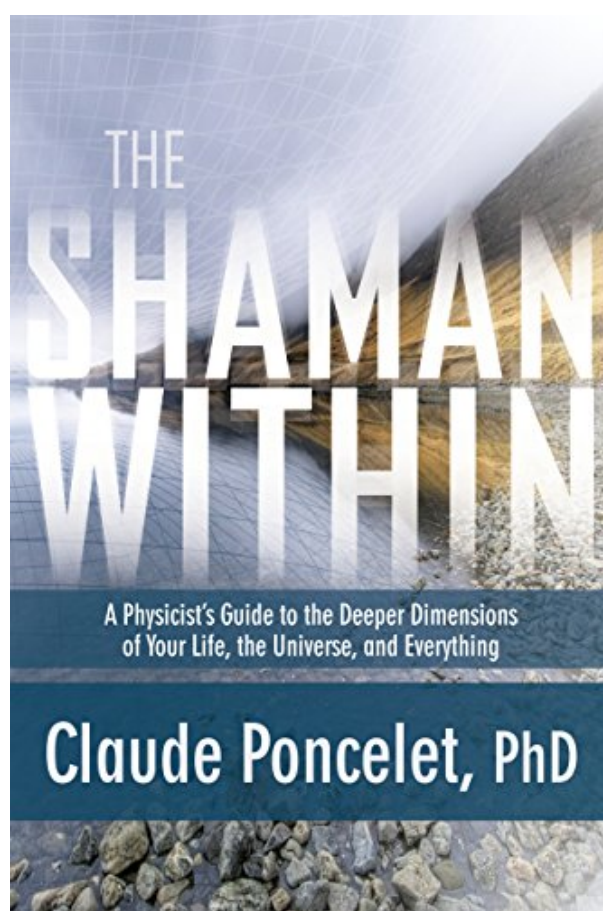
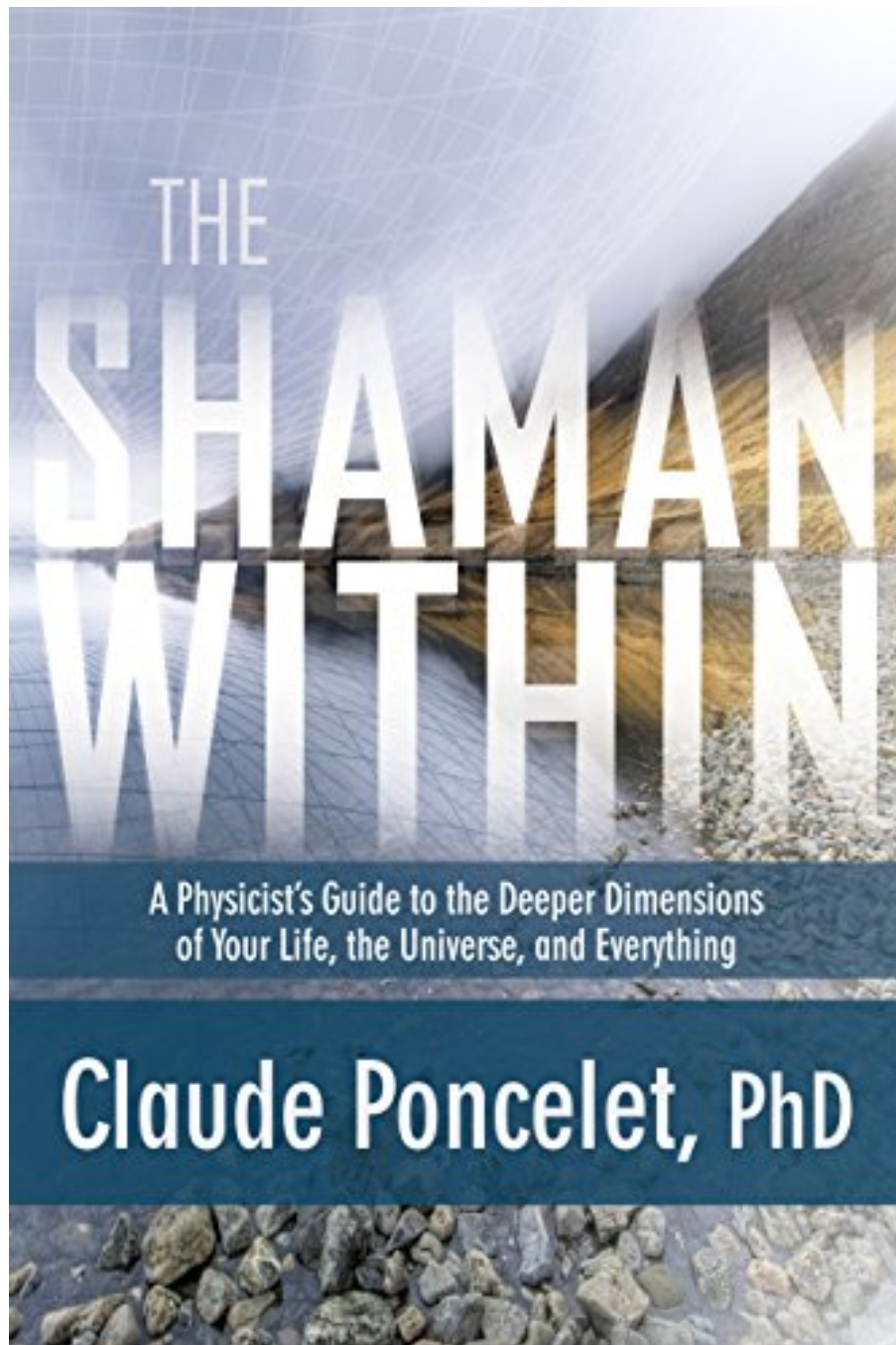


