

Northern Tradition For The Solitary Practitioner

Honor the Aesir and Vanir with Viking verse from this vast new liturgical collection by an award-winning heathen poet! Inside, you'll find poetry for hallowing space, telling stories from the mythology, inviting the holy powers to your blessings, dialogue for ritual dramas, praise poems for the Gods and others, sumbel toasts, prayers, and more. Long ago, healers in northern Europe used herbs for medicine, magic, sustenance, and to commune with spirits both green and divine. The Northern Shamanic Herbal picks up where the ancients left off, with introductions to 150 northern European herbs and their many uses. This book is also an introduction to a modern Pagan elemental herbalism that is rife with the spirits of plants and Northern Gods. Learn to listen to the voices of the Greenwights!

This text gives students a framework for their comparative study of religion that includes full, in-depth descriptions of each 'way of being religious.'

Imagine yourself at the World Tree, Yggdrasil. You sit on one of its gigantic roots. Urd's Well is in sight and maybe you can see the Norns, the weavers of fate. The colours of a Rainbow touch the Well's shore. Your eyes follow the colours of the Bifrost Bridge high into the sky. Twelve specks of white light appear. Do you see the Aesir? Doors of Valhalla presents an exegesis of Voluspa, Havamal, and Lokasenna. The Voluspa poem is looked at from a contemporary esoteric perspective but particularly discusses the evolution of consciousness. Havamal is interpreted from a cultic perspective. The Gunnlod story and its initiatory implications, such as soul contact, are especially treated. Lokasenna outlines the Norse gods and goddesses as archetypes. The theoretical content is intertwined with practical hints. Chapter 2 features an exercise to contact a water spirit for Spa divination. Chapter 5 develops the creation of magical thought-forms. Chapter 6 describes a genuine Seidr trance technique. Chapter 7 includes hints on ceremonial magic. Last but not least, chapter 11 details how to work with god archetypes."

Talking to the Spirits

Rituals for the Northern Tradition

The Traditions and Techniques of Spirit Possession

An Introduction

A Devotional for Inanna Snd Ereshkigal

Wyrdwalkers: Techniques of Northern-Tradition Shamanism

Blessings of Fire and Ice

Jay L. Garfield defends two exegetical theses regarding Hume's Treatise on Human Nature. The first is that Book II is the theoretical foundation of the Treatise. Second, Garfield argues that we cannot understand Hume's project without an appreciation of his own understanding of custom, and in particular, without an appreciation of the grounding of his thought about custom in the legal theory and debates of his time. Custom is the source of Hume's thoughts about normativity, not only in ethics and in political theory, but also in epistemological, linguistics, and scientific practice- and is the source of his insight that our psychological and social natures are so inextricably linked. The centrality of custom and the link between the psychological and the social are closely connected, which is why Garfield begins with Book II. There are four interpretative perspectives at work in this volume: one is a naturalistic skeptical interpretation of Hume's Treatise; a second is the foregrounding of Book II of the Treatise as foundational for Books I and III. A third is the consideration of the Treatise in relation to Hume's philosophical antecedents (particularly Sextus, Bayle, Hutcheson, Shaftesbury, and Mandeville), as well as eighteenth century debates about the status of customary law, with one eye on its sequellae in the work of Kant, the later Wittgenstein, and in contemporary cognitive science. The fourth is the Buddhist tradition in which many of the ideas Hume develops are anticipated and articulated in somewhat different ways. Garfield presents Hume as a naturalist, a skeptic and as, above all, a communitarian. In offering this interpretation, he provides an understanding of the text as a whole in the context of the literature to which it responded, and in the context of the literature it inspired.

Examines the archaeological evidence, the folklore and writings, and the pictures and carvings of ancient Britain, and offers fresh interpretations of early Anglo-Saxon pagan worship and its continuing legacy

The author's Viking Poetry for Heathen Rites is a hefty and imposing book. Now, the best mythological and praise poems from it have been collected in this lighter and friendlier volume for your reading enjoyment. These twenty-seven poems include the following: Yggdrasilsdrápa, A Tale of Wisdom's Well, The Six Treasures, and Valhalla.

