

Earth Magic Ancient Shamanism

From cross-cultural legends recounting shamanic cures to the biblical accounts of the parting of the Red Sea and Jesus multiplying the loaves and fishes, many spiritual traditions are rich in stories about seemingly inexplicable transformations of the natural world. The ancient healing art of transmutation, in which toxic substances are transformed into "safe" substances, is mentioned in all the world's great spiritual traditions, including Hinduism and Taoism. And while many have tapped this body of work to heal the self, it has yet to be used to heal our environment. For twenty years, Sandra Ingerman has studied alternative ways to reverse environmental pollution. In this book, Ingerman takes us on a remarkable journey through the history of transmutation, teaching us how we can use this forgotten technique to change ourselves and our environment. She provides us with creative visualizations, ceremonies, rituals, and chants derived from ancient healing practices that produce miraculous, scientifically proven results. In one dramatic illustration of what can be accomplished when consciousness and awareness fuel our actions, Ingerman describes her own success in transforming the nature of chemically polluted water.

Unravelling the history, ideologies and rites of shamanism, Margaret Stutley provides an authoritative guide to one of the world's most ancient, notorious and frequently misrepresented spiritual traditions.

In *Power Animals: How to Connect with Your Animal Spirit Guide*, Steven D. Farmer, Ph.D., guides you through a journey to discover and connect with your power animal. Once you've determined who your power animal is, you can learn what this says about you, find instructions on how to call upon the spirit animal, and read a channeled message for you from that animal spirit. You'll also find out which animal spirit to call on for particular situations, and additional tracks in the audio download will help you consult your power animal as an oracle. Your power animal will not only help you develop a greater sense of personal and spiritual power, but will also help you heal physically, emotionally, and spiritually—as well as guide you through difficult life transitions. Your animal spirit guide can show up in its physical form; or you can contact it through meditations, journeys, or dreams and ask it for guidance, healing, or protection. Working with your power animal directly or through imagery and symbolism will put you in touch with your own instinctual nature, thereby increasing your intuitive awareness and enhancing every area of your life.

Reveals for the first time the ancient tradition of bee shamanism and its secret practices and teachings • Examines the healing and ceremonial powers of the honeybee and the hive • Reveals bee shamanism's system of acupuncture, which predates the Chinese systems • Imparts teachings from the female tradition and explores the transformative powers of the magico-sexual elixirs they produce Bee shamanism may well be the most ancient and enigmatic branch of shamanism. It exists throughout the world--wherever in fact the honeybee exists. Its medicinal tools--such as honey, pollen, propolis, and royal jelly--are now in common usage, and even the origins of Chinese acupuncture can be traced back to the ancient practice of applying bee stings to the body's meridians. In this authoritative ethnography and spiritual memoir, Simon Buxton, an elder of the Path of Pollen, reveals for the first time the richness of this tradition: its subtle intelligence; its sights, sounds, and smells; and its unique ceremonies, which until now have been known only to initiates. Buxton unknowingly took his first steps on the Path of Pollen at age nine, when a neighbor--an Austrian bee shaman--cured him of a near-fatal bout of encephalitis. This early contact prepared him for his later meeting with an elder of the tradition who took him on as an apprentice. Following an intense initiation that opened him to the mysteries of the hive mind, Buxton learned over the next 13 years the practices, rituals, and tools of bee shamanism. He experienced the healing and spiritual powers of honey and other bee products, including the "flying ointment" once used by medieval witches, as well as ritual initiations with the female members of the tradition--the Mellisae--and the application of magico-sexual "nektars" that promote longevity and ecstasy. *The Shamanic Way of the Bee* is a rare view into the secret wisdom of this age-old tradition.

Earth Magic Ancient Shamanic Wisdom for Healing Yourself, Others, and the Planet ReadHowYouWant.com

EARTH MAGIC In this fascinating book, Dr. Steven Farmer offers a unique synthesis of ancient shamanic practices and philosophies that have proven over millennia to help heal the spiritual causes of physical and emotional illnesses, augment personal power, enhance manifestation abilities, and encourage a balanced and harmonious relationship with our Earth. Although the foundation for Earth Magic is universal shamanic wisdom, it's not necessary to have an interest in shamanism to benefit from its contents, as it expands beyond this topic to incorporate processes that are useful for all those with the sincere intention to heal themselves, others, and the planet.