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GUIDE TO THE DEEPER DIMENSIONS OF
YOUR LIFE, THE UNIVERSE, AND
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Review

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Within every person—as well as every animal, rock, machine, particle, or planet—is a spirit that seeks to connect and communicate with the rest of the universe. Dr. Claude Poncelet calls this “the shaman within.” In his visionary new book, this scientist and shamanic teacher offers a compendium of practices and wisdom for connecting to the power of the spiritual forces in our lives. Filled with accessible instruction, insights from a lifetime of deep inquiry, and guidance for transformative journeys into non-ordinary reality, *The Shaman Within* explores:

- Modern shamanism—an ever-changing practice that welcomes both scientific discoveries and our personal experience
- Shapeshifting—a powerful method for building empathy, gathering insight, and experiencing our fundamental relation to every part of reality
- Combining indigenous wisdom and contemporary physics to revolutionize your understanding of time, space, and your authentic self
- Spiritual adventures to unexpected places—from the edge of the cosmos to the subatomic realm
- Using shamanism to enhance your work and family life, reveal novel solutions to life challenges, heal the environment, and more

“As both scientist and shamanic practitioner, I see no inconsistency between science and spiritual knowledge,” says Dr. Poncelet. “In fact, when shamanism and science inform each other, we gain a far greater access to the wonder and possibility of reality.” In *The Shaman Within*, this extraordinary teacher invites you to discover the 21st-century evolution of shamanic practice—one that will delight you, empower you, and open your eyes to new dimensions of our strange and marvelous universe.

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Most helpful customer reviews

12 of 12 people found the following review helpful.

Excellent book

By KThoma

This is an excellent book for both beginners and more experienced practitioners of shamanic work. There are a number of journey ideas that aren't in any other books such as shapeshifting, cosmic journeys, a section of ethics and the shamanic ego. It is a valuable resource to work with.

11 of 12 people found the following review helpful.

A seminal reference not to be missed

By Marc Le Menestrel

This book is likely to become a seminal reference for the development of shamanic practices in the spirit of Michael Harner's 1980 landmark *The Way of the Shaman*. It contains a very comprehensive discussion of the main concepts and practices initially taught by the Foundation of Shamanic Studies and further developed and practiced in Claude's unique way.

It is remarkable how his physicist perspective sheds light on the frontier between our rational account of the ordinary reality and our experience of the non-ordinary one. The result is a clear, coherent and inspiring guide that enriches the reader's spiritual and intellectual life. Thanks to the connection with his wife Noëlle Poncelet, the link with psychotherapeutic techniques is discussed in many occasions, which makes the book an important read for psychotherapists willing to reflect on the spiritual dimension of their practice.

Finally, the very personal and candid account of Claude's own shamanic journeys is a gift that provides a rare glimpse into the personal experiences of spiritual masters.

9 of 10 people found the following review helpful.

Integrity, Impeccability, and Interconnectedness

By Te Mangaroa

I had the pleasure of meeting Claude and Noelle once 5 years ago and was struck deeply by the integrity with which they approach their work. At the time, Claude spoke of writing book. I have been delighted to read this book and to see the depths to which he takes the subject. To me, the strength of the book lay in Claude's capacity to articulate some of his experiences, particularly those where he was able to feel what it was like to be inside an animal or a rock. There are so few people who have worked so hard to hone their skills to be able to make these kinds of journeys that it felt a great gift to hear of his experiences.

His message is again and again about the interconnectedness of being and of the necessity of being impeccable in one's actions (to the best of one's abilities). I found both of those concepts to be powerful in that they are immediately and always applicable for all of us. His examples of ways in which he has moved through the different worlds and have worked for the greater good are particularly poignant (I especially liked the section on the NSA and the ways in which he was able to work from within industry to do good work).

Claude's integrity and commitment to his work shines through this book on every page. It is not only an inspiring book in terms of the capacity one might have to be able to become as skilled as a shaman as he has become, but simply in being a committed person who recognizes the way in which we are all interconnected and treats that with a combination of wonder and profound respect which is simply inspiring, too.

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