



Shaman Pathways - Elen of the Ways: British Shamanism - Following the Deer Trods

Elen Sentier

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Elen of the Ways is about the ancient shamanism of Britain. Elen Sentier grew up in a long family lineage of following the Deer Trods; in this book she tells of the old, forgotten ways of our ancestors. Through her own experience, stories, practical exercises and journeys with the deer, Elen takes you into the realm of the Boreal Forest, of which Britain is a part, to show how the Deer Goddess is the spirit of this land. To walk the deer trods is to realise how close and connected you are to nature and everything in this beautiful world which we share with our non-human brethren. You learn, too, that our everyday world and otherworld are intertwined. Elen of the Ways is both here and there at the same time. You will find her everywhere.



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