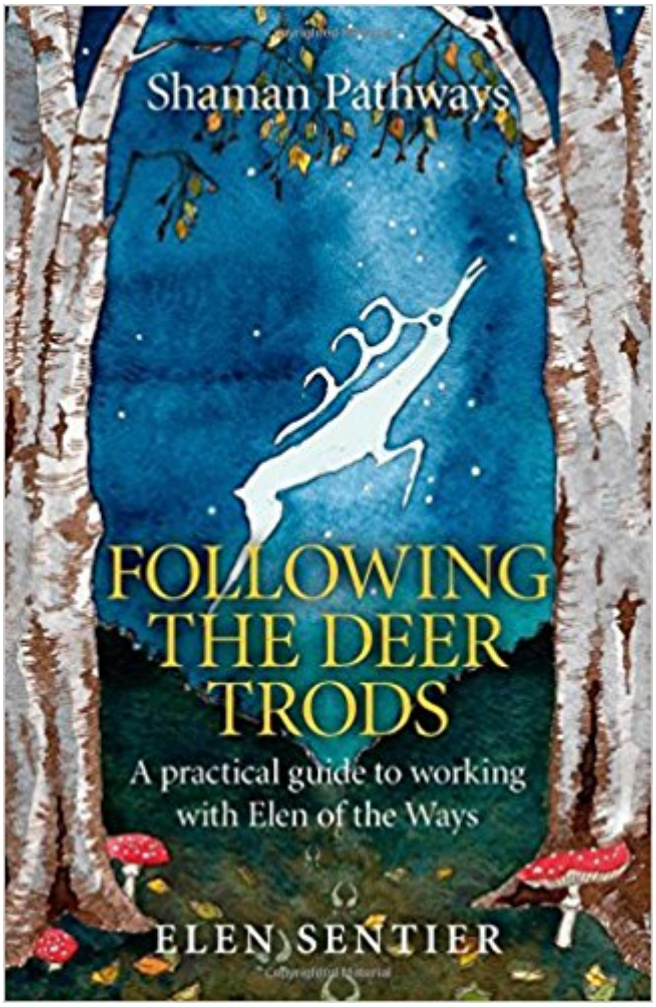
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Shaman Pathways - Following The Deer Trods: A Practical Guide To Working With Elen Of The Ways



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Synopsis

Following on from the author's successful book Shaman Pathways - Elen of the Ways, this is a practical handbook filled with tried-and-tested exercises, journeys and experiential work for the reader to engage in. Essential reading for anyone wanting to begin the old British paths.

Book Information

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Customer Reviews

Elen Sentier is a spirit keeper and taleweaver from a long family lineage. She was born on Dartmoor, grew up on the edge of Exmoor and now lives with her husband, cats and a host of wildlife in the Welsh Marches where she writes and teaches British native shamanism.

This book is a follow up to "Elen of the Ways", which is more historical and personal points of view concerning the origin of British Shamanism- a way of life for the author Elen Sentier. "Following the Deer Trods" is more like a practical, hands-on workbook containing a number of exercises that help you get in contact with yourself as well as with the Otherworld. I really like what Elen Sentier says about making mistakes...it’s how you learn! If you never make mistakes, what are you learning? I thoroughly enjoyed this book too and I highly recommend it as well.

Love this book.Elen shares wisdom in a straight forward way that helps you to connect to the info on many levels.It may appear to be small, but it is packed with wisdom.Highly recommend this book for

your shamanic or indigenous wisdom library.

I learned basics of celtic here I haven't seen anywhere else. A nice end of day read. Got all her books after I read this one too!

very popular but strays from time to time. needed better organization to let the story flow better.

