



## Be Your Own Shaman

*Deborah King*

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## Be Your Own Shaman Deborah King

This fascinating book takes you on a one-of-a-kind journey into the esoteric world of healing. You might not realize it, but just about everyone is a natural-born healer! In fact, you probably already have some of the paranormal abilities related to this gift. For example, you may know who's calling before you answer the phone, or be able to sense what others are thinking or feeling. But you can further develop your inner talents and become your own shaman, capable of healing whatever ails you and effecting change in someone else's energy field and body. In Master Healer Deborah King's uniquely informative work, you will learn both Eastern and Western concepts and techniques from the earliest recorded healing practices some 5,000 years ago all the way up to modern times with John of God in Brazil and King's own powerful cutting-edge approach. You'll find out how to protect yourself from psychic attack, and how to get beyond any limiting beliefs you may hold. Self-knowledge leading to self-mastery is the ultimate quest, the pivotal adventure of a lifetime. Become the person you always knew you could be by taking this magical tour into the heart of healing!

## Be Your Own Shaman Details

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Author : Deborah King

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## From Reader Review Be Your Own Shaman for online ebook

### Lori says

Only skimmed it.

#### P.60 Examining your spiritual beliefs - Benefits

- 1) Your unconscious beliefs may inhibit you from becoming all that you are meant to be. Impossible to grow if confined by pre-existing ideas.
- 2) If you want to work with others, you'll need to be able to accept(understand)their beliefs and treat them with the same respect you treat your own.
- 3)A person with a lot of fixed beliefs is acting from fear.

#### Importance of clear intention

P.93 - It doesn't matter what your beliefs are (well...one God, Christ's sacrifice) - Eastern, Western or something in between that you've designed yourself - all that matters is that you are DEVOTED and CONSISTENT in your practices, because ULTIMATELY, THEY (THE TRUTH)ALL LEAD TO THE SAME PLACE.

#### p.86-105 Ways to increase your clarity -same as other teachings

- 1) Journaling - the truth will set you free. Gives voice (movement and release) to your truths. Do it daily, don't edit or judge it, share only if you want to
- 2) Meditation - Crucial. Still the mind, calm, cleanse, and refresh the body, connect to God...perhaps I do this thru song/praise? - sensing warm energy/om?
- 3) Prayer - connect to Source,also capacity to heal - When a clear and loving intention is formed in the mind , held in the heart, and directed as a prayer (and in-line with God's values?), it can have an amazing therapeutic effect! Visualize so God FLOWs thru you like electricity. See life differently..transform
- 4) Forgiveness - even illness is not your fault. Forgiving yourself and others can improve the functioning of the immune system.. Forgiving is not excusing someone, but letting go of bitterness, negativity, revenge, retribution
- 5)Being of service - even happy while doing household chores. But you need balance with other 4 items above!You constantly have the opportunity to be of service to every single person you meet in the course of a day...smile, help , be patient and kind with my family, kind in traffic, etc

Caring for others expands energy for higher consciousness!

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### Trina says

The author is a Type A, goal oriented, competitive, sales person. I came to these conclusions before she admitted to them. (She admitted to all except for the sales part.) Good for her that she recognizes those things. She was really pushing her business towards the end of the book. It became annoying.

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### **Michele Cacano says**

It's okay. The writing is better than some, but most of the content is rehashed and recycled. I recognize some Barbara Brennan stuff here, nearly word for word. Others are also borrowed from heavily. Most of her foundation is sound, but never sourced or explained. Her assumptions of the reader left me flabbergasted in several parts - I suppose King expects her audience to pretty similar to herself: affluent, white, Christian-raised American ego- & approval- chasing women in need of a good humbling. (Not sure hers stuck.)

King freely discusses the adversity she has faced, which must be acknowledged. Child sexual abuse, serious health issues (definitely of her spouse, though not sure about her own cancer...was it breast cancer? Bone marrow cancer? A malignant mole?), and various stages of self-doubt and lack of abilities chief among them.

The best thing about this book was the clear distillation of a generic spiritual practice. Meditation, journaling, prayer, forgiveness, and being of service to others are all good things, so, you know, that's fine. There are a couple decent meditations that can easily be followed, or expanded upon. Then there's a bit about cords, negativity, and psychic warfare...There are some energy work techniques discussed, but mostly she suggests you seek a professional or come take her advanced course.

Look, I know this stuff can be difficult to put on paper, but I really need a book like this to be more than "look what I can do" and "kids, don't try this at home." Fine for beginners, or you know, those psychic hotline customers and Oprah Book Club members.

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### **Hannah Storm says**

I enjoyed parts of this book, however I was bothered by the fact that in nearly every section, King is selling something. I am generally wary of guru-type figures who seem to be pushing their programs this intensely. I did appreciate her insistence on open mindedness and the way she encourages her readers to examine everything from all possible angles before forming an opinion.

I felt that her information on the Microcosmic Orbit was inefficient. It's extremely important for anyone doing such high intensity energy circulation to understand how to ground the excess energy afterwards. Not doing so causes lightheadedness and other physical and emotional discomfort in most people. My third complaint is that she really gives no real proof of her supposed experiences with shamans. Most similar guru-types present an abundance of proof of their endeavors. Lastly, I don't necessarily agree with her insistence that every individual must be under a spiritual teacher/guru before attempting to and/or entering into higher states of consciousness or pursuing more serious meditation or spiritual paths. The greatest gurus and shamans in history relied on their spirit guides, god etc. For guidance. There is not one path or manner of taking a path that is best for every person.

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### **Robin Davis says**

Good resource for anyone interested in or wants to start practicing energy work.

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### **Carla Kaiser says**

One of my favorite metaphysical books. It has good coverage of several major healing techniques, so you can pick and choose what techniques you want to use or learn more about.