The Magic of Shamanism is designed to meet the needs of a range of readers. It is suitable for people who know nothing about shamanism and are interested in learning more, as well as for those with a basic grounding in the subject who wish to gain a deeper and richer understanding of its scope and use in therapeutic practice. It also aims to meet the needs of therapists wishing to broaden their horizons to a new, yet ancient, form of therapy that is capable of astonishing results within professional practice.

A guide to co-creating a healing vision for humanity and the Earth through nature-connected shamanic rituals • Explains the Earth Spirit Dreaming process for rebirthing inherent shamanic abilities with dozens of practices in three categories: Earth-connecting practices, Spirit-connecting practices, and Dream-connecting practices • Provides experiential exercises to foster interactions with the intelligences and elemental energies of nature and the Spirit realm, realign you with the rhythms and flow of life, and co-create a healing dream for humanity and all of life on our planet • Contains step-by-step directions for connecting with the light guides of the planet for guidance and healing Humanity has become profoundly disconnected from the web of life on Earth as well as from nature as a whole. In this practical guide, Elizabeth E. Meacham details her field-tested method of shamanic ecotherapy practices to resolve this centuries-long trend toward disconnection. Through these practices, you will learn how to reconnect to Earth's systems and help restore health and balance to people and the planet. Translating transformative ideas from visionary environmental thinkers into engaging shamanic rituals for profound spiritual growth, Meacham offers dozens of practices in three categories: Earth-connecting practices, Spirit-connecting practices, and Dream-connecting practices. Building on one another, the exercises open channels to allow you to directly experience the intelligences of the Earth and Spirit realms, rebirth your inherent shamanic abilities, realign you with the rhythms and flow of life, and reclaim your ancestral power for co-creating a healing dream for our species and all of life on our planetary home. Guiding the reader through a progressively deepening journey toward connection with ourselves, each other, and the consciousness of our biosphere, the practices also invite profound mindfulness, as we work to hold a vision of connection with the Earth and Spirit realms, while choosing consciously to focus on joy, beauty, gratitude, love, and healing. Illuminating a shamanic awakening within Western culture at the dawn of an ecological age, *Earth Spirit Dreaming* reveals how the birth of a global consciousness of healing depends upon our commitment to individual and collective spiritual evolution. Calling us back to our shamanic heritage of a living nature spirituality, this manual offers much needed guidance on the essential journey back to an intimate love of Earth.

When the people of Britain voted to leave the European Union in June 2016, the word on everyone's lips was Sovereignty. But what is Sovereignty? There were some who tried to convince the British people that Sovereignty didn't really exist, or that if it did, it was over-rated. A few self-styled experts claimed that Sovereignty could be extended or pooled; others insisted that Sovereignty was merely "the ability to get things done." All of those pundits were wrong - although they were hardly to blame for their errors. Sovereignty actually starts off life as a spiritual transmission from the spirits of the land, but this is no longer taught to the general populace. However, a few mystic types did know about Sovereignty, and so they weren't at all surprised when its spirit rose up from the land on the Summer Solstice of 2016,

and infused the hearts and minds of the ordinary people of Britain. In this book, you will learn all about the spiritual source of Sovereignty - and how to find it and reclaim it in your own life and on your own land. This book was originally issued as *The Sacred Sex Rites of Ishtar*.

In this fascinating book, Steven Farmer guides you through a journey on the accompanying audio download to discover and connect with your power animal. Once you've determined who your power animal is, you can refer to the text to learn what this says about you, find instructions on how to call upon the spirit animal, and read a channeled message for you from that animal spirit. You'll also find out which animal spirit to call on for particular situations, and additional tracks on the audio will help you consult your power animal as an oracle. Your power animal will not only help you develop a greater sense of personal and spiritual power, but will also help you heal physically, emotionally, and spiritually—as well as guide you through difficult life transitions. Working with your power animal will put you in touch with your own instinctual nature, thereby increasing your intuitive awareness and enhancing every area of your life.

