

Shapeshifting Into Higher Consciousness Heal And Transform Yourself And Our World With Ancient Shamanic And Modern Methods

Sacred Plant Initiations
The Metamorphosis (Legend Classics)
The Bloom Book
The World Is As You Dream It
The Goddess and the Shaman
Shamanic Healing
Seven Planes of Existence
Urban Shaman
Jaguar in the Body, Butterfly in the Heart
The Way of the Shaman
Spirit Hacking
Speaking with Nature
One Spirit Medicine
The Shamanic Odyssey
The Magic of Shapeshifting
Earth Acupuncture
Activating Your 5D Frequency
Shapeshifting Into Higher Consciousness
The Book of Shamanic Healing
Awakening to the Spirit World
Shapeshifting Practically Pagan - An Alternative Guide to Health & Well-being
Shamanic Reiki: Expanded Ways Of Working
Plant Spirit Medicine
The Realities of Witchcraft and Popular Magic in Early Modern Europe
The Gift of Shamanism
The Good Remembering
Healing Society
The Norse Shaman
Grow a New Body
The Sexual Practices of Quodoushka
Touching the Jaguar
Shamanic Reiki
Walking in Light
Shamanic Breathwork
Dreaming the Soul Back Home
The Psychosocial Implications of Disney Movies
Soul Companions
The Shaman's Mind
Courageous Dreaming

Sacred Plant Initiations

Reveals the striking parallels between indigenous cultures of the Americas and the ancient Homeric world as well as Tolkien's Middle Earth • Explores the shamanic use of healing songs, psychoactive plants, and vision quests at the heart of the Odyssey and the fantasy works of J. R. R. Tolkien • Examines Odysseus's encounters with plant divinities, altered consciousness, animal shapeshifting, and sacred topography--all concepts vital to shamanism • Reveals how the Odyssey emerged precisely at the rupture between modern and primal consciousness Indigenous, shamanic ways of healing and prophecy are not foreign to the West. The native way of viewing the world--that is, understanding our cosmos as living, sentient, and interconnected--can be found hidden throughout Western literature, beginning with the very origin of the European literary tradition: Homer's Odyssey. Weaving together the narrative traditions of the ancient Greeks and Celts, the mythopoetic work of J. R. R. Tolkien, and the voices of plant medicine healers in North and South America, the authors explore the use of healing songs, psychoactive plants, and vision quests at the heart of the Odyssey, The Lord of the Rings trilogy, and Tolkien's final novella, Smith of Wootton Major. The authors examine Odysseus's encounters with plant divinities, altered consciousness, animal shapeshifting, and sacred topography--all concepts vital to shamanism. They show the deep affinities between the healing powers of ancient bardic song and the icaros of the shamans of the Amazon rain forest, how Odysseus's battle with Circe--wielder of narcotic plants and Mistress of Animals--follows the traditional method of negotiating with a plant ally, and how Odysseus's journey to the land of the dead signifies the universal practice of the vision quest, a key part of shamanic initiation. Emerging precisely at the rupture between modern and primal consciousness, Homer's work represents a window into the lost native mind of the Western world. In this way, the Odyssey

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as well as Tolkien's work can be seen as an awakening and healing song to return us to our native minds and bring our disconnected souls back into harmony with the living cosmos.

The Metamorphosis (Legend Classics)

This newly revised edition of the Wall Street Journal bestseller *One Spirit Medicine* offers an accessible guide to an ancient practice for healing and transformation--including new, cutting-edge science, recipes, and a 7-day Grow a New Body meal plan! Using the principles and practices in this book, you can feel better in a few days, begin to clear your mind and heal your brain in a week, and in six weeks be on your way to growing a new body--one that heals rapidly, retains its youthful vitality, and keeps you connected to Spirit, to the earth, and to a renewed sense of purpose in your life. Our minds, our emotions, our relationships, and our bodies are out of kilter. We know it, but we tend to ignore it until something brings us up short--a worrying diagnosis, a broken relationship, or simply an inability to function harmoniously in everyday life. When things are a little off, we read a self-help book. When they're really bad, we bring in oncologists to address cancer, neurologists to repair the brain, psychologists to help us understand our family of origin. This fragmented approach to health is merely a stopgap. To truly heal, we need to return to the original recipe for wellness discovered by shamans millennia ago. Drawing on more than 25 years of experience as a medical anthropologist--as well as his own journey back from the edge of death--acclaimed shamanic teacher Alberto Villoldo shows you how to detoxify the brain and gut with superfoods; use techniques for working with our luminous energy fields to heal your body; and follow the ancient path of the medicine wheel to shed disempowering stories from the past and pave the way for rebirth.

The Bloom Book

A guide to navigating the transition from 3D to 5D and reclaiming the ancient powers of love, creativity, and unity consciousness lying dormant in our DNA • Details what is happening psychologically, emotionally, and socially with the dimensional shift and provides a vision of life on 5D Earth • Offers transformative activations and tools to meet the psycho-spiritual demands of this transition, including identifying and integrating the shadow self, healing emotional wounds, and discovering higher frequencies • Explains how to navigate the Ascension process, especially in terms of handling emotions, resistances, and fears, and how to welcome these new frequencies We are in a time of great transition. Higher frequency light is flooding our planet, awakening large numbers to reclaim our original nature as fifth-dimensional humans. As 5D humans, we live from our heart's wisdom, from Unity Consciousness, unconditional love, and unbridled creativity. 5D humans have highly developed inner senses of empathy, telepathy, clairvoyance, and clairsentience--qualities that are opening for many as we go through this dimensional shift. While this journey is exciting, its demands can be overwhelming. In this hands-on guide to activating the 5D potential lying dormant in our DNA, Judith Corvin-Blackburn shows us how to

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navigate the Ascension process, including how to handle emotions, resistances, and fears and welcome our 5D frequencies. Using the 9-dimensional-axis theory first explored by Barbara Hand Clow, the author details what is happening psychologically, emotionally, and socially with the dimensional shift, including revealing the denser, pain-inducing frequency of being a 3D human and the challenges of the 4th dimension. She offers transformative activations and tools to explore and master the psycho-spiritual demands of this transition, including identifying and integrating the shadow self, healing emotional wounds that hold us back, and discovering higher frequencies and the cellular vibration of unconditional love and Oneness. Once we reclaim ourselves as loving, conscious, creator beings and realize we are part of a global 5D team, together we can consciously help co-create a New Earth by anchoring the 5D frequency in both our inner and outer worlds.