I found that it was well written and easy to read. Sometimes, even when I'm curious and interested in a metaphysical topic, it takes forever for me to finish a book because, it's just boring to read certain types of information. I found that this one was one of the best, in terms of the value of information, the reliability of the writer, as well as the quick and easy absorption.

I tend to question the writer's credentials and trustworthiness more when I am reading metaphysical books. I had never heard of Deborah King before I read this book, so I was a little skeptical at first. Based on the stories she told in the book, which seemed authentic to me, I felt like she had the level of knowledge and experience that I could trust that she knows what she's talking about in reference to Shamanism and healing.

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### **Kate Woods Walker says**

*Be Your Own Shaman* is pretty standard New Age stuff. Around a core of some fine advice about journaling, meditation, forgiveness, prayer and service to others, author Deborah King builds an edifice of woo-woo sure to piss off atheists, scientists and anyone inclined toward the literal.

King is not the least bit shy about making sweeping pronouncements regarding the nature of reality, every one with no attribution, recommended reading or even a hint of sourcing. She mentions her enrollment, initiation, instruction and graduation from "Mystery School," but never lets slip what, exactly, it is. She writes glowingly about a "psychic surgeon." Oh, and she has stuff for sale.

I sense that this author would be comfortable with the works of Whitley Strieber and G.I. Gurdjieff.

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### **Karen says**

Heard her do an interview on 'Empowering Living with Steve Maraboli' about this book. Incredible. I'm so glad I bought it!!! Do yourself a favor and go get it- you wont regret it.

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### **Luce Cronin says**

This started off as a seemingly brilliant work; however as it progressed, it became one long, vague allusion to the author's healing techniques... a business which she practices. The beginning was valuable for basic information on meditation , but she really lost my confidence in her expertise when she suggested smudging the house with a mixture of epsom salts and alcohol! Lighting epsom salts doused with alcohol - i wonder

how many house fires have been started by this one. Stick to the traditional smudges of sage , cedar, and sweetgrass.

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## **The Goon says**

The best part of this book is the title, "Be Your Own Shaman."

I read the title, and I knew, beyond a shadow of a doubt, that I had to read this book. It would be so cool if I was my own shaman, preferably a shaman from South America. It is true that I wish I was a Peruvian Shaman and that I feel cheated being a boring white woman from Michigan.

I ordered this book, sight unseen, based 100% on the title. Imagine my distress at discovering the shaman who wrote the book was a white woman from the United States. I was so disappointed.

I'm not prejudiced, but I like to see real indigenous people working as shamans. Plus, just because the book's author, Deborah King, cured her own cancer, now she's a 'master healer.' That seems to be the major accomplishment of most of these self help/healer gurus. "I cured my own cancer! Now buy my book, and come to my workshop."

Why do these people only ever cure their own cancer? Why don't they cure their own Aids, like Magic Johnson did? I'm pretty sure it would be more of an accomplishment if they could cure a disease caused by a virus.

And anyway, how do we know these people who cured themselves and then became 'master healers' weren't misdiagnosed all along, and never had cancer to begin with? They never present any kind of proof that they even had cancer. Where are the x-rays? What is/was your white blood cell count? Did you keep the tumor/organ that you removed during surgery for your cancer?

From now on, whenever someone tells me that they cured their own cancer, I'm going to ask them to show me some kind of evidence.

Whatever. These new age people are all the same people who keep writing the same book. If you've read one, you've read them all.

Deborah King doesn't present anything new or innovative in her "Be Your Own Shaman" book, however, she doesn't really suggest anything harmful either. Deborah King is a big proponent of keeping a journal, meditating and forgiving others. She thinks people should get therapy and talk about their feelings. She tells you to bathe in baking soda to cleanse your aura of negativity from others and to balance your chakras . . . . same stuff, different book.

Boring.

King writes in the book about how she claims to have studied with shamans from South America, but she didn't make one single citation. She wrote many words, and strung them into sentences, but did she base any of what she wrote on facts? Where are your sources, Deborah King? Why should anyone believe anything you have to say?

Bah! I should stop reading these kinds of books and write one instead. I'll write all about how I cured my own cancer and now I can heal you too. Just don't ask me for any x-rays. . . the word 'proof' scares us 'master healers.'

I'll pull one of those, 'If you need proof, it's because you lack faith' lines. Either that, or else I'm just buy some cancer patient's x-rays. There's more than one way to skin a cat.

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### **Pat Edwards says**

Author posits her beliefs as fact, with no disclaimer. I did get a couple of interesting ideas out of it.

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### **Sandra says**

In the middle of scanning this book. There are parts of it that I do want to review, such as the Chakras and how to cleanse them out. I think at the end of each chapter is a meditation to do as well. I probably will not be able to read it all in 2 more weeks, but on my list to purchase.

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### **Cindy says**

Je ne sais pas si ce livre peut aider quelqu'un à devenir Chaman. En tout cas il nous explique comment Deborah King l'est devenue. D'après elle, si l'on suit certains rituels nous pouvons tous développer des "pouvoirs".

Certaines parties du livre sont assez longues, mais dans l'ensemble cela reste une bonne lecture si l'on s'intéresse à la spiritualité.

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### **L.P. Logan says**

Having read quite a few books on this topic, I don't know, this one just didn't give with me like some of the others have. I found it to be scattered and perhaps a bit too new-agey hooahahish.

I'm sure there are many people who liked this book, but for me, it didn't do anything but make me look forward to moving on to the next read.

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### **Sara says**

A good introduction to energy and spiritual healing. This book is easy to read and digest. I especially enjoyed her personal stories. Deborah blends eastern and western traditions but her Christian faith is strongest.

