

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

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[Pagan Portals - Blodeuwedd](#) John Hunt Publishing

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.

[Pantheon - The Egyptians](#) John Hunt Publishing

The human imagination gives rise to the most beautiful man-made structures and creations on Earth: architecture, literature, theatre, music, art, humanitarian initiatives, moon landings and space exploration, mythology, science, they all require a large dose of imagination. We all live surrounded by the results of the imagination of our peers, and the creations of our ancestors. Without imagination there is no compassion, no moral compass and no progress. But without imagination there is also no fear of death. There are no premeditated murders or terrorist attacks; these rely on the human ability to imagine, to call up images and test-drive possible scenarios in the human mind. Once we get out the magnifying glass, we discover that the imagination is a double-edged sword. All of us together, humanity as a collective, are creating very confused and mixed outcomes: world peace remains elusive, wars rage and children starve. Addictions and pollution proliferate. Medicine of the Imagination: Dwelling in Possibility examines these issues and suggests that if we are to transcend religious wars, homophobia and medical "cures" worse than the diseases we face then it that it is our moral duty to engage our imagination in service to other people.

[A Mystic Guide to Cleansing & Clearing](#) John Hunt Publishing

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 Shaman's Mind](#) John Hunt Publishing

It has been observed that the traditions, philosophies and beliefs that enjoy historical longevity are not those that remain static and unchanging, but rather those that evolve and adapt to meet the needs of different or changing societies. And that truth, of course, can be extended to religions and spiritualities that by necessity must remain relevant to peoples' lives or become intellectual museum pieces. With topics ranging from *CyberWitches to Activism*, from *Web Weaving to Urban Witchcraft*, from the *Arts to Kitchen and Solitary Witchcraft* and more, *What is Modern Witchcraft?* considers contemporary developments in the ancient craft and discusses a number of questions and issues that are frequently raised today. *What is Modern Witchcraft?* is edited by Trevor Greenfield and features essays from Morgan Daimler, Annette George, Irisanya Moon, Rebecca Beattie, Philipp J. Kessler, Amie Ravenson, Rachel Patterson, M élusine Draco, Dorothy Abrams, Arietta Bryant and Mabh Savage.

[Wild Magical Soul](#) Monkfish Book Publishing

'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 Ecuadorian 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.

[Change Maker](#) John Hunt Publishing

Scattered articles, impenetrable vocabularies; until now there has yet to be a single volume that shows what all things look like in the big picture from a polytheist perspective. *Pagan Portals - Polytheism: A Platonic Approach* fills that gap. Drawing on the wisdom of the Platonists, this book gives the reader a comprehensive, unified and accessible tour of reality, from the rather innocuous assumption that something is beyond Nature to the profound and thunderous unravelling of all things from the Gods.

[The Magic of Shapeshifting](#) John Hunt Publishing

Witchcraft and magic in America is an inherently multicultural experience and the folklore of our ancestors from every country converges here at a crossroads. It's a complicated history; one of uncertainty and fear, displacement and enslavement, merging and migration. Our ancestors may not have agreed on how they saw the world or the magic that inhabits the world, but they shared a very real fear of Witches. Hags, Devils, charms and spells; witchery is rooted in our deepest superstitions and folklore. The traditions of people and their cultures stretch and intersect across the country and this is where the unique traditions of American witchcraft and magic are born. As practitioners seek to revive and reconstruct the paths of our ancestors, we've begun to trace the interconnected roots of witchcraft folklore as it emerged in the Americas, from the blending of people and their faiths. For multiracial practitioners, this is part of our identity as Americans and as witches of this country. *Folkloric American Witchcraft and the Multicultural Experience* is an exploration of the folklore, magic and witchcraft that was forged in the New World.

[Pagan Portals - Sexual Dynamics in the Circle](#) John Hunt Publishing

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.

[Pagan Portals - Temple of the Bones](#) John Hunt Publishing

The *Good Ship Story Compass* sails you away on a potentially life-changing journey! *Story Compass* is a book of word and action, leading the reader on a ship's journey through the Four Directions Medicine Wheel! You step onboard, put on your captain's hat and sail away! Compass points take you sailing North, East, South and West to visit the story fields of the author, lifeline, ancestral banks and the mythical realms. *Story* becomes understood in a way you have possibly never been able to appreciate before. Archetypes for Mother Goose, Wild Merlin, the Prince from *Sleeping Beauty* and Anansi the Spider appear as the inspirational teachers for each compass point. Playful in tone, interactive in design and deeply explorative in its action, this startlingly original book is both a healing journey and an instruction manual.

[Pagan Portals - Odin](#) John Hunt Publishing

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.