Runes: Theory and Practice provides a thorough examination of the Norse runes. It will enable a beginner to delve effectively into their usage, but will also challenge the experienced rune-worker to better and deepen his or her understanding of these mysteries. Runes: Theory and Practice begins with an explication of the story of Odin, the Norse god who won the runes by sacrificing himself on the World Tree. It continues by examining each of the individual runes in turn, both the Elder Futhark and the lesser-known Anglo-Saxon Futhorc. Each rune is studied not only from a historical viewpoint, but also from the perspective of a modern practitioner. You will be introduced to the practice of galdr, the

proper way to sacrifice to the runes, their magical usage, and the art of reading for divination. Most importantly, *Runes: Theory and Practice* specifically addresses the runes as living spirits and provides guidance on developing a working relationship with these otherworldly allies.

The Living Tradition of Norse Paganism

A Beginner's Guide

Buckland's Book of Saxon Witchcraft

Into the Great Below

Neolithic Shamanism

Essays in Modern Heathenry

Asatru Liturgy in Traditional Verse

A guide to the practice of planetary magic □ Offers tools for practitioners of green magic and folk magic to incorporate astrology into their practice □ Includes an extensive collection of magical remedies to resolve astrological afflictions □ Provides information on creating planetary altars and the astrological correspondences of traditional pagan holidays Traditionally, magically oriented astrology has focused on Sun-sign horoscopes while modern Western astrology has focused on attempting to become as "scientific" as possible in hopes of aligning with its sister science of astronomy. In *Pagan Astrology*, Raven Kaldera, a practicing astrologer and Pagan shaman, uses the commonalities and strengths of Western astrology and Pagan green magic to introduce a hands-on astrological practice that incorporates intuition, spells, and other modes of folk magic into astrology. Kaldera includes an extensive compendium of modern magical remedies to counteract negative astrological influences and shows how to use planetary energy to aid Pagan worship and green magic practice through spell casting, love magic, and shamanic stargazing. Kaldera also explains how to create planetary altars that enhance the astrological correspondences of traditional Pagan holidays using the tools of folk magic. Practitioners of green and folk magic and those who love traditional astrology will welcome this unique approach to planetary magic.

Within modern Wicca, the urge still exists to find a particular school of study. Covens are an option for some, but they can be hard to find. Even when you find one, it may not satisfy your particular quest. In addition, many people who desire more direct access to their god or goddess choose to practice alone. This book is the solution to all of these dilemmas.

As long as we have had Gods and ancestors, we have created rituals to honor them and to mark the turning points in our lives. Although the rites of the ancient people of northern Europe were almost all obliterated, modern inheritors of this tradition are creating new ceremonies to bless our lives and celebrate our Gods. Horn and Banner contains a rainbow of Norse/Germanic-inspired rites contributed by practitioners around the world, and from many branches of the Northern Tradition. May they light your way and guide your path.

Humankind's fascination with the animal kingdom began as a matter of survival □ differentiating the edible from the toxic, the ferocious from the tractable. Since then, our compulsion to catalogue wildlife has played a key role in growing our understanding of the planet and ourselves, inspiring religious beliefs and evolving scientific theories. The book unveils wild truths and even wilder myths about animals, as perpetuated by zoologists □ revealing how much more there is to learn, and unlearn. Long before Darwin, our ancestors were obsessed with the visual similarities and differences between the animals. Early scientists could sense there was an order that unified all life and formulated a variety of schemes to help illustrate this. This human quest to classify living beings has left us with a rich artistic legacy, from the folklore and religiosity of the ancient and Medieval world through the naturalistic cataloging of the Enlightenment to the modern, computer-generated classificatory labyrinth. This book tells the fascinating, visual story of this process. The wonderful zoological charts reflect prevailing artistic trends and scientific discoveries, as well as telling us as much about ourselves as they do about the creatures depicted.

