



The Rush Hour Shaman: Shamanic Practices for Urban Living

Janet Elizabeth Gale

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The biggest cause of illness and disease in our lives today is that we have lost connection with the natural world, resisting the nurturing, healing and support that is offered to us. The Rush Hour Shaman is a "how to" book for living shamanically in our modern world. It offers a detailed protocol for reconnecting to ourselves, Mother Earth and all our Helping Spirits, and through that reconnection, find love, healing and meaning in one's life.

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