The World Is As You Dream It

To learn to think like a shaman is to attune yourself to a magical spectrum of infinite possibilities, unseen truths, alternative realities, and spiritual support. When a shaman likes what's happening, they know how to make it better, and when they don't, they know how to change it. *The Shaman's Mind* is a book that teaches the reader how to align and transform their own mind into one that sees the world through the lens of the indigenous healers of old. Based on the Omega workshop by the same name.

The Goddess and the Shaman

An experiential guide to the wisdom preserved in Europe's far north • Includes shamanic journeys to connect with deities and your ancestral shamans • Provides step-by-step instructions to prepare for and conduct a seiðr ceremony • Draws on archaeological evidence and surviving written records from Iceland • Reveals the long tradition of female shamans in northern European shamanism Shamanism is humanity's oldest spiritual tradition. In much of the Western world, the indigenous pre-Christian spiritual practices have been lost. Yet at the northern fringes of Europe, Christianity did not displace the original shamanic practices until the end of the Viking age. Remnants of Norse shamanic spirituality have survived in myths, folk traditions, and written records from Iceland, providing many clues about the ancient European shaman's world, especially when examined in conjunction with other shamanic cultures in northern Eurasia, such as the Sami and the tribes of Siberia. Reconstructing the shamanic practices of the hunter-gatherers of Scandinavia, Evelyn Rysdyk explores the evolution of Norse shamanism from its earliest female roots to the pre-Christian Viking Age. She explains how to enter Yggdrasil, the World Tree, to travel to other realms and provides shamanic journeys to connect with the ancestral shamans of your family tree, including the Norse goddess Freyja, the very first shaman. She offers exercises to connect with the ancient goddesses of fate, the Norns, and introduces the overnight wilderness quest of útisetá for

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reconnecting with the powers of nature. She explains the key concepts of Ørlög and Wyrð--the two most powerful forces that shape human lives--and provides exercises for letting go of harmful behavior patterns and transforming simple knowledge into profound wisdom by connecting with Óðinn. Thoroughly examining the shamanic rituals of seiðr, the oracular magic of the Nordic cultures, the author provides step-by-step instructions to prepare for and conduct a seiðr ceremony, including creating your own seiðr staff and hood, and explores the ancestral use of shamanic songs or varðlokur to accompany the ceremony. Woven throughout these exercises, Rysdyk provides archaeological evidence from Neolithic sites supporting the long tradition of venerating wise women, grandmothers, and mothers in ancient cultures and the important role of female shamans at the heart of northern European shamanism. Providing an accessible guide for anyone trying to fulfill their shamanic callings, these powerful rituals can provide personal healing and a clear path for finding our way into a harmonious relationship with the natural world.

Shamanic Healing

“Flowers represent a branch of plant medicine that is specifically concerned with our consciousness and evolution. To connect with their essence catalyzes the blossoming of our own healing and spiritual journeys.” —Heidi Smith From lavender’s ability to soothe frazzled nerves to rose’s charms in healing the heart, flowers don’t just delight the senses—they have a secret history as doorways to transformation. With *The Bloom Book*, Heidi Smith offers a holistic and comprehensive guide for working with flower essences—the vibrational signatures of our botanical allies—to bring about healing, awakening, and deep change. A psychosomatic therapist, flower essence practitioner, registered herbalist, and long-time student of ancient wisdom traditions, Smith seamlessly integrates the healing power of flower essences with vibrational medicine and the rise of the divine feminine. The result is a cosmic doctrine of healing that empowers readers to align with their highest selves and help to bring about planetary transformation. Highlights include: An intuitive approach to working with flower essences for balance and optimal health Detailed instructions for making, selecting, and formulating flower essences Rituals, recipes, and case studies for protection, grounding, dreamwork, grief, love, and more Complementary applications of vibrational healing—including breath work, moon cycles, colors, chakras, and sacred symbols Working with trauma and systemic oppression—how flower essences can support multi-generational, intersectional healing Reconnecting with nature, the divine feminine, and your true self through the healing power of flowers Filled with gorgeous illustrations by artist Chelsea Granger, *The Bloom Book* is both an information-rich resource and interactive guidebook for anyone who wants to awaken their most vibrant, balanced, and empowered self through the healing power of flower essences.

Seven Planes of Existence

Explore the resurgence of magical and shamanic healing in the world today. Recovering from disease, pain, and mental

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illness often means addressing otherworldly causes such as soul loss, soul fragmentation, or invasive spirits. Interviewing modern shamanic practitioners and sharing her own experiences as a psychotherapist and healer, author J. A. Kent, PhD, shows how ritual practice and mystical experience can be used as tools to foster profound spiritual and psychological growth. Through exploration of otherworldly phenomena, the Western mystery traditions, and the author's psychotherapy case studies, this book shows how the Goddess represents the numinous reality of the universe while the Shaman represents the archetypal figure that can access the other side to bring forth knowledge and healing.

Urban Shaman

First developed twenty years ago by Vianna Stibal, ThetaHealing is essentially applied quantum physics. Using a theta brain wave, which until now was believed to be accessible only in deep sleep or yogi-level meditation, the practitioner is able to connect with the energy of All That Is - the energy in everything - to witness healings of the physical body, and to identify and change limiting beliefs. This book is for those who have already started to experience the magic of this energy healing modality, and wish to deepen their understanding of the Seven Planes of Existence- the philosophy behind the creation of ThetaHealing. Vianna presents exciting new information to help you take your skill with this work to the next level, and brings the reader into dimensions that she believes to be the beginnings of life itself, on a journey that leads outward, past the universe, to transform beliefs, showing that with a theta state of mind it is possible to connect to a Divine Energy before it becomes anything in this universe.