Hail the Gods

In Praise of Hermes

Spell-Casting, Love Magic, and Shamanic Stargazing

Viking Poetry for Heathen Rites

Honoring the Ancestors

The Northern Shamanic Herbal

The Norse Tradition

"Feeding the Flame" is a devotional anthology of prayers, poems, rituals, and more gathered from around the world in the honor of Loki and His family. In this book, readers will find not only Loki and Sigyn, but also Angurboda, Odin, Glut and all of Loki's children equally honored. It is a celebration of devotional consciousness and an offering of love to a very complex family of Gods.

Living Runes provides a thorough examination of the Norse runes that will challenge the experienced rune worker to deepen his or her understanding of these mysteries. The book begins with an explication of the story of Odin, the Norse god who won the runes by sacrificing himself on the World Tree. It continues by examining each of the individual runes in turn, both the Elder Futhark and the lesser-known Anglo-Saxon Futhorc. Each rune is studied not only from a historical viewpoint but also from the perspective of a modern practitioner. You will be introduced to the practice of galdr as well as the magical use of the runes and the proper way to sacrifice to them and read them for divination. Most importantly, the book specifically addresses the runes as living spirits and provides guidance on developing a working relationship with these otherworldly allies. Note: Living Runes was previously published as *Runes: Theory and Practice* (New Page, 2009) but for several years has only been available from Lightning Source via Ingram.

Asatru Then and Now From its pre-Christian beginnings to its contemporary practitioners, Heathenry has long fascinated people from every corner of the world. Written from the unique perspective of a Heathen gythja, or Godwoman, A Practical Heathen's Guide to Asatru shows how to bring the beliefs and traditions of this ancient faith into your life today. In this complete guide to Asatru, you will discover: The mythology, folklore, and historical sagas of Northern European Heathens How to conduct rituals for birth, naming, entry into adulthood, weddings, divorces, funerals, and holy days Practical techniques for meditation, trance-work, prayer, and working with runes and charms Heathen perspectives on the nature of time, creation, worship, ethics, oaths, and hospitality An in-depth glossary, index, pronunciation guide, and bibliography for further study

Buckland's Book of Saxon Witchcraft was one of the first books to explore Wicca from a solitary perspective. Originally written 30 years ago to correct abuses he saw occurring in covens, Buckland offered Wiccan seekers an introductory text on Saxon witchcraft or Seax-Wicca, which can be practiced alone. Buckland presents meticulously researched information on the time-honored tradition of Saxon witchcraft. He writes cogently and informatively about the history, mythology, spiritual practices, and witchcraft of Saxon England. Buckland's Book of Saxon Witchcraft includes everything the solitary witch needs to practice Seax-Wicca, including: Descriptions of the Saxon deities and explanations of their primary beliefs An introduction to the magical runic Saxon alphabet A selection of original Pagan songs A selection of Seax-Wiccan recipes for intoxicants Instructions for initiation ceremonies, the eight Sabbats, marriage, birth, and death rites An explanation of the art and practice of Saxon Galdra or magic and the divination and herbal lore used for protection, love potions, and healing The Seax-Wicca Rite of Self-Dedication, which allows

individuals to form their own covens and initiate themselves into the Craft An indispensable handbook for solitary witches or for witches in covens who want to explore Saxon witchcraft. Originally published as *The Tree: The Complete Book of Saxon Witchcraft*, this edition offers a new introduction by the author to guide a new generation of witches into the art and practice of Seax-Wicca.