[John Hunt Publishing](#)

The *Hidden Goddess* delves into the Bible to uncover the goddesses that have been buried within it. As well as discussing familiar figures such as Eve and Mary, the book also features Asherah, Sophia, Lilith, and others, exploring their histories, their roles in early Judaic Christian belief and their subsequent suppression. '...a readable and accessible antidote to the stereotype that the divine feminine is absent in the biblical traditions. A great resource for women and men seeking the Goddess in unlikely places. Professor Mary Ann Beavis, Ph.D., St. Thomas More College

[Practically Pagan - An Alternative Guide to Magical Living](#) John Hunt Publishing

*Pantheon - The Egyptians* is aimed at the person who has an interest in the beliefs and rituals of Ancient Egypt but has yet to put ideas into practice. With enough detail to also appeal to the more experienced practitioner, Robin Herne's new book interweaves history with theology, philosophy, ethics, and mysticism, with some practical advice on how to engage with the deities and spirits of the ancient land. Part of a new *Pantheon* series from Moon Books.

[Pagan Portals - Gods and Goddesses of Ireland](#) John Hunt Publishing

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.

[Looking Back on the Future](#) John Hunt Publishing

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.

Fairies: John Hunt Publishing

Looking Back on the Future takes the reader on a mystical journey into the Andean Cosmo-Vision, the ancient teachings of Andean spirituality, and their relevance for our current world. As a bridge to awakening, and our collective evolution, this body of knowledge is timeless and essential in nature, holding keys to guiding our global family back into Ayni (sacred reciprocity), and harmony with each other, the Earth, Stars, and all Life. In this book you will learn about the 7 Saiwas, Universal Laws that lead to the transformation of consciousness and reconnection with our origins. Traditionally, these teachings and transmissions are passed down to the initiate and Paqo, (Masters of the Living Energy), during their training, which is how I received them. I've been given permission by my teachers to bring this timeless wisdom forward, and share these gifts with those ready to anchor the Light of the Golden Age here on Earth. It is my prayer that this book assists you and all beings to attain Unity within and without as we pass through this portal and Shift of the Ages.

Earth Spirit: Eco-Spirituality and Human – Animal Relationships John Hunt Publishing

Iris, the Goddess of the Rainbow, is an often-overlooked goddess in Greek mythology. As a messenger, she offers us the words and wisdom of the gods, traveling between worlds to tell us what we need to know. In Pagan Portals - Iris Goddess of the Rainbow and Messenger of the Gods, we will explore the mysterious Iris, following the colors of her magick to inspire our lives.

Practically Pagan - An Alternative Guide to Health & Well-being Hay House, Inc

A Mystic Guide to Cleansing & Clearing takes a new approach to the practice of cleansing our lives. Using energetic methods from a variety of traditions and philosophies yet geared for the pagan mind, you will uncover energetic burdens and learn how to transform and clear them from your life. These teachings from the Western magickal traditions will arm you with the tools necessary to clear your space, cleanse your body, cast out negative entities, and clear the slate for a fresh start.

Pagan Portals - Baba Yaga, Slavic Earth Goddess John Hunt Publishing

This guide is full of proverbial spells, daily conjurings, and mystical insights designed to help those in search of a little more magic in their day to day life, no complicated spells, expensive accessories, or experience required. That's the thing about everyday magic: it's always within reach, within the self, and in the world. Only not in the way readers might normally think. It's a less mumbling 'double double toil and trouble' over a cauldron and trouble and a more cooking a delicious soup in a beloved cast iron pot. It's simple. It's mundane. It's magic! This book offers grounded mystical practices, including how to turn routines into healing rituals, to teach readers how to connect to themselves, the Universe, and the magic of everyday life. Journey into the realm of pleasure magic, radical self-care, synchronicity, and the profound joy of living a life beyond the expected with this alternative guide to daily mystic practices. After all, true magic is in the everyday.

Dan-Tien Ten Speed Press

The Dan-Tien is a source of primal wisdom and vital energy that resides within each of us. For thousands of years people in the East have learned to gather life energy (ch'i) in this center to promote wellbeing and longevity. Now, Christopher Markert reveals the secrets of the DanTien to Westerners in this friendly guide. When you think or act in a way that disagrees with who you really are, you may experience an unpleasant sensation in your Dan-Tien center. When your behavior is in tune with your emotions, you experience a sense of physical wellbeing. You have an "inner compass" that functions as a sensor (or an indicator); your compass communicates if you listen. Learning to use your Dan-Tien in everyday life is easy and the benefits are immediate. When you engage the energy of your Dan-Tien, your daily tasks become artful activities in which you joyfully engage yourself. Markert says that listening to your DanTien can bring you "millions of happy minutes" in all that you do and in all of your relationships. With the author's examples and visualizations, you can learn to let your DanTien bring you self confidence, love, and happiness.

Jaguar in the Body, Butterfly in the Heart Llewellyn Worldwide

An engaging guide to the art of forest bathing, inspired by the Japanese practice of shinrin-yoku, for anyone who wants to explore the transformative power of nature in promoting health and happiness. Forest bathing is the art of spending intentional time in nature and is practiced throughout the world

to increase health and restore well-being. More and more people are turning to forest bathing as an evidence-based way to unplug, relieve stress and anxiety, and spark creativity. Through simple invitations to slow down, walk in silence, cultivate tree energy, and connect with the sun and forest, this book enables you to incorporate the inspiring benefits of time spent in nature—a calm mind, renewed energy, boosted creativity, and inner peace—into your daily life to find deeper meaning and contentment.