Jaguar in the Body, Butterfly in the Heart

After 'Hit Man' The New York Times bestseller Confessions of an Economic Hit Man documents John Perkins' extraordinary career as a globe-trotting economic hit man. Perkins' insider's view leads him to crisis of conscience--to the realization that he must devote himself to work which will foster a world-wide awareness of the sanctity of indigenous peoples, their cultures, and their environments. Perkins' books demonstrate how the age-old shamanic techniques of some of the world's most primitive peoples have sparked a revolution in modern concepts about healing, the subconscious, and the powers each of us has to alter individual and communal reality. Deep in the rain forests and high in the Andes of Ecuador, native shamans teach the age-old technique of dream change, a tradition that has kept the cultures of the Otavalans, Salasacans, and Shuar alive despite centuries of conquest. Now these shamans are turning their wisdom and power to the problem of curing a new kind of illness--that created by the industrial world's dream of dominating and exploiting nature. John Perkins tells the story of these remarkable shamans and of the U.S. medical doctors, psychologists, and scientists who have gone with him to learn the techniques of dream change. These shamanic teachings have sparked a revolution in modern concepts about healing, the subconscious, and the powers each of us has to alter individual and communal reality.

The Way of the Shaman

SHAPESHIFTERS are people with animal medicine, people who can connect with and use their animal powers. Those with access to this magical power can shift mentally, astrally, or even physically into their power animal or totem. Rosalyn Greene's ability to shift, both mentally and astrally, combined with her extensive study of the secret shapeshifting folklore, has resulted in this fascinating examination of all aspects and forms of shifting. This unique book helps you realize your potential for being a shapeshifter, giving detailed explanations about how the various forms of shifting occur. She shows you how to distinguish powerful visions, anxiety attacks, and imagination from real shifting, as well as how to recognize the warning signs of an imminent shift. Since there can be dangers and risks on both the mundane and psychic levels when you pursue the path of a shifter, many of the potential dangers associated with specific practices are carefully outlined. Shapeshifting is a spiritual journey, a very tough one, but very rewarding, linking us with both the fundamental power of animals and with the higher self. It has a purpose and reality far beyond simply using shifter abilities for earthly benefits; it can lead us through the unseen veil that separates us from our Selves.

Spirit Hacking

Applying the principles of Chinese medicine and Native American shamanism to answer the call of the Earth and heal its polluted landscapes • Explains how to build a healing relationship with the natural world by making offerings of thanks and listening to the Earth's responses • Details methods of diagnosis and several types of Earth acupuncture treatment, including building stone circles, planting crystals, and working with wooden and copper-rod needles • Shares the author's journey of healing a river with these methods After experiencing a powerful vision of the nuclear power plant near her home and its toxic effects on the Hudson River, acupuncturist Gail Rex was inspired to help heal the river and surrounding lands but was unsure how to begin. Soon after, at a workshop with Cherokee-wisdom teacher Venerable Dhyani Ywahoo, she discovered the answer: she could treat the landscape just as she treated her patients--by taking its pulses and treating the points of stagnant energy and pollution with acupuncture. Tracing her journey from initial vision and pulse taking to building a stone circle to open a major energy meridian of the Hudson, the author reveals how our rivers, valleys, and forests are capable of illness and healing just like a living being. She explains simple practices for attuning with the living landscape and responding appropriately to the messages and images received from the Earth's intelligence. By making offerings of thanks and asking the land's permission before every interaction, Gail Rex demonstrates the power of right relationship in action. Drawing upon the principles of Chinese medicine and her work with Native American shamanic traditions, Rex shows how the landscape itself reveals both its imbalances and the opportunities for treatment. Using a broad range of diagnostic tools--including direct observation, principles of feng shui, listening to pulses, and working with maps--she demonstrates ways of identifying the master points of the surrounding landscape. She then explores different methods of Earth

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acupuncture treatment, including building stone circles, planting crystals, and working with wooden and copper-rod needles to treat these specific points and restore energy balance. Offering not only a proactive method for healing the environment, Rex also reveals how to communicate with the rivers, mountains, trees, and rocks that surround us, allowing each of us to develop an authentic spiritual relationship with the living body of the Earth.

Speaking with Nature

You are precious. Your body is precious. Your mind is precious. Your heart is precious. With your actions, with your connection to yourself, you create a foundation that can weather all that comes before you. Perhaps you have been told otherwise. Perhaps you have believed otherwise, that somehow, some way, you are less than worthy of love and care. Perhaps you know you are worthy of love and care and beauty, but need to be reminded or given permission. I want to tell you that your health, your well-being is valuable. And the actions you take to care for your beautiful self are a gift and a sacred prayer of intention. Welcome to *Practically Pagan - An Alternative Guide to Health & Well-being* in which we will encounter ways to care for our health and explore strategies to support ourselves as magical and powerful beings. *An Alternative Guide to Health and Well-being* is the second volume in an exciting new lifestyle series from Moon Books, which offers body, mind and planet-friendly alternatives for everyday tasks.

One Spirit Medicine

A story-based guide to the techniques of shamanic healing • Details indigenous medicine tools and soul healing techniques, including diagnosis and energy cleansing with plants, stones, fire, flower essences, and sound • Offers protection and self-defense techniques for confronting negative energies such as spirit attachment and possession • Shares healing stories that each address a specific condition, such as panic attacks, PTSD, depression, cancer, chronic pain, grief, and relationship problems Shamanic healing is making an astonishing comeback all over the modern technology-driven and consumerist world. Millions of people have felt called to integrate both ancient and modern healing systems into a new model of healthcare. But what makes shamanic healing so powerful? Why have indigenous healers kept it alive for thousands of years? Revealing his personal journey and stories from his more than 20 years as a shamanic healer, Itzhak Beery explains who a shaman is and how he or she works, demystifying and destigmatizing the shamanic healing worldview. He shares shamanic wisdom from two of his teachers: a Yachak from Ecuador and a well-known Brazilian Pagé. He details indigenous medicine tools and soul healing techniques that you can practice with your own clients or in your own personal healing, including diagnosis and energy cleansing with plants, stones, fire, rum, eggs, flower essences, and sound. He shares protection and self-defense techniques for confronting negative energies, such as spirit attachment and possession. Sharing healing stories that each address a specific condition, such as panic attacks, PTSD, depression, cancer, chronic pain, grief,

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and relationship problems, Beery explains how a shaman is not responsible for curing everyone and will consult with the patient's soul to determine its needs, which sometimes includes learning from the illness experience. By sharing these healing methods, Beery reveals the importance of shamanic practices in resolving our 21st-century emotional and physical problems and their importance to the future of humanity and the planet.