J.R.R. Tolkien claimed that he based the land of Middle Earth on a real place. *The Real Middle Earth* brings alive, for the first time, the very real civilization in which those who lived had a vision of life animated by beings beyond the material world. Magic was real to these people and they believed their universe was held together by an interlaced web of golden threads visible only to wizards. At its center was Middle Earth, a place peopled by humans, but imbued with spiritual power. It was a real realm that stretched from Old England to Scandinavia and across to western Europe, encompassing Celts, Anglo Saxons and Vikings. Looking first at the rich and varied tribes who made up the populace of this mystical land, Bates looks at how the people lived their daily lives in a world of magic and mystery. Using archaeological, historical, and psychological research, Brian Bates breathes life into this civilization of two thousand years ago in a book that every Tolkien fan will want.

Uncover Your Family's Past and Create a Better Future Has your family gone through the same trials and tribulations generation after generation? Do you feel fated to continue that trend? If so, it's possible you've inherited the karma of your family members. The good news is that you can break the cycle. Renowned author, soul healer, and shamanic practitioner Dr. Steven Farmer shows you how to not only free yourself from negative cycles of the past but also access the ancient wisdom of your ancestors. In *Healing Ancestral Karma*, you'll learn how to: Make contact with your ancestors. Heal hereditary traits and characteristics that have compromised your physical, emotional and mental health. Incorporate your ancestors' wisdom into your spiritual path. Clear karmic baggage so your descendants inherit only positive karma. Imagine how different life could be if you had access to the wisdom of all those who've come before you. *Healing Ancestral Karma* shows you how. No matter what your current spiritual philosophy or practice, you can have a relationship with your ancestors and gain guidance, knowledge and healing.

A spiritual crisis sent Orthodox rabbi Gershon Winkler to remote regions of the Southwest, where he studied with Native American healers. From them he began to recover the long-lost wisdom of what he calls "Aboriginal Judaism": the religion's tribal roots. This book tracks his personal journey and draws from a dazzling mix of sources to detail the surprising connections between two seemingly unrelated religions.

This accessible study of Northern European shamanistic practice, or seidr, explores the way in which the ancient Norse belief systems evoked in the Icelandic Sagas and Eddas have been rediscovered and reinvented by groups in Europe and North America. The book examines the phenomenon of altered consciousness and the interactions of seid-workers or shamanic practitioners with their spirit worlds. Written by a follower of seidr, it investigates new communities involved in a postmodern quest for spiritual meaning.

This inspirational deck of cards will help you discover and connect with your own power animal. The accompanying booklet will help you learn what your power animal says about you, how to call upon the spirit animal and how to receive a channeled message from that animal.

A powerful debut from one of the world's most respected shamanic teachers, following Marcela Lobos's journey in this world and the world of spirit. The stress, conflict, and crises of the outer world are a signal: the time has come to awaken your inner shaman. However, you don't need to be initiated into arcane mysteries to answer the call from Spirit. In this book, Marcela Lobos reveals how to use the maps offered by the shamanic Medicine Wheel and the hero's journey to activate your inner wisdom and live a self-realized existence of discovery, healing, and wholeness. From her childhood in a war-torn country to her initiation with the shamans of the Andes and her life today as a teacher and medicine woman, Marcela's story offers a flesh-and-bones context for each step on the archetypal journey to Self. It is also an invitation to step out from your ordinary life and take the first steps on your own quest for spiritual understanding and deep transformation: to learn to walk the Medicine Path and to find your own power and inner beauty.

This book is about Sovereignty. It's about the superior intelligence and self empowerment which comes from interacting with beings which inhabit a parallel universe to this one - another dimension - from whom man has traditionally gained his wisdom about his place and purpose on Earth and in the cosmos. In ancient times, the ability to tap into this superior wisdom was transmitted to kings and pharaohs by one who was in touch with these extra-dimensional beings or lifeforms, who are also known as the spirits. Sovereignty comes from the spirits of the land, otherwise known as the Fae, the Gentry, the Sidhe or the Faeries. These spirits are like Man, but are of an Elder and wiser race which inhabits a timeless zone within the parallel dimensions. These days, only children can see them, who haven't yet had that perceptivity educated and ridiculed out of them. Shamans and high priestesses in Neolithic times were in touch with these spirits of the land, and so were able to transmit their wisdom to the king or pharaoh in sacred sex rites during his coronation night. This became known as the Sovereignty because it fired up the king's higher brain centres, giving him a superior intelligence and thus the ability and the right to reign. Our ancestors have left us magical keys in their orally passed on myths which, like messages in a bottle, can help us find the way to spark up that wisdom again, in ourselves.