A Book of Prayer, Devotional Practice, and the Nine Worlds of Spirit

The Rule of Saint Benedict

The Whisperings of Woden

Northern Tradition for the Solitary Practitioner

Root, Stone and Bone: Honoring Andvari and the Vaettir of Money

Personal Gnosis in Pagan Religion

Practices from the Wheel of Life

The Norse God Odin, also known as Woden, is both honored and feared within modern Heathenry and Norse Paganism. He has many names, many faces and stands as a formidable figure in the annals of Heathen lore. Yet, by some, He is also loved. This book, first published in 2005 and the first devotional written in modern Heathenry, is a collection of devotional meditations designed to help one draw closer to Woden. This is a book of interior prayer, designed to provide the first steps in creating a mindful, passionate, contemplative practice. Be it as All-Father, Wish-Father, Master of the Runes, Wandering God or God of Warriors, the reader will find numerous ways to honor the complex and powerful Lord of Asgard and hopefully, to deepen their own spiritual practices at the same time.

The third edition of *Ecology and Classification of North American Freshwater Invertebrates* continues the tradition of in-depth coverage of the biology, ecology, phylogeny, and identification of freshwater invertebrates from the USA and Canada. This text serves as an authoritative single source for a broad coverage of the anatomy, physiology, ecology, and phylogeny of all major groups of invertebrates in inland waters of North America, north of Mexico.

From dealing with Gods and spirits, to mastering the elements to reading the Threads of Wyrð, this book is a primer for the basic skills of a northern-tradition shaman or shamanic practitioner. The third book in the Northern-Tradition Shamanism series, this book includes spirit-taught lessons from many different spirit-workers and the Gods that they serve and revere.

The shamanic roots of Taoist practice • Explains the principles of the Taoist Medicine Wheel, including the Five Elements, the animals of the Chinese zodiac, and the trigrams of the I Ching • Includes exercises from the "Wheel of Love" to access the Tao of Ecstasy • Contains illustrated teaching stories about the Eight Immortals Thousands of years ago the immortals known as the Shining Ones shipwrecked on the Chinese coast. Passing their shamanic practices--such as ecstatic flight and how to find power animals and spirit guides--on to the indigenous people, they also taught them the wisdom of the Medicine Wheel. From the Taoist Medicine Wheel came the principles of Yin and Yang, the Five Elements, the Eight Forces, the Chinese zodiac, and the I Ching. The Taoist Medicine Wheel can also be found at the foundation of traditional Chinese medicine and the esoteric sexual practices of Taoist Alchemy. In the Taoist Shaman, Master Mantak Chia and Kris Deva North explain the shamanic principles of the Taoist Medicine Wheel, how it is oriented on the Five Elements rather than the Four Directions, how it relates to the twelve animals of the Chinese zodiac and the trigrams of the I Ching, and how it aligns with the Eight Forces of the Pakua. Through illustrated teaching stories, the authors show how the energetic principles of each of the Eight Forces are reflected in the Eight Immortals. Revealing the wheel's application to sacred sexuality, they offer exercises from the "Wheel of Love" to strengthen and deepen relationships as well as providing a means to access the Tao of Ecstasy.

Attaining Higher Spirituality Through a Five-Degree System

Six Ways of Being Religious

Essential Asatru

Drawing Down the Spirits

Selections from Viking Poetry for Heathen Rites

Northern Mysteries and Magick

Lore, Celebrations, and Mysteries of the Northern Traditions

365 Blessings for the Heidhrinn Heart! Have you longed to draw closer to the your Gods? Blessings of Fire and Ice is a collection of original blessings, incantations, and prayers by Connla Freyjason, designed to "jump-start" your daily devotional practice. Travel the many-colored path of the Heidhrinn Wheel of the Year, and draw closer not only to the Gods, but also the Landvaettir, Husvaettir, and other Kind Wights waiting to join you on your personal spiritual journey. Bless your home at Winternights and Sigrblot; offer blot to Freyr, Odin, and the Wild Hunt. Celebrate Yule with the Disir and Alfar. Invite the power of the Runes into your life. Awaken the magick that lies within your own Heidhrinn Heart. Raw and beautifully written, these devotional blessings will inspire your journey and encourage your practice in every season. Come, take the first step along the Path of the Norse Witch, and find strength, beauty, love, peace, and self-empowerment as you claim your place among the Blessed.