The Shamanic Odyssey

For the first time in print, shamanic techniques are introduced that healers and Reiki practitioners can draw on to tap ancient healing wisdom. Shamanism and Reiki are, by themselves, powerful ways to heal. Together, their power multiplies, and healing methods become available that aren't accessible if they're used separately. The purpose of Shamanic Reiki is to introduce you to concepts in both and provide you with detailed proven methods to enhance your own healing practices, or to work on yourselves.

The Magic of Shapeshifting

Shamanic Reiki introduces techniques that healers and Reiki practitioners can draw on to tap ancient healing wisdom. Shamanism and Reiki are, by themselves, powerful ways to heal. Together, their power multiplies, and healing methods become available that aren't accessible if used separately. The purpose of Shamanic Reiki is to introduce you to concepts in both and provide you with detailed proven methods to enhance your own healing practices.

Earth Acupuncture

“This guy does next level stuff. I have worked with him and I have no idea how or why he is able to do some of the things I have witnessed. Science is just catching up with biohacking. It's time to start studying spirit hacking and how Shaman Durek can achieve the tangible results he achieves.” —Dave Asprey, author of the New York Times bestseller, *The Bulletproof Diet*, Silicon Valley investor and technology entrepreneur In *Spirit Hacking: Shamanic Keys to Reclaim Your Personal Power, Transform Yourself, and Light Up the World*, Shaman Durek, a sixth-generation shaman, shares life altering shamanic keys allowing you to tap into your personal power. Through new information you will banish fear and darkness from your life in favor of light, positivity, and strength. Shaman Durek's bold and sometimes controversial wisdom shakes loose our assumptions about ourselves and the very world around us. He ultimately teaches us how to step fearlessly out of this Blackout (the age of darkness we are currently experiencing) and access a place of fierce empowerment by use of tools and techniques of timeless Shamanic tradition. This transformation is both personal and collective; as individuals step out of darkness and begin to experience the light, we bring our loved ones and communities out of the shadows as well. Shaman

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Durek inherited a rich legacy of ancient wisdom and now shares this knowledge for a modern context. He advises everyone from celebrities like Gwyneth Paltrow and Nina Dobrev to innovative executives such as Bullet-Proof Coffee founder Dave Asprey. Spirit Hacking shatters readers' complacency, giving them tools to navigate the tumultuous times in which we find ourselves. We will emerge from this period happier, lighter, and more vibrant than ever before.

Activating Your 5D Frequency

“This eloquent book inspires us to create a new reality of what it means to be human on this magnificent planet.” —Deepak Chopra
When New York Times bestselling author John Perkins was a young Peace Corps volunteer, his life was saved by an Amazonian shaman who taught him to “touch the jaguar”—to transform his fears into positive action. He went on to become an “economic hit man” (EHM), convincing developing countries to build huge infrastructure projects that put them perpetually in debt to the World Bank and other US-controlled institutions. Although he sincerely believed this was the best model for economic development, he came to realize it was really a new form of colonialism. Returning to the Amazon, he saw the destructive impact of his EHM work. But he also was inspired by a previously uncontacted tribe that touched its jaguar by uniting with its enemies to defend its territory against invading oil and mining companies. For the first time, Perkins details how his experiences in the Amazon converted him from an EHM to a crusader for transforming our failing Death Economy that destroys its own resources and nature itself into a flourishing Life Economy that renews itself. He provides a strategy for each of us to change our lives and defend our territory—the earth—against destructive policies and systems.

Shapeshifting Into Higher Consciousness

You are never alone whatever your nationality, religion or belief, you have a spirit guide to assist your journey through life. A spirit guide doesn't have to be dead - everything that lives has a spirit that could potentially be a spiritual guide including pets and animals, plants, and elemental and otherworldly spirit allies. We can also be our own guides, and be guides to other people. This collection of spirit guide encounters from around the world will inspire you in your own quest for spirit guide contact with practical 'how to' advice. Learn how to recognise the signs and talk with the spirit beings guiding your life. This diverse collection of over 40 experiences, united in one book, will inspire you on your spiritual path to know that you are not alone, but that we are 'all-one'.

The Book of Shamanic Healing

Exploring the elements of reality in early modern witchcraft and popular magic, through a combination of detailed archival

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research and broad-ranging interdisciplinary analyses, this book complements and challenges existing scholarship, and offers unique insights into this murky aspect of early modern history.

Awakening to the Spirit World

Modern physics tells us that we're dreaming the world into being with every thought. Courageous Dreaming tells us how to dream our world with power and grace. The ancient shamans of the Americas understood that we're not only creating our experience of the world, but are dreaming up the very nature of reality itself—that is, “life is but a dream.” When you don't dream your life, you have to settle for the nightmare being dreamed by others. This book shows how to wake up from the collective nightmare and begin to dream a life of courage and grace, a sacred dream that shamans throughout time have known and served. Alberto Villoldo reveals ancient wisdom teachings that explain how to birth reality from the invisible matrix of creation; and reveals how we can interact with this matrix to dream a life of peace, health, and abundance. He shows us that courage is all that is required to create the joy we desire!

Shapeshifting

Providing insights into spiritual life, 'The Good Remembering' illustrates ideas and philosophies for the development and cultivation of spiritual growth.