As a shaman and mythologist, the author Ishtar Babilu Dingir is regularly in communion with the spirits of the land where she lives in Glastonbury, Somerset. In this book, she has laid out the way for the ordinary person to regain their Sovereignty, which is their birthright, through shamanic sexual practises and also by learning to visit these other dimensions on the inner planes. First, she lays the foundation stone for the teaching by showing the evidence - from ancient Greece, Egypt, Crete, India, Sumer and Babylon - that sacred sex was an integral part of the Kingship rites, and the literary evidence that the spirits were present in the lovemaking. She also explains about our earlier ancestors' understanding about the Faery Marriage, and what she believes is the original meaning of the Holy Graal, tracing it back to the Neanderthals about 45,000 years ago. The reader then learns how to perform shamanic sex themselves, to fire up their own superior intelligence. Finally, Ishtar reveals more about her own relationship with the local spirits of the land, so that others may become inspired to explore their own locality and thus begin their quest towards higher brain development and self-empowerment - to Sovereignty.

Develop powerful manifestation abilities, find inner healing and cultivate a harmonious relationship with Earth and nature in this beautiful new edition. Steven Farmer offers a unique synthesis of ancient spiritual practices and philosophies that have proven over millennia to help heal the spiritual causes of physical and emotional illnesses, augment personal power, enhance manifestation abilities and encourage a balanced relationship with our Earth. Although the foundation for Earth Magic is universal shamanic wisdom, you don't need to have an interest in shamanism to benefit from its contents, as it expands beyond this topic to incorporate processes that are useful for all those with the sincere intention to heal themselves, others and our planet.

?This beautifully written, yet easily understood guide inspires you to apply to your everyday life those aspects of shamanism and nature spirituality that are common to native and tribal people the world over. The many exercises emphasize the reader's ability to communicate directly with the spirit realm and experience the ecstasy of a loving relationship with Earth Mother.?

A New York Times Notable Book of 2018 "Searingly passionate...Nixey writes up a storm. Each sentence is rich, textured, evocative, felt...[A] ballista-bolt of a book." —New York Times Book Review In Harran, the locals refused to convert. They were dismembered, their limbs hung along the town's main street. In Alexandria, zealots pulled the elderly philosopher-mathematician Hypatia from her chariot and flayed her to death with shards of broken pottery. Not long before, their fellow Christians had invaded the city's greatest temple and razed it—smashing its world-famous statues and destroying all that was left of Alexandria's Great Library. Today, we refer to Christianity's conquest of the West as a "triumph." But this victory entailed an orgy of destruction in which Jesus's followers attacked and suppressed classical culture, helping to pitch Western civilization into a thousand-year-long decline. Just one percent of Latin literature would survive the purge; countless antiquities, artworks, and ancient traditions were lost forever. As Catherine Nixey reveals, evidence of early Christians' campaign of terror has been hiding in plain sight: in the palimpsests and shattered statues proudly displayed in churches and museums the world over. In *The Darkening Age*, Nixey resurrects this lost history, offering a wrenching account of the rise of Christianity and its terrible cost.

In *Earth Magic*, Steven Farmer offers a unique synthesis of ancient spiritual practices and philosophies that have proven over millennia to help heal the spiritual causes of physical and emotional illnesses, augment personal power, enhance manifestation abilities, and encourage a balanced and harmonious relationship with our Earth. Although the foundation for *Earth Magic* is universal shamanic wisdom, you don't need to have an interest in shamanism to benefit from its contents, as it expands beyond this topic to incorporate processes that are useful for all those with the sincere intention to heal themselves, others, and our planet.

Take one part of the world's oldest spiritual system (shamanism), mix in one part of one of the world's most popular spiritual cultures (the Celts), and bring it up to date by blending in modern forms of shamanism. The result is one of the most amazing books you'll ever use, D. J. Conway's *By Oak, Ash, & Thorn*. This book is filled with information that can start you on a lifetime of study, practice, and spirituality. First, you'll learn about ancient and modern forms of shamanism. You'll discover the secrets of the three shamanic worlds, and how you can travel through these mysterious realms. You'll be shown how to communicate and deal with the entities and allies you meet there. You'll also learn about the tools that a shaman uses. The thing that makes this book unique is that it comes from the viewpoint of Celtic shamanism, and not some generalized form. As a result, the worlds are specifically Celtic in nature. The tools come from Celtic myth and lore. The fifty entities you meet are named and defined as the Faery Folk and their kin ? from the Bean sidhe (banshee) to the Will o' the Wisp (a faery who appears at night in lonely places carrying a lantern to confuse travellers). Almost fifty more animal allies are listed and described. You will also learn the mysteries of the vision quest and how it applies and can be used by Celtic shamans. Before starting your journey you will take a test to determine your strengths and weaknesses as a potential shaman. Other topics include: - Shamanic Healing - Soul Retrieval - Shape-shifting - Invisibility - Divination with stones, the omen stick and the Ogam alphabet - Pathworking through the three shamanic worlds - Different forms of Celtic magic - Herbs This only begins to hint at everything that you can learn from this book. Get your copy today.

