



# **Reise hinter die Finsternis: Mit Schamanenkraft aus der Depression (German Edition)**

*Carlo Zumstein*

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**Reise hinter die Finsternis: Mit Schamanenkraft aus der Depression (German Edition)** Carlo Zumstein  
Mit schamanischen Techniken aus der Depression zu neuer Lebenskraft

Ein vollkommen neuer Ansatz in der Bewältigung von Depressionen: Schamanische Techniken führen auf eine innere Reise hinter das Dunkle – in unsere ureigene spirituelle Kraft. Eine machtvolle Energie, die seelische Blockaden löst und verlorengegangene Lebenskraft wieder aktiviert. Berührende Erfahrungsberichte zeigen, wie dieser Weg beschritten wird und welche spirituellen Helfer dem Reisenden beistehen.

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