



# Up A Tree: A Novel and Shamanic Handbook

*Jane Burns*

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*Jane Burns*

## **Up A Tree: A Novel and Shamanic Handbook** Jane Burns

"In Up a Tree, shamanic teacher and healer, Jane Burns creatively imagines how a recently widowed mother of two teenagers confronts major crises in her family's life and within herself by using shamanic knowledge and skills. Readers familiar with shamanic living will recognize and be re-inspired by Burns' treatment of traditional shamanic methods for healing and for finding meaning in a world that seems to be falling apart. Readers new to shamanism will discover how the shaman's relationship with spirit allies can ease suffering, heal those in pain, and support difficult decisions. Both a novel and handbook, Up a Tree is based on the experience and wisdom Burns has acquired from many years of studying, practicing, and teaching shamanism. Here is a story that explains shamanism in clear and understandable terms and places it in the center of a woman's life as she handles her own failings and the struggles of those she loves." ---Tom Cowan, PhD, Author of "Fire in the Head" and "Shamanism As a Spiritual Practice for Daily Life." "Up A Tree is an engaging and beautiful story of love and healing. Jane Burns does a brilliant job of demonstrating how challenges in life can be healed and supported by helping spirits in the non-ordinary realms. As readers, you are gifted with a great story as well as the tools needed to access spiritual guidance and healing from the invisible realms." ---Sandra Ingerman, MA, Author of "Soul Retrieval" and "Shamanic Journeying: A Beginner's Guide"

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