The Earth speaks to us in many ways through the spirits of her various elements. In this deck of 48 oracle cards created by Steven D. Farmer, you'll find descriptions and images of several of these Earth elements along with clear and concise messages from the spirits of each. Through the use of these cards, you'll uncover sensible advice that will provide guidance for questions you may have about any aspect of your life. The enclosed guidebook includes easy-to-follow instructions as well as expanded descriptions and messages for each card, allowing you to give yourself and others accurate, meaningful readings.

Magic, always part of the occult underground in North America, has experienced a resurgence since the 1960s. Although

most contemporary magical religions have come from abroad, they have found fertile ground in which to develop in North America. Who are today's believers in Witchcraft and how do they worship? Alternative spiritual paths have increased the ranks of followers dramatically, particularly among well-educated middle-class individuals. Witchcraft and Magic conveys the richness of magical religious experiences found in today's culture, covering the continent of North America and the Caribbean. These original essays survey current and historical issues pertinent to religions that incorporate magical or occult beliefs and practices, and they examine contemporary responses to these religions. The relationship between Witchcraft and Neopaganism is explored, as is their intersection with established groups practicing goddess worship. Recent years have seen the growth in New Age magic and Afro-Caribbean religions, and these developments are also addressed in this volume. All the religions covered offer adherents an alternative worldview and rituals that are aimed at helping individuals redefine themselves and make their interactions with the environment more empowered. Many modern occult religions share an absence of dogma or central authority to determine orthodoxy, and have become a contemporary experience embracing modern concerns like feminism, environmentalism, civil rights, and gay rights. Afro-Caribbean religions such as Santería, Palo, and Curanderismo, which do have a more developed dogma and authority structure, offer their followers a religion steeped in African and Hispanic traditions. Responses to the growth of magical religions have varied, from acceptance to an unfounded concern about the growth of a satanic underground. And, as magical religions have flourished, increased interest has resulted in a growing commercialization, with its threat of trivialization.

A step-by-step guide to working with the spirits of ancient northern Europe • Explains how to build relationships with Earth, Sun, Moon, Plants, Animals, Water, Fire, Craft, Air, and the Ancestors through 83 practical exercises • Explores the role of altered states in spirit work • Outlines the ancient cultural rules and taboos to avoid spiritual debt or offense We are all surrounded by spirits. Many people feel called to work with them, but few know where to begin. Enjoined by the gods and spirits to fulfill this need, Raven Kaldera and Galina Krasskova have reconstructed the indigenous spiritual traditions of northern Europe and Scandinavia extinguished more than one thousand years ago by the spread of Christianity. Arising from basic survival needs, these practical traditions are fundamentally tied to the elements found in the harsh world of the ancient North. Beginning with the skills tied to the Earth element, necessary for grounding prior to the more demanding aspects of the practice--working with Sun, Moon, Plants, Animals, Water, Fire, Craft, and Air--the authors explain, step by step, how to build relationships with each elemental spirit and the Ancestors. Offering 83 practical exercises, from cleansing with the Moon or borrowing the legs of Reindeer to making sacred space with Mugwort or creating an ancestor altar, they also explore building spirit relationships through altered states. Emphasizing the proper management of your spirit relationships to avoid spiritual debt or offense, the authors outline the ancient cultural rules and taboos that circumscribe these practices, essential knowledge for successful and fruitful spirit alliances. Detailing the beginning set of skills needed to work with the spirits of this ancient world, this comprehensive workbook offers a unique ancestral spiritual outlet for those of northern European descent as well as an accessible guide for anyone trying to fulfill their shamanic callings. Packed with rituals, exercises, spells, recipes, history, and lore, this new book in Llewellyn's Elements of Witchcraft series shows you how to enrich your connection to the element of earth. Join Dodie Graham McKay as she digs deep into the deities, sacred sites, animal guides, herbs, crystals, and stones associated with this element. Earth Magic showcases a wide variety of fun and fascinating ways to "get your hands dirty" as you enhance your magical practice. Explore the recipes, rituals, and spells that help you call upon the earth for greater power and wisdom. Discover how the earth element is used in cultures and myths around the world. Featuring illuminating essays from guest contributors, Earth Magic inspires you to practice magic in ways that create positive changes in your environment and in yourself. Watch the book trailer here.