Devotion is the heart of polytheism. It makes our traditions live and grow, infuses them with joy, and opens doors for our Gods to come through. Devotional practice is the most important work any of us will ever do. In this book, priest and spiritworker Galina Krasskova guides the reader through the beginning steps – from the most basic spiritual exercises, to engaging with deities and ancestors through prayer and offerings, to ensuring receptivity in body, mind and spirit. She warns of the challenges on the path and gives advice on how to surmount them. She presents ritual ideas for daily use as well as throughout the year, using her own tradition of Heathenry as an

example. She follows the thread of devotional practice from the shrine to the world at large, examining how to carry a love for the Gods into one's everyday life. And most importantly, she speaks passionately of the necessity for devotion in cultivating a meaningful and reciprocal relationship with the holy powers.

A Radical New Take On Norse Paganism *The Way of Fire and Ice* reimagines Norse Paganism with mystical practices and rituals for today's world as well as tips for building community and resisting fascism. This approach to working with Norse deities and beliefs is a living, adaptable tradition, representing a strong alternative to the reconstructionist perspectives of Asatru and Heathenry. In these pages, the old ways come alive in a radically inclusive form. You will explore the secrets of the World Tree and the mysteries of the gods, work with the many spirits around us, and feel the deep rhythms that drive all life while creating new songs of power. You will also discover how to make these practices part of your every waking moment, developing your own personal spirituality and building healthy, sustainable communities along the way.

A guide to direct communication with the spirits and the Gods • Offers practices for seekers and groups to learn to hear and respond to the spirits and the Gods as well as what to do (and not do) if you receive a message • Explains how to authenticate spiritual messages with divination • Discusses how to avoid theological conflicts when someone's personal gnosis differs from that of their Pagan group

For our ancestors the whole world was alive with spirits. The Gods bubbled forth from rivers and springs and whispered in the breezes that rustled through cities and farms. The ground underfoot, the stones, the fire that cooked the food and drove off the darkness, these all had spirits--not just spirits in some other dimension, but spirits in them who could be spoken to and allied with. In today's world we are led to believe that the spirits long ago went silent and that spiritual wisdom can only be gained through established religious doctrine. Providing a guide for opening two-way conversation with the spirits of daily life as well as direct communication with the Gods, Kenaz Filan and Raven Kaldera explore how to enrich your spiritual path with personal gnosis--asking your Guides for assistance or teachings and receiving a response. They explain how to develop your sensitivity to the voices of the Divine, discern genuine spiritual messages from the projection of internal psychodrama, and what to do (and not do) with the messages you receive. Confirming their own personal gnosis with Northern Tradition Pagan beliefs and Greco-Roman, Celtic, Egyptian, and indigenous hunter-gatherer lore, the authors discuss how to avoid theological conflicts when someone's personal gnosis differs from that of their Pagan group as well as how to authenticate messages with individual and group divination. Offering practices and principles for seekers and groups, they reveal that the spirits never went silent, we simply forgot how to hear them.

Hume's Treatise from the Inside Out

The Lost Gods of England

A Basic Guide

Spirit Work in the Norse Tradition

Day Star and Whirling Wheel

Self-Initiation for the Solitary Witch

Horn and Banner

At a time when contemporary Heathenry is in the midst of a dramatic internal schism, when fundamentalism, hostility, and religious xenophobia are being put forward within the American Heathen community as the dominant interactive paradigm, "Essays in Modern Heathenry" offers a critique of these current religious and social trends and seeks to provide historical context, through the lens of Religious Studies, for the tensions so glaringly present in the community today.

"In Praise of Hermes" is a novena booklet to the Greek God Hermes. It provides an introduction about this God and nine days of prayers in His honor.

