

Psychic Dreamwalking Michelle Belanger

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[De Nugis Curialium Distinctiones Quinque](#) Jun 26 2019

[Psychic Dreamwalking](#) Nov 04 2022 No single book ever before has brought together the history, theory and practice of dreamwalking—entering into another's dreamspace, even though you may be physically at a great distance. Michelle Belanger, the author of *Psychic Vampire Codex*, takes readers on an adventure into the subconscious world of dreams, territory that no amount of psychology or research has fully charted. This absorbing account, beginning with the author's own first experience of dreamwalking in a school bus as a child, both explains the phenomenon and teaches the techniques of dreamwalking. Learn to set up a dream space and a dream gate. Harness your dreaming mind to visit distant family members, pass vital messages to friends, even start secret trysts with your lover! Nobody knows exactly what happens when we dream, but practicing dreamwalking can and will open a whole new world in which the connections between ourselves and our spirit selves and others, as well as the meaning of dreams and the relationship of dreaming to other energy work and magick become clear.

Trance-Portation Mar 04 2020 'Trance-Portation' offers a comprehensive and multi-spirited way to enter the inner realm.

The Essential Guide to Possession, Depossession, and Divine Relationships Oct 30 2019 Bestselling author of several fantasy novels including Marion Zimmer Bradley's *Ancestors of Avalon*, Diana L. Paxson now turns her attention to Trance Possession. Specifically, how to safely and effectively enter and to exit possessory trance. In possessory trance, one voluntarily offers one's body as a vehicle for spirit work. This differs from other forms of trance in that one's "normal" personality is replaced by a personality that is identified by oneself and one's community as a spirit or a god. Here Paxson explores all aspects of trance possession, including: how to prepare for possessory trance how to enter and exit trance possession safely, and what to do if things get too heavy connecting with Saints and Spirits, including those found in Afro-Diasporic religions A practical book of particular interest to witches and pagans, each chapter includes two to five exercises that will assist you in your personal experiences with possession.

[The Awake Dreamer](#) Aug 09 2020 "In the world of dreams, inventors have discovered techniques to solve problems, scientists have conjured new medicines to heal the sick, artists have created poetry, plays, and songs. Many people have reported being visited by deceased loved ones who bring messages of healing or warnings to prevent an upcoming disaster. In this book, readers will learn how to utilize the dream state to expand their consciousness, reach out to deceased loved ones, and use their sleep state to fully realize their soul's potential!"--

Conspiracy of Angels Sep 21 2021 Set in a secret world of angels and demons, this action-packed novel blends biblical mythology with all the trappings of urban fantasy, mystery, and paranormal fiction When Zachary Westland regains consciousness on the winter shores of Lake Erie, his memories are gone. All he has are chaotic visions of violence and death—and a business card for Club Heaven. There, Zack finds the six-foot-six transexual decimus known as Saliriel and begins to learn what has happened. Alarming details emerge, of angelic tribes trapped on Earth and struggling in the wake of the Blood Wars. Anakim, Nephilim, Gibburim, and Rephaim—there has been an uneasy peace for centuries, but the truce is at an end. With the help of his "sibling," Remiel, and Lilianna, the lady of beasts, Zack must stem the bloodshed before it cannot be stopped. Yet if he dies again, it may be for the final time.

The Ghost Hunter's Survival Guide Dec 25 2021 Chasing the unseen has become a popular pastime but most ghost hunters are unaware of the very real harm that can be done by malevolent human spirits, non-human entities, and a host of astral parasites. This guide from medium and paranormal investigator Michelle Belanger features proven protection techniques-and for the skeptics out there, highlights how the methods also work on a psychological level. You'll get straightforward instruction on arming yourself with an array of essential techniques: Perform psychic cleansings Remove attachments Protect dreams Shield spaces Ward to protect a home Remove and bind spirits Cope with spirit possession Woven through each chapter is a gripping, true account of a ghost investigation conducted by Belanger, which provides a framework for understanding when to use these potent defense strategies. Praise: "Michelle Belanger is without a doubt the go-to person for paranormal enthusiasts looking to learn more."—Ryan Buell, founder of the Paranormal Research Society "I highly recommend this book to all those who truly wish to gain respect as a ghost hunter of integrity."—Brad Steiger, author/coauthor of 170 books on paranormal and metaphysical subjects, including *Real Ghosts*, *Restless Spirits*, and *Haunted Places* "I certainly never thought I needed a book like this, but Michelle has lots of practical advice that even we skeptics can use to keep our heads in order."—Adam Selzer, author of *Your Neighborhood Gives Me the Creeps*