Following the publication of the popular and best-selling Animal Spirit Guides, several people commented that they would like to see a smaller pocket-sized version—one they could carry in their purse, handbag, or car. Those requests have now resulted in this condensed edition, where you'll find all the spirit animals from the original edition plus some new ones in a format that makes it even more user-friendly. Just as our ancestors and indigenous peoples knew, when an animal comes to you in an unusual way or repeatedly, whether in physical or symbolic form, they are serving as spirit guides attempting to get a message to you. This convenient pocket guide will help you understand and discern these messages whenever this occurs by offering several possible interpretations for the animal you encounter. This is a book that you will enjoy and find useful for many years to come.

In Sacred Ceremony: How to Create Ceremonies for Healing, Transitions, and Celebrations, Steven Farmer offers ideas on how to create your own ceremonies to consecrate the critical events and passages that you experience on your life's journey.

A step-by-step shamanic guide to navigating the non-ordinary realms, locating lost soul fragments, and reintegrating them • Explains how the soul is a form of sacred energy that can escape when someone experiences trauma or stressful situations • Explores how to work with the 5 Mesoamerican cardinal directions to connect with lost soul fragments, create the ideal space for them to return, and ensure a lasting soul retrieval • Details how to enter a trance journey for navigating the spirit realm through shamanic breathwork, shamanic dancing, toning methods, as well as hand postures Drawing on her more than 20 years' experience working with present-day Mesoamerican curanderos/as and the ancient shamanic healing traditions of the Mexica and Maya, Erika Buenaflor, M.A., J.D., provides a step-by-step guide for the curanderismo practice of soul retrieval. She explains how the soul is a form of sacred energy that can escape when someone experiences trauma or is threatened by challenging and stressful situations. Its absence can be responsible for a host of negative conditions including physical ailments, depression, insomnia, and dysfunctional behavior patterns. Exploring how to retrieve this sacred energy, or soul fragments, as well as resolve cases of soul theft, the author details how to journey through the non-ordinary realms of the Underworld, Middleworld, and Upperworld to locate lost soul fragments and reintegrate them. She explains how to enter a trance journey, providing instructions for shamanic breathwork practices, shamanic dancing, sounding and toning methods, as well as hand postures (mudras) to facilitate trance states. She explores how to perform soul diagnosis, create a loving and nurturing space for soul fragments to return, and work with the healing wisdom of the 5 Mesoamerican cardinal directions: South, West, North, East, and the Center, which marries the other directions and offers a portal to other worlds. She offers pressure point exercises to release the energies of traumas and contemplative exercises to continue the reintegration of soul fragments after the trance journey. She also explains how to connect with animal guardians to aid you in the soul retrieval process. Revealing how to achieve a lasting retrieval of soul energy, Buenaflor shows how the dynamic process of curanderismo soul retrieval can heal many forms and degrees of trauma and help people move forward in life with more clarity, self-awareness, empowerment, and greater depths of authentic self-love.

The shaman is an enigmatic figure – a healer, magician and visionary who moves between the everyday world and the realm of gods and spirits. "The Shamans Quest" describes the spiritual journeys of four shamans from different corners of the world – the arctic snows of Canada, the central Australian desert, the sacred mountains of Japan, and the forests of north-western South America. From the North comes a tale of the Inuit shaman Enoyuk and his magical adventures with different gods and spirit-helpers. In the South we enter the world of

the Aboriginal elder Kalu, with his sacred desert Dreamings, and in the East we meet Saimei, a Japanese shamaness who lives in a world of kami spirits. And in the West we encounter Baiya, a shaman from the Amazonian forest who undertakes visionary journeys so he may perform tasks of spiritual healing. In "The Shamans Quest" these four shamans finally come together at the mythic centre of the world, and it is a very special purpose which has brought them here – for they have come to witness the healing of the Earth. Exploring universal themes of spiritual renewal, "The Shamans Quest" shows us how we can find the Great Song of Life and learn to value the sacred qualities of Nature and the Universe.