Practically Pagan - An Alternative Guide to Health & Well-being

Part of the Legend Classics series
As Gregor Samsa awoke one morning from uneasy dreams he found himself transformed in his bed into a gigantic insect. The Metamorphosis - the masterpiece of Franz Kafka - was first published in 1915 and is one of the seminal works of fiction of the twentieth century. The novel is cited as a key influence for many of today's leading authors; as Auden wrote: "Kafka is important to us because his predicament is the predicament of modern man".
Traveling salesman, Gregor Samsa, wakes to find himself transformed into a large, monstrous insect-like creature. The cause of Gregor's transformation is never revealed, and as he attempts to adjust to his new condition he becomes a burden to his parents and sister, who are repelled by the horrible, verminous creature Gregor has become.
A harrowing, yet strangely comic, meditation on human feelings of inadequacy, guilt, and isolation, The Metamorphosis has taken its place as one of the most widely read and influential works of twentieth-century fiction.
The Legend Classics series:
Around the World in Eighty Days
The Adventures of Huckleberry Finn
The Importance of Being Earnest
Alice's Adventures in Wonderland
The Metamorphosis
The Railway Children
The Hound of the Baskervilles
Frankenstein
Wuthering Heights
Three Men in a Boat
The Time Machine
Little Women
Anne of Green Gables
The Jungle Book
The Yellow Wallpaper and Other Stories
Dracula
A Study in

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ScarletLeaves of GrassThe Secret GardenThe War of the WorldsA Christmas CarolStrange Case of Dr Jekyll and Mr HydeHeart of DarknessThe Scarlet LetterThis Side of ParadiseOliver TwistThe Picture of Dorian GrayTreasure IslandThe Turn of the ScrewThe Adventures of Tom SawyerEmmaThe TrialA Selection of Short Stories by Edgar Allen PoeGrimm Fairy Tales

Shamanic Reiki: Expanded Ways Of Working

Connecting with nature and nature beings to help heal us and the Earth • Provides experiential practices to communicate with nature and access the creative power of the Earth • Shares transformative wisdom teachings from conversations with nature beings, such as Snowy Owl, Snake, Blackberry, Mushroom, and Glacial Silt, exploring the role of each in bringing balance to the planet Nature and the Earth are conscious. They speak to us through our dreams, intuition, and deep longings. By opening our minds, hearts, and senses we can consciously awaken to the magic of the wild, the rhythms of nature, and the profound feminine wisdom of the Earth. We can connect with nature spirits who have deep compassion and love for us, offering their guidance and support as we each make our journey through life. Renowned shamanic teachers Sandra Ingerman and Llyn Roberts explain how anyone can access the spirit of nature whether through animals, plants, trees, or insects, or through other nature beings such as Mist or Sand. They share transformative wisdom teachings from their own conversations with nature spirits, such as Snowy Owl, Snake, Blackberry, Mushroom, and Glacial Silt, revealing powerful lessons about the feminine qualities of nature and about the reader's role in the healing of the Earth. They provide a wealth of experiential practices that allow each of us to connect with the creative power of nature. Full of rich imagery, these approaches can be used in a backyard, in the wilderness, in a city park, or even purely through imagination, allowing anyone to communicate with and seek guidance from nature beings no matter where you live. By communing and musing with nature, we learn how to speak to the spirit that lives in all things, bringing balance to us and the planet. By tapping into the feminine wisdom of the Earth, we evoke a deep sense of belonging with the natural world and cultivate our inner landscape, planting the seeds for harmony and a natural state of joy.

Plant Spirit Medicine

The first practical guide to applying the ancient healing art of Hawaiian shamanism to our modern lives. Uniquely suited for use in today's world, Hawaiian shamanism follows the way of the adventurer, which produces change through love and cooperation—in contrast to the widely known way of the warrior, which emphasizes solitary quests and conquest by power. Now, even if you can't get out into the wilderness or undertake a long apprenticeship with a shaman, you can learn to practice the art of shamanism. You'll learn how to: —Interpret and change your dreams —Heal yourself, your relationships, and the environment —Cast the shaman stones to foretell the future —Design and perform powerful rituals —Shapechange —Make vision quests to other realities And more.

The Realities of Witchcraft and Popular Magic in Early Modern Europe

A shaman can serve as a healer, storyteller, and a keeper of wisdom—but most of all, teaches Sandra Ingerman, “Shamans radiate a light that uplifts everybody. In our culture, we tend to focus on methods and forget that the greatest way we can offer healing to the world is to become a vessel of love.” With *Walking in Light*, this renowned teacher offers a complete guide for living in a shamanic way—empowered by purpose, focus, and a deep connection to the spiritual dimensions. “Shamanism remains so relevant because it continues to evolve to meet the needs of the times and culture,” teaches Sandra. Here you are invited to participate in the modern evolution of this ancient and powerful form of spirituality, featuring:

- Foundational practices—lucid instruction on the shamanic journey, ceremonies, and other techniques for accessing the hidden realms of spirit
- Compassionate spirits, allies, and ancestors—how to contact and build a relationship with your power animals and spiritual helpers
- Healing from a shamanic perspective—practices that can integrate with and enhance any healing modality
- Guidance for deepening your connection with the environment and the rhythms of the natural world
- Ways to cultivate a rich inner landscape that empowers your intentions and actions in every aspect of your life, and much more

Walking in Light is a comprehensive resource filled with practical techniques, indigenous wisdom, and invaluable guidance for both new and experienced shamanic practitioners. Most importantly, Sandra Ingerman illuminates the meaning behind the practices—revealing our universe as a place where spirit is the ultimate reality, where our intentions shape our world, and where unseen allies support us on every step of our journey.

The Gift of Shamanism

Llyn Roberts shares her years of experience with indigenous healers, shamans, and Elders who come from cultures that know how to shapeshift realities. She translates ancient techniques into easy to understand modern practices that you can use every day to transform personal imbalances, open to your life purpose, deepen your relationship with spirit and nature, and reclaim your power to make a positive difference in the world.

