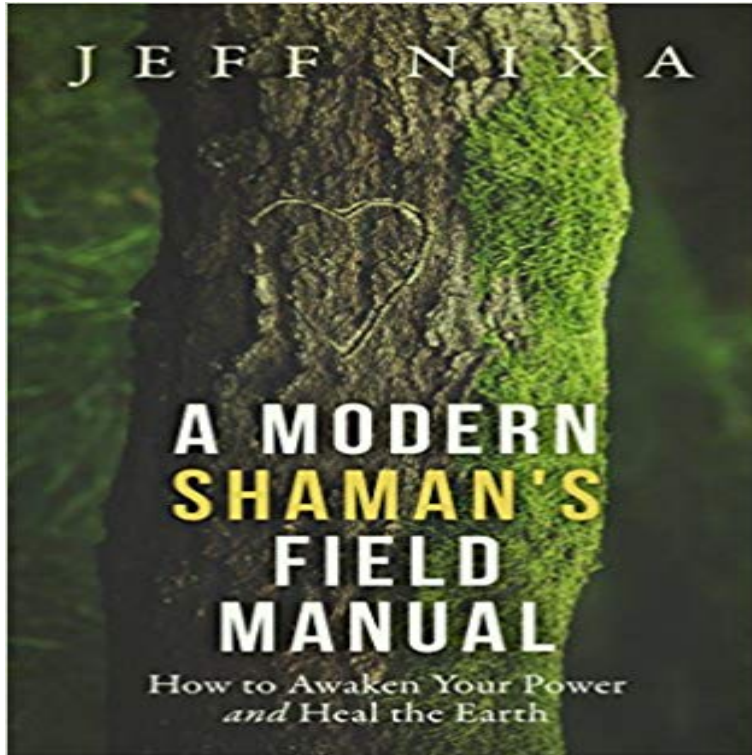


A Modern Shamans Field Manual: How to Awaken Your Power and Heal the Earth



The essential guide to following your heart, using the wayfinding practices of our indigenous ancestors. Jeff Nixa has written a brilliant book that is truly innovative... a road map for finding our way back into balance with nature, soul, and Spirit. I really love this book. Jeff's style of writing and story telling, his wealth of knowledge, and the exercises he shares... I highly recommend it for people who are trying to find their way. -Sandra Ingerman, MA, author of *Soul Retrieval*, and *Walking in Light: The Everyday Empowerment of Shamanic Life*. The real creative genius of this book is the way it weaves so many useful sources and resources into a practical manual that is highly accessible and user-friendly for the beginner and useful for the professional practitioner as well. I wish I had such a manual for my own clients and apprentices. -C. Michael Smith, Ph.D., author of *Jung and Shamanism in Dialogue*. Veteran spiritual guide Jeff Nixa teaches you the Path of the Heart, a step-by-step approach to personal growth, healing and transformation rooted in the earth-honoring spiritual practices of world shamanism. When he walked away from a promising law career in his late 20s, Nixa was seeking a more soulful life aligned to his heart. For the next 25 years he moved through different careers and faith communities, groping in the dark to find the elusive path his heart seemed intent on. Then one day in 2009 Nixa met a Cherokee shaman-psychologist in the woodlands of Michigan, and all the lights went on: Laid out before me was the way home, Nixa writes of the approach he learned, a luminous path of self-discovery, healing and power. He left a successful hospital career, dove headfirst into a seven-year shamanic apprenticeship, traveled to the Amazon, volunteered with Lakota Indians, and trained with world-renowned shamanic teacher Sandra Ingerman. As he slowly

mastered the wisdom of his elders he began to teach these skills to others. Unable to find a good book for his students and seminars that collected the most helpful information and practices he had learned in one place, he wrote his own. A Modern Shamans Field Manual is that book, a treasure trove of rare information, soul psychology, hands-on exercises, ceremony, case studies, illustrations, and troubleshooting help. Its a self-help book with teeth: a no-nonsense field manual for navigating change by a man who has guided thousands of people through the most turbulent waters of life. Learn how to: Detect the leadings of your hearts navigational guidance system Quest for a real vision of your life purpose and spiritual identity Meet your power animal(s) and consult with your spirit guides Embark on shamanic journeys in the spirit world for help and information Clear out your self-sabotaging voices of fear and hesitation Create a more joyful life in balance with nature and the living earth. Nixa anticipates the mental and emotional self-sabotage that can derail your forward progress, and teaches an innovative, three-pronged strategy for conquering your greatest hesitations and fears around change. You then discover how your newly acquired medicine can also benefit the world around you: our children, our elders, health care, faith communities, Native people, and the wounded Earth itself. The Appendix contains bonus resources to help you explore your heart of aliveness, clear out old emotional patterns, and quest for a vision. If you are at a crossroads on your journey, A Modern Shamans Field Manual is your map, compass and traveling companion for navigating the adventure of your life. Jeff Nixa, J.D., M.Div. is a shamanic practitioner, teacher, and writer, living in Indiana. He is the founder of Great Plains Shamanic Programs, an array of counseling, healing and education services since 2010.

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