After the publication of his best-selling book *Power Animals*, many people inquired about the meaning of spirit animals that were not contained in that work. In *Animal Spirit Guides*, Dr. Farmer provides concise, relevant details about the significance of more than 200 animals that may come to you in physical or symbolic form as guides and teachers. With each animal listed, you'll find general meanings of the visitation; practical ways that they can help you as spirit guides; and how, as your power animal, they reflect characteristics that you possess. You'll also find a "whom-to-call-on" section that will tell you which animal spirit guide to call on for any specific purpose.

This treasury of pagan beliefs and herbal lore tells of remedies and charms, weather signs, and the best seasons and times for carrying out projects.

Connect to the magic of the world around you for healing, empowerment and self-care Nature is filled with hidden, elusive energies: the growth spirals of sunflowers, the electromagnetic spectrum of rainbows, the bio-energy of trees and the sound waves of thunder. Working with the potent energy of nature's bounty, you will learn to nurture and embrace your inner guardian witch through spell work. Brimming with rituals, wishes and enchantments to encourage spiritual growth, abundance and prosperity, and featuring beautiful illustrations from the author, this book is an illuminating guide to harnessing the earth's power for personal reflection. It reveals how magic can be used as a reciprocal force for good that protects and promotes our well-being, as well as that of our planet. *The Little Book of Earth Magic* is for those who seek to form a meaningful connection with nature and take their spiritual practice to a new level.

Spiritual lessons from insect archetypes of the Medicine Wheel • Reveals the sacred wisdom inherent in Honeybee's pollinating, Butterfly's transformation, Spider's weaving, and Earthworm's recycling • Provides experiential practices, such as Shamanic Breathwork journeys, to connect with insect teachers and harness their consciousness-activating patterns • Shows how Dragonfly, Cicada, and Cricket connect us with the Great Star Nations, the depths of Mother Earth, and the music of life Our insect brothers and sisters are some of the most ancient beings and teachers on planet Earth. Their powerful skills of adaptation and their plight, such as the widespread colony collapse facing honeybees, have brought them to the forefront of collective consciousness, as every being on Earth faces a time of incredible transformation. The archetypal energies of these sacred Wisdomkeepers can guide us through this evolutionary time with new pathways of shamanic healing and transformation to realize the highest potential of humanity. Exploring the insect and arachnid archetypes of the Sacred Instar Medicine Wheel, authors Linda Star Wolf and Anna Cariad-Barrett reveal the consciousness-activating patterns in the pollen flight of Honeybee, the transformative chrysalis of Butterfly, the creative weavings of Spider, and the alchemical recycling of old into new of Earthworm. They show how Dragonfly, Cicada, and Cricket connect us with the Great Star Nations, the depths of Mother Earth, and the music of life. Each chapter includes experiential practices, such as Shamanic Breathwork journeys, to help you embody the strengths of these humble teachers, live within the natural cycles of planet Earth, and discover a higher octave of sacred purpose.

In an age when much of the earth's surface has been explored, the spiritual realms within us are still, for many people, uncharted territory. This Inner Space was experienced by shamans and the 'Wise Ones' of all cultures and traditions who could bring to the surface of consciousness knowledge that could then be applied to improve the quality of individual lives. Today, the opportunity exists for us all to experience the reality of transcending distance and time, find new understanding, and discover the inspiration and guidance to meet all of life's challenges. *Shamanic Experience*, packaged together with its unique shamanic drumming CD, can enable you to:-- awaken and develop your inner senses & resources-- access other levels of awareness and retrieve information that is relevant to all areas of your life -- discover that the power of every living thing, including yourself, lies within