Into the Great Below is a compilation of devotional poems, prayers, and rituals celebrating two magnificent Sumerian Goddesses: Inanna, Queen of Heaven and Erishkigal, Queen of the Underworld. In these pages you will find a map traversing the shadowy places between these two Holy Powers. Here, you will read about Inanna's courage, Her journey and descent into Irkila, and Her vulnerability before Her sister. Here too you will find prayers celebrating the wisdom of Eriskigal, Her power, Her fury, Her mercy. In this book, you will hear from contemporary devotees of these ancient Powers and through their words possibly glimpse the ways in which both goddesses touch Their devotees lives today.

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.

Walking the Path of Norse Paganism

Feeding the Flame

The Way of Fire and Ice

Theory and Practice of Norse Divination

Doors of Valhalla: An Esoteric Interpretation of Norse Myth

A Devotional to Loki and His Family

A Norse Witch Devotional

A comprehensive guide to the pagan religious ideas of the Norse and Saxon peoples, and their associated magic. There are practical exercises to help the reader learn about runes, Troth, folklore and rituals, as well as the history of this dynamic, spiritual path.

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.

In the Northern Tradition, the Sun is represented by the Goddess Sunna, and the Moon by her divine brother Mani. They give their names to two of the days of the week, and their rays shine down upon us, giving life and inspiration. This devotional is dedicated to them, and to their family. They are more than mere personifications; they bring joy and peace to every day of our lives. We saw them first in the sky as children, and now we can understand and reverence them even more fully with the help of this book. An insider's view of the inner workings and prevalence of spirit possession in our modern world • Provides practical techniques for preparation, safety, aftercare, and aborting harmful possessions • Reveals the forms of ritual possession present throughout the world--including Uganda, Nepal, Korea, Bali, Greece, Turkey, Scandinavia, and France Drawing Down the Spirits presents an insider's view of the inner workings, sacred traditions, and prevalence of spirit possession existing in our modern world. Spirit possession is an integral part of shamanism as well as many neo-pagan forms of worship that draw down deities or invite spirit possession. However, spirit possession is not for the unprepared. In Drawing Down the Spirits, Kenaz Filan and Raven Kaldera, both initiated and experienced in shamanic and Vodou traditions, present the practical guidance needed to participate in ritual possession. Addressing the benefits and the dangers that await the naive, Filan and Kaldera show that there is no such thing as a guaranteed "safe" possession because spirits have their own agenda--and they are much more powerful than we are. The authors provide a variety of techniques to prepare for possession and abort possession and to promote the safety of the possessed as well as the spirits and witnesses present. With a wide-ranging look at the historic forms of ritual possession found throughout the world--including Uganda, Nepal, Korea, Bali, Greece, Turkey, Scandinavia, and France--the authors also include numerous firsthand accounts collected from witnesses of modern spirit possession.

Taoist Shaman

How Zoologists Organize Things

Ancient Spiritual Practices of the Northern Tradition

Nine Days of Devotion to the God of Travellers, Mischief, and More

Honoring the Sun and Moon in the Northern Tradition

Devotional Polytheism

A Practical Heathen's Guide to Asatru

Explores the Norse system of runes, known as Futhark, explaining the meanings of each rune, offering methods of interpretation, and discussing some of the feminine mysteries of the Norse pantheon

In Essential Asatru, renowned author and priestess Diana Paxson demystifies an ancient, rich, and often misunderstood religion,