The Good Remembering

Discover the shamanic powers within each of us

- Explores ayahuasca rituals in the Amazon, messages from power animals and plant spirits, intuitive dreams, soul retrieval, and holograms of past lives and spirits
- Explains the shamanic way of “seeing” to diagnose spiritual, emotional, and physical ailments via candle readings, remote viewing, and shamanic journeys
- Details how the author has helped individuals communicate with loved ones who have passed on and release themselves from negative spirits

Each and every one of us has shamanic powers. Glimpses of them can arise at any age in the form of intuitive dreams, déjà vu, spontaneous visions, and out-of-body experiences. Most people dismiss these

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experiences. However, by embracing these gifts, we can unlock our shamanic potential to change ourselves and the world around us. Revealing his transformation from skeptic to respected shamanic healer, Itzhak Beery explains how, after countless prescient dreams and visions throughout his life that he brushed off, a series of synchronistic events led to his first shamanism workshop with Michael Harner, renowned shamanism scholar and teacher. This, in turn, led to a trip to South America with John Perkins to work with indigenous shamanic healers. Beery shares his experiences with ayahuasca rituals in the Amazon, messages from power animals and plant spirits, dreams that foretold future events, and holographic sightings of past lives and spiritual entities, both evil and benign. He details his shamanic way of “seeing” to diagnose spiritual, emotional, and physical ailments via candle readings and remote viewing. Explaining how we are always surrounded by spirits, he recounts helping people communicate with loved ones who have passed on and shares powerful stories of soul retrieval during shamanic journeys to other worlds. Through his true stories of visions that manifested in reality, Beery reveals that we are all shamans. By igniting our natural intuition and developing trust for our inner powers, we can each connect to the oneness of nature where all knowledge is found.

Healing Society

Utilizing the healing power of breath to change consciousness • Explains how to enter altered states of consciousness, increase paranormal abilities, and resolve old traumas using breathwork • Introduces the Five Cycles of Change that bring about major life shifts and how to work with them Incorporating psychospiritual tools with her Shamanic Breathwork practice, Linda Star Wolf shows how to spiritually journey in the same way shamans entrain to the rhythms of drums or rattles using the breath, either alone or together with music. Much like traveling to sacred places or ingesting entheogens, this practice can be used to enter altered states of consciousness, connect to cosmic consciousness, increase paranormal abilities, and awaken the shaman within. Breathwork can also be used to resolve old traumas and shapeshift unproductive modes of thinking in order to move beyond them. Utilizing the healing power of breath along with chakra-attuned music, Linda Star Wolf explores the Five Cycles of Change--the Alchemical Map of Shamanic Consciousness--and how these cycles affect you as you move through major shifts in your life.

The Norse Shaman

Today our minds, our emotions, our relationships, and our bodies are out of kilter. We know it, but we tend to ignore it until something brings us up short--a worrying diagnosis, a broken relationship, or simply an inability to function harmoniously in everyday life. When things are a little off, we read a self-help book. When they're really bad, we bring in oncologists to address cancer, neurologists to repair the brain, psychologists to help us understand our family of origin. But this fragmented approach to health is merely a stopgap. To truly heal, we need to return to the original recipe for wellness

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discovered by shamans millennia ago: One Spirit Medicine. Through One Spirit Medicine, the shamans found that they could grow a new body that allowed them to live in extraordinary health. They learned how to switch off the "death clock" inside every cell, and turn on the "immortality" genes that reside in password-protected regions of our DNA. Cancer, dementia, and heart disease were rare. The shamans of old were truly masters of prevention. Drawing on more than 25 years of experience as a medical anthropologist--as well as his own journey back from the edge of death--acclaimed shamanic teacher Alberto Villoldo shows you how to detoxify the brain and gut with superfoods, use techniques for working with our luminous energy fields to heal your body, and follow the ancient path of the medicine wheel to shed disempowering stories from the past and pave the way for rebirth. Using the principles and practices in this book, you can feel better in a few days, begin to clear your mind and heal your brain in a week, and in six weeks be on your way to a new body--one that heals rapidly, retains its youthful vitality, and keeps you connected to Spirit, to the earth, and to a renewed sense of purpose in your life.

Grow a New Body

This classic on shamanism pioneered the modern shamanic renaissance. It is the foremost resource and reference on shamanism. Now, with a new introduction and a guide to current resources, anthropologist Michael Harner provides the definitive handbook on practical shamanism - what it is, where it came from, how you can participate. "Wonderful, fascinating... Harner really knows what he's talking about." CARLOS CASTANEDA "An intimate and practical guide to the art of shamanic healing and the technology of the sacred. Michael Harner is not just an anthropologist who has studied shamanism; he is an authentic white shaman." STANILAV GROF, author of 'The Adventure Of Self Discovery' "Harner has impeccable credentials, both as an academic and as a practising shaman. Without doubt (since the recent death of Mircea Eliade) the world's leading authority on shamanism." NEVILL DRURY, author of 'The Elements of Shamanism' Michael Harner, Ph.D., has practised shamanism and shamanic healing for more than a quarter of a century. He is the founder and director of the Foundation for Shamanic Studies in Norwalk, Connecticut.

The Sexual Practices of Quodoushka

Whether you live in a mountain cabin or a city loft, plant spirits present themselves to us everywhere. Since its first printing in 1995, Plant Spirit Medicine has passed hand-to-hand among countless readers drawn to indigenous spirituality and all things alive and green. In this updated edition, Eliot Cowan invites us to discover the healing power of plants—not merely their physical medicinal properties, but the deeper wisdom and gifts that they offer. Enriched by many new insights, this guide unfolds as a series of chapters on how plant spirit medicine helped Cowan resolve specific challenges in his own healing journey and in his work with others. In the telling, we learn how plant spirits can directly communicate with and aid

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all of us, including: Plant spirit medicine's five-element view of healing Ways to assess our own states of health and balance Receiving guidance from plants, including those found within herbal preparations New passages on community and sacred plants such as peyote, marijuana, and tobacco Additional interviews with plant shamans across diverse traditions, and more

Touching the Jaguar

In this volume of 15 articles, contributors from a wide range of disciplines present their analyses of Disney movies and Disney music, which are mainstays of popular culture. The power of the Disney brand has heightened the need for academics to question whether Disney's films and music function as a tool of the Western elite that shapes the views of those less empowered. Given its global reach, how the Walt Disney Company handles the role of race, gender, and sexuality in social structural inequality merits serious reflection according to a number of the articles in the volume. On the other hand, other authors argue that Disney productions can help individuals cope with difficult situations or embrace progressive thinking. The different approaches to the assessment of Disney films as cultural artifacts also vary according to the theoretical perspectives guiding the interpretation of both overt and latent symbolic meaning in the movies. The authors of the 15 articles encourage readers to engage with the material, showcasing a variety of views about the good, the bad, and the best way forward.