[The Ghost Hunter's Guide](#) Jun 18 2021 Describes different types of ghosts from around the world, their characteristics, and how to tell if they are dangerous or not.

Vampires in Their Own Words Oct 23 2021 "There's no book available on the vampire culture today with the range, depth, and diversity of Belanger's *Vampires in Their Own Words*."—Katherine Ramsland, author of *Piercing the Darkness* and *The Science of Vampires* "Belanger gives empathetic access to an emergent new magical-religious community...An important sourcebook for both the scholar and inquiring public."—J. Gordon Melton, Director, Institute for the Study of American Religion, and author of *The Vampire Book: The Encyclopedia of the Undead* *The Code of Silence Has Been Broken* For this anthology, vampire Michelle Belanger convinced nearly two dozen real-life vampires to break the code of silence that has kept their fascinating subculture shrouded in secrecy. Sometimes provocative, sometimes surprisingly down-to-earth, these candid firsthand accounts come from both psi vampires who feed on energy and sanguine vampires who drink actual blood. Their true stories shed light on a variety of topics, including awakening to vampirism, the compulsion to feed and feeding practices, donor ethics and etiquette, and vampire traditions and codes of behavior.

Colby College Catalogue Dec 01 2019

[The Weiser Field Guide to Vampires](#) Feb 24 2022 From the shadowy coffin of Dracula to the high school hero Buffy the Vampire Slayer to the love story of Edward and Bella of Twilight fame, vampires have fascinated humans for centuries. The *Wesier Field Guide to Vampires* provides a handbook not only to mythical and historical legends, but also to the modern vampire, their community, and the science behind modern vampire feeding. Learn how to recognize a true vampire, their strengths and weaknesses, and how to tell if you are a vampire. Includes a glossary of who's who in the vampire world, and top vampire terms.

[Sword in the Stars](#) Dec 13 2020 In this epic sequel to *Once & Future*, Ari and her Rainbow knights must pull off a Holy Grail heist thousands of years in the past -- without destroying their own destinies. Ari Helix may have won her battle against the tyrannical Mercer corporation, but the larger war has just begun. Ari and her cursed wizard Merlin must travel back in time to the unenlightened Middle Ages and steal the King Arthur's Grail -- the very definition of impossible. It's imperative that the time travelers not skew the timeline and alter the course of history. Coming face to face with the original Arthurian legend could produce a ripple effect that changes everything. Somehow Merlin forgot that the past can be even more dangerous than the future . . .

[The Psychic Energy Codex](#) May 30 2022 An authoritative manual for psychic development, *The Psychic Energy Codex* explores the roots of modern metaphysical beliefs, including the doctrine of the subtle body in the Western tradition, the origin of belief in the chakras, and core principles behind time-honored techniques such as meditation and creative visualization. Like Belanger's *Psychic Vampire Codex*, *The Psychic Energy Codex* makes esoteric topics accessible and understandable. *The Psychic Energy Codex* . . . - De-mystifies psychic experience, taking a practical, rational approach to phenomena from psychometry to spirit communication with a style that will engage beginners and experts alike - Provides many hands-on exercises that encourage readers to develop their own beliefs based on direct personal experience - Teaches readers the underlying principles of psychic phenomena that can then be applied to any interaction with the subtle world Written in Belanger's engaging, almost novelistic style, the parts of this book that tell her own story draw readers into the possibility that they, too, can develop their own innate abilities.