and offers a practical guide for its modern followers. A Journey to Fulfillment and Renewal Filled with clear, concise instructions on living Asatru every day, this truly accessible guide takes you on a journey from Asatru's origins in Scandinavian and German paganism to its recognition as an official religion in the 1970s and its widespread acceptance today. Essential Asatru also includes: · A complete history of Asatru gods and goddesses, including Odin, Thor, and Ostara · The life values, such as honor, truth, fidelity, and hospitality, that shape Asatru's tenets · Indispensable information on rituals, rune casting, ethics, and divination Essential Asatru is an elegant and splendid introduction to a centuries-old religion that continues to enrich and fascinate its followers today. Praise for Essential Asatru "This mainstreamed book on Asatru offers a thorough grounding in both history and the present and shows how those values—the true heart of any religion—are expressed in the lives of its faithful. This book is recommended for personal education, library shelves, and world religion classes." —Facing North "A solid and thorough yet concise introduction to the religion, its history, the gods and goddesses, and the basics of modern practice." —Idunna To many polytheists ancestor work is crucial to having healthy, deeply engaged, productive spirituality. It provides a foundation, a protection, and a vital source of personal luck and power that positions one to better withstand the challenges of engaged, devotional living. "Honoring the Ancestors: A Basic Guide" takes the readers through all the necessary dos and don'ts on their way to establishing a richly textured, consistent, and powerful ancestor practice. Born out of an eight week online course offered by the author in 2013-2014, this unique book provides all information readers need to get started honoring their dead.

An essential guide to expand your spiritual practices for followers of Norse Paganism, Heathenry, Asatru, and other Northern Traditions. Northern Tradition for the Solitary Practitioner is a groundbreaking look at devotional work in religions from Theodism to Asatru to Norse Paganism, all of which comprise the umbrella of the Northern Tradition. Although interest in devotional and experiential work within these traditions has been growing rapidly in the past few years, this is the first book to show the diverse scope of such practices as a living, modern-day religion. It features an in-depth exploration of altar work, prayer, prayer beads, ritual work, sacred images, and lore, and a thorough examination of common cosmology that forms the foundation of belief for Northern Tradition communities and related Heathen practices. Northern Tradition for the Solitary Practitioner is not denomination-specific: rather, it seeks to provide an entry into interior practice for anyone involved in a branch of this broad family of traditions of the ancient Norse, Germanic, and Saxon peoples, using material suitable for the solitary, independent practitioner. Those outside of the Northern Tradition who wish to deepen their own devotional practice will find this book helpful in their own work, as well.

The Norse Shaman

Living Runes

Ecology and Classification of North American Freshwater Invertebrates

Pagan Astrology

The Concealed Influence of Custom

The Art of Classification

A Book of Troth

Andvari is one of the Duergar, the Dwarves of ancient Germanic cosmology, and a little-known figure in modern Northern Tradition devotional practice. Yet there are a small number of people who have experienced Him as a God of great wisdom, particularly concerning right relationships, right ownership, mindful consumption and proper utilization of resources and finances. In our age of rampant consumerism, where spirituality has become yet another commodity to buy and sell, Andvari's lessons are needed more than ever. This devotional, the first to honor Him, explores His nature, the ways in which He may be honored, and powerful lessons for developing a honorable relationship with the spirit of money.

An accessible yet in-depth guide to this increasingly popular pre-Christian religious tradition of Northern Europe Heathenry, is one of the fastest growing polytheistic religious movements in the United States today. This book explores the cosmology, values, ethics, and rituals practiced by modern heathens. In A Modern Guide to Heathenry readers will have the opportunity to explore the sacred stories of the various heathen gods like Odin, Frigga, Freya, and Thor and will be granted a look into the devotional practices of modern votaries. Blóts, the most common devotional rites, are examined in rich detail with examples given for personal use. Additionally, readers are introduced to the concept of wyrd, or fate, so integral to the heathen worldview. Unlike many books on heathenry, this one is not denomination-specific, nor does it seek to overwhelm the reader with unfamiliar Anglo-Saxon or Norse terminology. For Pagans who wish to learn more about the Norse deities or those who are new to heathenry or who are simply interested in learning about this unique religion, A Modern Guide to Heathenry is the perfect introduction. Those who wish to deepen their own devotional practice will find this book helpful in their own work as well.

Runes: Theory and Practice

A Modern Guide to Heathenry

A Framework for Comparative Studies of Religion