The word 'shaman' is derived from the language of the Tungusic peoples of Siberia and literally means 'the one who sees in the dark' with implications that have to do with accessing higher spiritual knowledge and wisdom.

To practice the ancient time-tested method of the shaman is to learn to open your inner vision to the world of things hidden-and in doing so you may enter into the deeper levels of reality of the unseen Universe where all the mysteries, great and small, can become known.

This is a learned skill that improves with practice-and some are real naturals at it. This is the shamanic path of direct revelation in which we all may learn to communicate first-hand with our spiritual allies-our spiritual helpers and teachers-and in doing so, we may connect with our own inner sources of power, healing, and wisdom.