Haunting Experiences Sep 09 2020 "An exceptional collection of ghost and haunting encounters—made even better because of Michelle Belanger's firsthand experience with them, on top of her extensive knowledge of the phenomena."—Lloyd Auerbach, MS, parapsychologist and director of the Office of Paranormal Investigations Michelle Belanger's chilling collection of true ghost stories will take you further than you've ever gone before into the realm of spirits, astral entities, and dark forces. Along the way, you'll encounter haunted violins, dark fey, hell hounds, haunted cremains, and even an astral vampire summoned by an aspiring magician who becomes its unwitting target. Whether she's being accosted by an angry spirit who recently committed suicide or being driven out of haunted woods in a very Hitchcock-esque manner, Belanger's hard-won expertise and insightful commentary add both depth and context to her truly frightening—and sometimes dangerous—haunted experiences.

[The Dictionary of Demons](#) Nov 23 2021 *The Dictionary of Demons* starts with a simple premise: names have power. In medieval and Renaissance Europe, it was believed that speaking a demon's true name could summon it, compel it, and bind it. Occult scholar Michelle Belanger has compiled the most complete compendium of demonic names available anywhere, using both notorious and obscure sources from the Western grimoiric tradition. Presented alphabetically from Aariel to Zynextyur, more than 1,500 demons are introduced, explored, and cross-referenced by theme and elemental or planetary correspondence. This meticulously researched reference work features fascinating short articles on demonology and a wealth of woodcuts, etchings, and paintings depicting demons through the ages.

[Vampyre Magick](#) Jul 20 2021 Since the dawn of civilization, the vampire has danced through the dreams and nightmares of every culture, expressed in folklore, literature, and art. Today, this fascination resonates in pop-culture through hit television shows, movies, and bestselling books. In *Vampyre Magick*, Father Sebastiaan reveals the hidden rituals and spells of the Living Vampires. This companion volume to Sebastiaan's *Vampyre Sanguinicon*, is intended for initiates of the Stigoi VII, but will appeal to any scholar of magickal arts, *The Golden Dawn*, or other Western Mystery Traditions.

Summoning Spirits Aug 21 2021 *The Heptameron*, or *Magical Elements*, is a 15th Century manual of ritual magic detailing the angels summoned on each day of the week, their unique sigils, ruling planets, and astrological powers. Attributed to the Italian philosopher Peterde Abano, the *Heptameron* is an occult classic. This new edition is based primarily upon the 1665 translation by Robert Turner housed at the British Museum. Featuring new translations of the Latin and extensive annotations throughout the text, this handsome book provides a guided tour through the beliefs and practices of Renaissance Europe's ceremonial magicians.

[Ascension Magick](#) Jul 08 2020 Thoroughly examines the diverse aspects of an often misunderstood spirituality—from angels and aliens to reincarnation and the Merkaba—and features magickal practice, spellcraft, and thirty exercises for dimension travel, healing, meditation, and more. Original. 15,000 first printing.

[Walking the Twilight Path](#) May 18 2021 Introduces a spiritual path of personal transformation and rebirth. This book draws on the wisdom of shamans, Tibetan Buddhists, and ancient Egyptians, Michelle Belanger and illuminates death as a beautiful gateway to change and regeneration.--Worldcat.

Sacred Hunger Feb 12 2021 Author Michelle Belanger has fascinated and informed readers about the vampire in folklore, fiction, and fact since the early 90s. Now enjoy all of Michelle's major essays on this fascinating topic, collected for the first time in one volume. Find out why author Bram Stoker wrote about vampires -- and what real-life psychic vampire inspired the figure of Dracula. Learn about the history and development of the modern community of real vampires. Explore the allure of the vampire in modern culture, and meet members of the vampire underground who have made this potent archetype a fundamental part of their lives ...

