

For Immediate Release

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**Shaman Kenn Day Releases New Book,
Post Tribal Shamanism: A New Look at the Old Ways**

Cincinnati, OH -- (TBD September 2014) -- Kenn Day is a post-tribal Shaman who has practiced professionally for more than thirty years. His new book, *Post Tribal Shamanism: A New Look at the Old Ways* (Moon Books 2014), is based on his experiences and the teachings of his grandfather," the author's spirit ally, friend, mentor. He also draws on his decades of experience sharing these teachings through his private practice, as a retreat leader and presenting workshops at major cities in the U.S. and in Europe. Day's previous book, *Dance of Stones: A Shamanic Road Trip* (Moon Books 2013), sets the stage for his deeper exploration of the Shaman experience in *Post Tribal Shamanism*. Both titles are available through the author's website and on Amazon.com. Day's books are also available for Kindle, iBook and other eBook readers.

Day writes, "Modern life is lived cut off from our souls, our ancestors, the earth and other elements of what once made life worth living. Our souls still yearn for these missing pieces, causing what I call the Invisible Wound, which is responsible for much of the grief of modern life. The teachings and practice of Post-Tribal Shamanism offer a means of reclaiming many of these pieces, not by a return to the past, but by moving forward into a deeper understanding of our place in the universe."

Beginning with the background of shamanism and the role of a shaman, the author covers social evolution and post-tribal ethics, the differences and similarities between the work of traditional shaman he's met and his path as a contemporary post-tribal shaman. The second half of *Post-Tribal Shamanism* holds a wealth of practical information, techniques and exercises that cover:

- connecting with our ancestors
- journeying
- working with a wide range of spirits
- soul retrieval
- healing the invisible wound
- lucid dreaming
- ceremony and ritual

- preparing for death.

Day is clear in his explanation that by no means does reading this book and practicing the exercises make one a post-tribal shaman. “Becoming a shaman requires that you are called to the path, that you receive adequate training and effective initiation.”

About the Author

[Kenn Day](#) is a full-time Shaman, actively practicing in a professional setting for over thirty years. In addition to offering healing sessions in person and remotely, he is an author, lecturer and teacher who presents in-depth training in Post-Tribal Shamanic teachings. He is the author of two books on the Shaman experience, *Dance of Stones: A Shamanic Road Trip* (Moon Books 2013) and his latest *Post Tribal Shamanism: A New Look at the Old Ways* (Moon Books 2014). A founding faculty member of the Academy of Chinese Acupuncture in Lebanon, Ohio, Kenn taught medical qi gong and tai chi. He is licensed by the Ohio State Medical Board and certified as a Structural Therapist. Kenn has studied various indigenous forms of shamanic practice, as well as shiatsu, movement technique, jin shin do, and other body-centered therapies. He has taught numerous workshops in the United States and Europe, and is a sought-after lecturer on the Shaman experience. He offers both foundation and advanced level workshops in **Post-Tribal Shamanic Teachings** - in person at his practice, Soul Solutions, in Cincinnati, Ohio; in workshops in major cities across the country; and for clients across the globe through [Glidewing.com](#). Learn more about post-tribal shamanism in through his [video series](#) on YouTube. Day lives with his wife and young daughter in Cincinnati, Ohio.

Reviews of Post Tribal Shamanism

“First going into the background of shamanism and the role of a shaman the author explains ‘It is difficult to find words to describe clearly the unseen worlds of the shaman and the work the shaman does’. However Kenn Day seems to have managed this task admirably, and this book contains a vast wealth of information including a wide range of useful practical exercises.”

June Kent, Editor, [Indie Shaman Magazine](#)

“The Shaman in post-tribal cultures is the subject of Kenn Day’s second, and most impressive book on this topic, and addresses what those needs are, while explaining to us what the post-tribal shaman actually does. One of the great strengths of the book is Day’s lengthy step by step analysis and description of, if you will, the Shaman within each of us, much like Buddhism proposes that the godhead is within each of us.

Daniel Brown, [AEQAI.com](#), Editor

“This concise book presents the author's ‘post-tribal’ vision of shamanism. His approach involves a thoughtful application of concepts and techniques from indigenous cultures to the problems of modern Westerners. His naming of the ‘invisible wound’ of separation and ...is especially insightful. Avoiding both cultural appropriation and romantic idealization, Mr. Day offers a path that is practical, compassionate, and demanding.”

Ann Groa Sheffield, Amazon Reviewer

“In *Post-Tribal Shamanism*, Kenn Day generously shares with us the teachings of his grandfather and in doing so show us a way to work shamanically within modern-day society and a Westernized culture. He is, though, very clear that these techniques do not in themselves make you a shaman, but can provide 'life-enhancing experiences and realization!'.”

Yvonne, Amazon Reviewer

Post Tribal Shamanism: A New Look at the Old Ways

Written by Kenn Day

Published by Moon Books, 2014

\$16.95 (US)

\$7.69 Kindle

ISBN-10: 1780996195

ISBN-13: 978-1780996196

Dance of Stones: A Shamanic Road Trip

Written by Kenn Day

Published by Moon Books, 2013

\$24.95 (US)

\$7.69 Kindle

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