Shamanic Reiki

After 'Hit Man' The New York Times bestseller Confessions of an Economic Hit Man documents John Perkins' extraordinary career as a globe-trotting economic hit man. Perkins' insider's view leads him to crisis of conscience--to the realization that he must devote himself to work which will foster a world-wide awareness of the sanctity of indigenous peoples, their cultures, and their environments. Perkins' books demonstrate how the age-old shamanic techniques of some of the world's most primitive peoples have sparked a revolution in modern concepts about healing, the subconscious, and the powers each of us has to alter individual and communal reality. Many indigenous cultures practice shapeshifting. Native American hunters take on the spirit of their prey to ensure a successful hunt; Asian medicine men "ingest" a sickness to heal the one afflicted; Amazon warriors become jaguars to soundlessly travel the jungle. Those who shapeshift understand that all of life is energy and that by focusing your intent you can change energetic patterns, rendering a new form. Shapeshifting can occur on three levels: cellular--transforming from human to plant or animal; personal--becoming a new self or leaving an addiction behind; and institutional--creating a new business or cultural identity. Since 1968, master shamans in Africa, Asia, the Middle East, and the Americas have been training John Perkins to teach the industrial world about the powerful techniques involved in shapeshifting. His groundbreaking book takes you to deserts and jungles, mountains and oceans, medical research centers and corporate board rooms to learn the step-by-step methods of this practice that integrates

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ancient and modern techniques to bring about profound healing.

Walking in Light

Drawing heavily on Eastern concepts, the author proposes a way to use "Ki," or the body's natural life force, to unify mind, body, and spirit. Original.

Shamanic Breathwork

In this extraordinary book, shamanic dream teacher Robert Moss shows us how to become shamans of our own souls and healers of our own lives. The greatest contribution of the ancient shamans to modern healing is the understanding that in the course of any life we are liable to suffer soul loss — the loss of parts of our vital energy and identity — and that in order to be whole and well, we must find the means of soul recovery. Moss teaches us that our dreams give us maps we can use to travel to the places where we can find and bring home our lost or stolen soul parts. He shows us how to recover our animal spirits and ride the windhorse of spirit to places of healing and adventure in the larger reality. We discover how we can heal ancestral wounds and open the way for cultural soul recovery. You'll learn how to enter past lives, future lives, and the life experiences of parallel selves and how to bring back lessons and gifts. "It's not just about keeping soul in the body," Moss writes. "It's about growing soul, becoming more than we ever were before, embodying more of the Greater Self." With fierce joy, he incites us to take the creator's leap and bring something new into our world.

Dreaming the Soul Back Home

A practical guide to connecting with plants through ceremony • Explains how to commune with plants and their spirits through the traditional shamanic method of "plant dieting" to receive their teachings and guidance • Details 8 ceremonial plant initiations centered on common, easily recognized plants and trees such as primrose, dandelion, oak, and dog rose • Provides instructions to develop your own sacred plant initiations and make ceremonial plant elixirs • Includes four audio journeys to facilitate plant initiations In this guide to sacred plant initiations, medical herbalist and shamanic practitioner Carole Guyett explains how to commune with plants and their spirits through the traditional shamanic method of "plant dieting." A plant diet involves ingesting a particular plant over a period of time so you regularly receive the plant's vibratory energy as well as its medicinal actions. Adding a ceremonial element to plant dieting offers a sacred initiation by the plant world, allowing you to connect deeply with all aspects of a plant, receive its sacred teachings, and forge a relationship for guidance and healing, benefitting both yourself and others. Each of the eight ceremonial plant initiations detailed in the book was personally developed by the author through extensive work with her ceremonial groups. They each center on an

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easily recognized plant or tree such as primrose, dandelion, oak, and dog rose. These common plants have powerful teachings and healing guidance to share with those who communicate with and honor them. The initiations, for both individuals and groups, work with the Wheel of the Year, honoring each plant's sacred timing and connecting with one of the eight Celtic and Pre-Celtic Fire Festivals--the solstices, equinoxes, and the holy days of Beltane, Lughnasadh, Samhain, and Imbolc. Offering practical instructions so you can develop your own sacred plant initiations, the author also include access to 4 audio journeys to facilitate the initiations in the book. She also explains how to make plant elixirs for use in plant diets and for healing. She shows how connecting with plants allows us to deepen our relationship with Nature, access higher levels of consciousness and spiritual realms, and facilitate the full flowering of human potential.

The Psychosocial Implications of Disney Movies

Practical exercises to reach higher levels of orgasm, renew relationships, and discover the healing power of sex • Illustrates how to identify and best please the nine male and female genital anatomy types--such as Coyote Man or Buffalo Woman • Provides exercises for greater sexual pleasure and orgasmic intensity, including the Firebreath exercise for full-body orgasm • Explains how to perform powerful healing sexual energetic work with the chakras and light body Based on ancient Mayan, Olmec, and Toltec teachings passed down through the generations by the Twisted Hair Nagual Elders of the Sweet Medicine Sundance Path, the practice of Quodoushka offers practical guidance on sex, intimacy, and relationships as well as how to reach higher levels of orgasm and sexual ecstasy. Working with the healing power of sexual union and orgasm, this practice offers a path to repair emotional wounds and sexual insecurities, revive monotonous relationships, and discover the sweet medicine of sex. Revealing these once-secret teachings for the first time, initiated Quodoushka instructor Amara Charles explains the physical, energetic, and sexual qualities of the nine male and female genital anatomy types--such as Coyote Man or Buffalo Woman--and how to identify and best please each type as well as take pride in your own unique anatomy. Describing the nine variations of orgasmic expression--from avalanche to forest fire--she provides exercises for greater sexual pleasure and increased orgasmic intensity, including the Firebreath exercise, a method for reaching a full-body orgasm through breathwork. Covering role playing and sexual energetic work with the chakras and the light body as well as ceremonies to bring the sacred back into your lovemaking, the practice of Quodoushka reveals how we can--through pleasure--become more sensitive, creative lovers.