Trance-Portation Apr 28 2022 The ability to move from the ordinary into an altered state of consciousness is one of the most valuable skills in both magic and religion. From the ceremonial magician to the shaman, using trance work to explore inner realms is essential to the magical process of healing, transcendence, and wisdom desired through diverse occult and spiritual traditions. *Trance-Portation* offers a comprehensive and multi-spirited way to enter the inner realm. Blending the modern world with the ancient arts, *Trance-Portation's* first three chapters, *Travel Planning*, *Crossing the Threshold*, and *Getting Started*, offer preparatory suggestions including meditations and relaxations, breathing, warding, shifting gears, and returning. Drawing on examples from varied traditions, from *Western Mystery* to *Native American*, *Ancient Celtic* to *Eastern Mysticism*, and peppered with folk lore and tales from popular science fiction stories, *Trance-Portation* explores spiritual journey work extensively, offering readers the chance to find their own ways into the inner realm, encounter their own guides and fellow travelers, and create divine relationships with the deities and gods and goddesses that they meet.

Conspiracy of Angels Oct 03 2022 Set in a secret world of angels and demons, this action-packed novel blends biblical mythology with all the trappings of urban fantasy, mystery, and paranormal fiction When Zachary Westland regains consciousness on the winter shores of Lake Erie, his memories are gone. All he has are chaotic visions of violence and death—and a business card for Club Heaven. There, Zack finds the six-foot-six transexual decimus known as Saliriel and begins to learn what has happened. Alarming details emerge, of angelic tribes trapped on Earth and struggling in the wake of the Blood Wars. Anakim, Nephilim, Gibburim, and Rephaim—there has been an uneasy peace for centuries, but the truce is at an end. With the help of his “sibling,” Remiel, and Lilianna, the lady of beasts, Zack must stem the bloodshed before it cannot be stopped. Yet if he dies again, it may be for the final time.

Shadow Magick Compendium Mar 16 2021 Embracing the darkness is part of divine balance. Everyone has a shadow, a dark side. Exploring the shadow self is not only safe, it's necessary for balance and healing. The author of *Goth Craft* invites you down a unique magical path for navigating inner and outer darkness and harnessing the shadow for spiritual growth. *Shadow Magick Compendium* sheds a positive light on this misunderstood and rarely discussed side of magical practice. There are ritual meditations for exploring past experiences, dispelling harmful behavior patterns, and healing a fractured soul. Learn how to safely fast and perform other methods of self-sacrifice, invoke a deity into yourself (godform assumption), get in touch with your Spirit Animal, take advantage of the Dark Moon and eclipses, and perform a unique ritual with your television for a new perspective on society. From astral journeys to sigils to dark herbs, you'll find an array of magical techniques to navigate the shadows and mysteries of yourself and the world at large.

The Psychic Vampire Codex Jul 28 2019 *The Psychic Vampire Codex* is the first book to examine the phenomenon and experience of modern vampirism completely from the vampire's perspective. A fellow psychic vampire writes in the foreword that Michelle Belanger's system "introduced a breath of fresh air into the vampire subculture. It freed us to look at ourselves in a new light, and it also helped those outside our community to view us differently. No longer were we parasites or predators . . . we could use our inborn abilities to help people heal." *Psychic vampires* are people who prey on the vital, human life energies of others. They are not believed to be undead. They are mortal people whose need for energy metaphorically connects them to the life-stealing predators of vampire myth. In *The Psychic Vampire Codex*, Michelle Belanger, author and psychic vampire, introduces readers to the fascinating system of energy work used by vampires themselves and provides the actual codex text widely used by the vampire community for instruction in feeding and other techniques. Belanger also examines the ethics of vampirism and offers readers methods of protection from vampires. *The Psychic Vampire Codex* explodes all preconceptions and myths about who and what psychic vampires really are and reveals a vital and profound spiritual tradition based on balance, rebirth, and an integral relationship with the spirit world.

