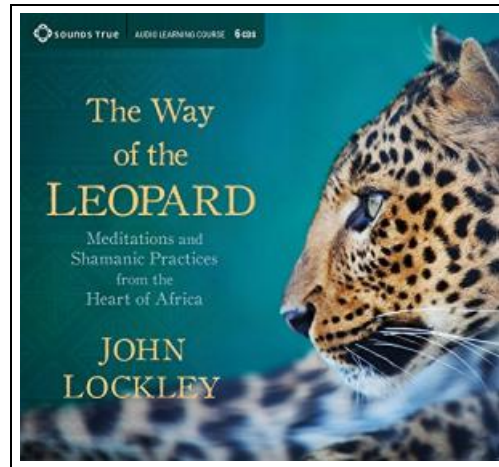


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WAY OF THE LEOPARD: MEDITATIONS AND SHAMANIC PRACTICES FROM THE HEART OF AFRICA



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SOUNDS TRUE INC, United States, 2017. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. Shake Your Bones, Listen to Your Dreams, and Feel the Earth Beneath Your Feet Inside you is a deep capacity for connection to nature, your ancestors, and the limitless wisdom and creativity you touch every night in your dreams. Yet in this modern age filled with distraction and anxiety, how do you restore your connection to these primal resources for living with power and purpose? We are all bound together by a symphony of blood and bone, teaches John Lockley, one of the few white men in recent history to become a fully initiated sangoma--traditional priest and healer--in the Xhosa lineage of South Africa. With *The Way of the Leopard*, he brings you a treasury of practices informed by this powerful tradition to help you embrace your true gifts and become a healing presence in the world. An Audio Training Course Inspired by African Shamanic Wisdom The core spiritual teachings John teaches are all created to help you awaken to your own Ubuntu, or shared humanity. In these sessions, you ll learn to activate the untapped power of your physical senses and intuition; discover how to honor your ancestors and draw upon their guidance; engage with your dreams as a spiritual practice; connect to nature through animal and plant medicine; and dance and shake your way to greater vitality, health, and aliveness. At the beginning of his sangoma apprenticeship, John Lockley s teacher MaMngwevu gave him the name Cingolweendaba, which means messenger, reflecting his calling to spread the essential values and principles of South African mysticism to a world in need of healing. It doesn t matter what color your skin is or what culture you re from, John teaches. If you are a human...



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