Soul Companions

This groundbreaking book offers a complete "healer's toolkit" for shamanic practitioners. Along with an in-depth discussion of the theories, practices, and ethics of shamanic healing work, this guide gives you first-hand accounts of healing experiences from the author's practice, exercises to help you develop your skills and abilities, and ceremonies to use in

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your own practice. The Book of Shamanic Healing covers all aspects of shamanic healing in a practical manner, with instructions on how to:

- Create sacred space and healing ceremonies
- Partner with your drum to create healing
- Develop your shamanic and psychic abilities
- Free your voice and seek your power song
- Communicate quickly and easily with spirit guides
- Explore your shadow side
- Perform soul retrievals and extractions safely
- Use dreams, stones, crystals, and colors in healing work
- Connect to the healing universe and live in balance

The Shaman's Mind

'Shaman', meaning 'intermediary between spirit and the natural world', has become a much overused word in the West. It's not a job title one can give oneself, and in indigenous societies, a shaman is usually born to this role. Ya'Acov Darling Khan is one of the few westerners who have been acknowledged as shamans by indigenous elders or teachers. After being hit by lightning, Ya'Acov took a 30-year journey into the heart of shamanism to seek his own healing, and to learn how he could serve others with the wisdom he acquired through his experiences. He has studied with indigenous teachers from the Arctic Circle to the USA and South America, and has taken part in ceremonies in such diverse locations as Welsh caves to the depths of the Amazon rainforest. Nowadays, Ya'Acov continues to study and regularly journeys to the Ecuadorean Amazon to work alongside the Achuar and Sápara people. For thousands of years, shamans helped the people in their communities remain in balance with themselves, each other, the natural world and the spirit world. This beautifully written book is not only a powerfully honest, humorous and inspiring memoir, but a guidebook for those from many cultures and walks of life wishing to return to their indigenous roots, and be part of midwifing a more benign human presence here on Earth as part of a new dream.

Courageous Dreaming

Today, practicing shamanism doesn't mean you have to live in a rain forest or a desert. Thanks to a modern renaissance of shamanic spirituality, practitioners from all walks of life now use powerful indigenous techniques for healing, insight, and spiritual growth. With *Awakening to the Spirit World*, teachers Sandra Ingerman and Hank Wesselman bring together a circle of renowned Western shamanic elders to present a comprehensive manual for making these practices accessible and available in our daily lives, including: How the original practice of shamanism shaped the world's spiritual traditions and why it is still relevant today. The art of the shamanic journey--a time-tested meditative method for experiencing important spiritual lessons and truths. Guidance for avoiding common pitfalls of shamanic practice. Instruction for working with your dreams, connecting to your spirit guides, healing yourself and your environment. The core of shamanism is the experience of direct revelation-- to communicate firsthand with your spiritual allies and discover your own power. *Awakening to the Spirit World* takes you through each step of developing a personal connection with your helping spirits to receive wisdom,

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insight, and healing energy. From an overview of shamanism, to your first journeys and encounters with your power animals, to expanding your skills and insight through long-term practice, here is an in-depth resource for the shamanic arts that includes: Creating rituals and ceremonies for healing and transformation Reconnecting with nature to heal ourselves and the planet Working with your dreams, songs, and artistic vision to strengthen your practice Traditional wisdom for children-- healthy rites of passage for each phase of a child's journey to adulthood Honoring the cycle of life and death-- shamanic practices to prepare for and celebrate our final transition in this life Excerpt Shamanism is the most ancient spiritual practice known to humankind and is the "ancestor" of all our modern religions. As a method, it is a form of meditation combined with a focused intention to accomplish various things, as well become apparent in this book. As a spiritual practice, shamanism can become a way of life that may utterly transform the one who practices it. The word "shaman" comes from the language of the Evenki peoples, a Tungusic tribe in Siberia. This is a word whose meaning has to do with esoteric knowledge and extraordinary spiritual abilities and as such a shaman is often defined as an intermediary between the human and spirit worlds. In shamanic cultures, the word "shaman" has come to mean "the one who sees in the dark" or "the one who knows." There are certain commonalities in a shaman's worldview and practice across the world that allow us to make certain broad generalizations about shamanism. In the majority of indigenous cultures, the universe is viewed as being made up of two distinct realms: a world of things seen and a world of things hidden, yet that these two worlds present themselves together as two halves of a whole. The shaman is the inspired visionary, a man or a woman who learns through practice how to enter into this "world of things hidden," and once there, he or she typically encounters extra-mundane personalities or archetypal forces that the indigenous peoples refer to as spirits, ancestors, or even gods. Reviews "Awakening to the Spirit World" takes a deep look at tapping sources of invisible power in daily life. So much of what Sandra Ingerman and Hank Wesselman write about is lost to modern medicine: listening to the weather and the elements, understanding death, and more. This is a courageous book that will appeal to all who long to explore the unseen world." —Judith Orloff, MD, author of Emotional Freedom "In an era when chaos, confusion, and uncertainty take center stage, the ancestors, focused on balancing the energies of life, call forth calm, clarity, and pragmatic direction for accessing the medicine needed to heal the individual and collective psyche. In this moment in time, we are invited into "Awakening the Spirit World," where we are reassured that we are not alone. We are in good company, indeed." —Malidoma Patrice Some, PhD, author of "Of Water and the Spirit, The Healing Wisdom of Africa," and "Ritual: Power, Healing, and Community."

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