Sandra Ingerman We perform ceremonies to mark important events and celebrate holidays—yet our modern approach to ceremony only scratches the surface of its true potential. With *The Book of Ceremony*, shamanic teacher Sandra Ingerman presents a rich and practical resource for creating ceremonies filled with joy, purpose, and magic. "We are hungry to connect with more than what we experience with our ordinary senses in the material world," writes Sandra. "By performing ceremonies, you will find yourself stepping into a beautiful and creative power you might never have imagined." Weaving shamanic teachings together with stories, examples, and guiding insights, *The Book of Ceremony* explores: • The elements of a powerful ceremony—including setting strong intentions, choosing your space, preparing ceremonial items, and dealing gracefully with the unexpected • Stepping into the sacred—key practices for leaving behind your everyday concerns and creating a space where magic can happen • Guidance for working alone, in community, and across distances with virtual ceremonies • Invoking spiritual allies—the power of working with the elements, the natural world, ancestor spirits, and the creative energy of the divine • Sacred transitions—including ceremonies for weddings, births, rites of passage to adulthood, funerals, honorable closure, and new beginnings • Ceremonies for energetic balance—healing and blessing, resolving sacred contracts, getting rid of limiting beliefs, creating Prayer Trees, and more • Life as a ceremony—how to infuse your entire life with ceremonial practice, from planting a garden or to revitalizing your home or office to helping heal our planet *The Book of Ceremony* is more than a "how-to" guide—it will inspire you to create original ceremonies tailored to your own needs and the needs of your community. When you invoke the sacred power of ceremony, you tap into one of the oldest and most effective tools for transforming both yourself and the world. As Sandra writes, "If you perform one powerful and successful ceremony for yourself, the principle of oneness ensures that all of life heals and evolves."

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 reconnecting with the powers of nature. She explains the key concepts of Órlög 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.

A distinguished anthropologist—who is also an initiated shaman—reveals the long-hidden female roots of the world's oldest form of religion and medicine. Here is a fascinating expedition into this ancient tradition, from its prehistoric beginnings to the work of women shamans across the globe today. Shamanism was not only humankind's first spiritual and healing practice, it was originally the domain of women. This is the claim of Barbara Tedlock's provocative and myth-shattering book. Reinterpreting generations of scholarship, Tedlock—herself an expert in dreamwork, divination, and healing—explains how and why the role of women in shamanism was misinterpreted and suppressed, and offers a dazzling array of evidence, from prehistoric African rock art to modern Mongolian ceremonies, for women's shamanic powers. Tedlock combines firsthand accounts of her own training among the Maya of Guatemala with the rich record of women warriors and hunters, spiritual guides, and prophets from many cultures and times. Probing the practices that distinguish female shamanism from the much better known male traditions, she reveals:

- The key role of body wisdom and women's eroticism in shamanic trance and ecstasy
- The female forms of dream witnessing, vision questing, and use of hallucinogenic drugs
- Shamanic midwifery and the spiritual powers released in childbirth and monthly female cycles
- Shamanic symbolism in weaving and other feminine arts
- Gender shifting and male-female partnership in shamanic practice

Filled with illuminating stories and illustrations, *The Woman in the Shaman's Body* restores women to their essential place in the history of spirituality and celebrates their continuing role in the worldwide resurgence of shamanism today.

The ways of magic are revealed in nature . . . The secrets are written in meandering streams and drifting clouds, whispered by the roaring ocean and cooling breeze, echoed through caves and rocks and forests. When you draw a heart in the sand, call on the four winds for assistance, or ask the rain to wash away a bad habit, you are practicing earth magic. By working in harmony with nature, we can transform ourselves, our lives, and our world. This tried-and-true guide offers more than one hundred spells, rites, and simple rituals you can perform using the powerful energy of the earth. Scott Cunningham was a greatly respected teacher and one of the most influential members of the modern Craft movement. A practitioner of elemental magic for twenty years, he wrote more than fifty books, including the seminal *Wicca: A Guide for the Solitary Practitioner*.

Native Americans had a close affinity with the earth and an understanding of the natural forces which shaped their environment. They recognised that not only were our physical bodies composed of the elements of the earth but our core personalities also were influenced by seasonal characteristics and by the tides of time governed by the Sun and the Moon. The time of birth was no chance happening of fate, but an indication of personality traits and inherent potentials we were each born with to meet the challenges of life. The key to exploring your individuality is a Birth Totem - an animal representation which indicates the characteristics and attributes which combined together comprise your 'medicine' - your inner power and resources. Learn how to: - Identify your own Birth Totem - Connect yourself to your true potential - Discover your life purpose and learn how to fulfil it - Explore all aspects of your life including health and relationships.

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