The full title of this book is Following the Deer Trods: a practical guide to working with Elen of the Ways. It is written as part of Moon BookÃƒÂ¢Ã â ¬Ã â„¢s Shaman Pathways series, and is positioned as a stand-alone introduction to its topic, which includes working methods for the aspiring practitioner. As such this book certainly meets its criteria.I personally think it works best in tandem with Elen SentierÃƒÂ¢Ã â ¬Ã â„¢s other book on the topic, also a Shaman Pathways book, Elen of the Ways; following the deer trods ÃƒÂ¢Ã â ¬Ã â œ the ancient Shamanism of Britain, which I reviewed in July 2014. This earlier book establishes the overall context much better and for me they belong together.Following the Deer Trods begins with a summary of the ideas offered in Elen of the Ways. This works well, even magically, in the opening pages ÃƒÂ¢Ã â ¬Ã â œ but I was saddened by a seeming loss of perspective when we get to the Romans and beyond. The author shows no recognition of Christianity as a diverse, complex and internally contested path, not least in the Celtic lands; or of the effects which holding political power can have on religious traditions, regardless of the actual faith. ThereÃƒÂ¢Ã â ¬Ã â„¢s also no clear flagging of the extent to which the positive, Pagan side of the story is necessarily reliant on intuitive reconstruction, relevant records being sparse and problematic, oral traditions highly mutable over time, and material remains providing only limited insight into hearts and minds. There is so much we donÃƒÂ¢Ã â ¬Ã â„¢t know, and will never know, about our ancestors, their traditions and what it was like to be them. When talking about them, we do best to avoid the language of certainty.For me the book picks up from that point, providing the promised guide to working in a series of well-organised practice chapters. The main areas covered (in my language) are meditation, energy work, service, shamanic journeying, relationships with familiar spirits (power animals), and working with trickster figures. The author also discusses the ÃƒÂ¢Ã â ¬Ã Ëœjourney horseÃƒÂ¢Ã â ¬Ã â„¢ or method of trance induction ÃƒÂ¢Ã â ¬Ã â œ and the relative merits for this purpose of drumming, the sound of waves, rain, or a flowing stream; the steady roaring of wind; the recorded purring of cats. That bit of the discussion is a true gem, reflecting a lot of playful trial and experience.These chapters also lay out a basic cosmology for the work ÃƒÂ¢Ã â ¬Ã â œ a cosmology of three worlds (middle, lower, and upper)

on the vertical axis and four elements radiating out from the middle world on the horizontal, with the nigh universal notion of the world tree/tree of life very much in mind. Elen describes the image of the six armed cross as a means of bringing them together. She talks about her understanding of the inner world of the journey as a place of ÃƒÂ¢Ã â ¬Ã ËœinterfaceÃƒÂ¢Ã â ¬Ã â„¢, the portal which she, as awenydd, and the Otherworld co-create as a meeting place between them.The instructions for practice are highly specific and directive and therefore best-suited to people who are new to this kind of work, who donÃƒÂ¢Ã â ¬Ã â„¢t have access to hands-on teaching or established learning communities, and who need nonetheless to be strongly held as they begin their exploration. Other readers will look to the offerings provided as a source of new or variant ideas, or information about a specific way of working.My heart didnÃƒÂ¢Ã â ¬Ã â„¢t sing, when I read this book, as it had when I read its predecessor. But it makes its contribution and, with the one significant reservation about the presentation of history, IÃƒÂ¢Ã â ¬Ã â„¢m happy to recommend it.

Before reading this I actually went back and re read the superb Elen of the Ways in which the ways of the awenydd of spirit walker are first introduced along with both Elen and the deer Trods. In Elen of the Ways the author treats us to the up bringing she had growing up within a family of awenydd and shares with us the treasures of her life as one. In Following the Deer Trods we are invited to join her on this path and given the information and exercises that can help us to do so.By learning to follow the deer Trods we can learn to follow the threads that lead us to and from Otherworld. The exercises teach us to do this first of all by listening and then by getting to know in the bones of our own bodies, the backbone of the world tree which in British shamanism is the Oak. Elements are introduced as the threads that weave to and from then world tree, the weft to its warp and exercises are given to help find these subtle bodies within ourselves. Exercises are also given to open and close the portal, or interface with Otherworld, to journey within sacred space, to the world tree, to meet familiars or familiar spirits and meet teachers as well as an exercise that brings you closer to the ancestors.

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