The Girl Upstairs Apr 04 2020 *Don't forget to preorder *After the Party* – the brand-new 2022 thriller from Georgina Lees* 'Compelling, heartbreaking and beautifully written. This superb thriller will stay in my mind for a very long time' B P Walter, Sunday Times-bestselling author of *The Dinner Guest*

Subconscious Power May 06 2020 Activate the raw power of your subconscious to create the life you've always wanted, using six essential lessons from one of the world's most renowned hypnotherapists in this "nourishing and healing book" (Michael Bernard Beckwith, author of *Spiritual Liberation*). Unsatisfying careers. Volatile, unhealthy relationships. Unfulfilled dreams. Too many of us are living lives that fall short of what we truly desire. But as celebrity hypnotist Kimberly Friedmutter explains in this life-changing book, not only is it possible to design the life of your dreams, but the power to do so already lies within you, in your subconscious mind. The subconscious is the root of your true power and desire; it's your inner child, your authentic self. It is the honest compass that will lead you to a life of happiness, so long as you are able to follow its direction. We all have the power to access it but as we grow up we're taught to stop daydreaming and to follow society's rules, which makes us disconnect from our subconscious, often with tragic results. In *Subconscious Power*, Kimberly guides you through six principles that bring your conscious mind in line with your subconscious desires. She shares practical, three-minute exercises that will help you transform your relationships, find true love, lose weight after years of struggling with the scale, overcome addictions, and achieve new career successes and heights. Featuring inspiring success stories and the practical tools you need to make meaningful change, *Subconscious Power* gives "you a pathway to achieve your goals and dreams in an effective and easily understandable manner. This book will improve your life in ways you never thought of" (David Zelon, producer of *Soul Surfer*).

The Resurrection Game Aug 01 2022 Speeding through the night, Zack Westland seeks to put his nightmares behind him, at least for the moment. Yet when he stops for gas, the chattering sounds of cacodaimons remind him that there is no escape. Calling upon his abilities as one of the Anakim—a tribe of angels trapped on Earth—Zack dispatches the hideous creatures and seeks to depart before the police can arrive. Then he sees something that chills him to the bone... A man wearing his face. When a connection emerges between Zack's doppelganger and a series of ritualistic murders, Zack must call upon his every ally to find this murderer before he can strike again. For all of them are targets, and the sadistic serial killer won't stop until all are dead. *Harsh Gods* Mar 28 2022 The last thing Zack Westland expects on a frigid night is to be summoned to an exorcism. Demonic possession, however, proves the least of his problems. Father Frank, a veteran turned priest, knows Zack's deepest secrets, recognizing him as Anakim, an angel belonging to that hidden tribe. And Halley, the girl they've come to save, carries a secret that could unlock a centuries-old evil. She chants an eerie rhyme, and she isn't alone... "HANDS TO TAKE AND EYES TO SEE, A MOUTH TO SPEAK. HE COMES FOR ME." As Zack's secrets spill out, far more than his life is at stake, for Halley is linked to an ancient conspiracy. Yet Zack can't help her unless he's willing to risk losing his immortality—and reigniting the Blood Wars. "A darkly vivid world... Her characters are intriguing, her pacing swift. More, please!"—Jim Butcher, creator of *The Dresden Files* Praise for *Conspiracy of Angels*: "Horrors that will send a chill up your spine."—The Absolute "A singular reading experience."—Laurell K. Hamilton, bestselling creator of *Anita Blake*, vampire hunter

The Psychic Vampire Codex Jun 30 2022 *The Psychic Vampire Codex* is the first book to examine the phenomenon and experience of modern vampirism completely from the vampire's perspective. Father Sebastiaan, a fellow vampire writes in the foreword that Michelle Belanger's system "introduced a breath of fresh air into the vampire subculture. It freed us to look at ourselves in a new light, and it also helped those outside our community to view us differently. No longer were we parasites or

predators . . . we could use our inborn abilities to help people heal." Psychic vampires are people who prey on the vital, human life energies of others. They are not believed to be undead. They are mortal people whose need for energy metaphorically connects them to the life-stealing predators of vampire myth. In *The Psychic Vampire Codex*, Michelle Belanger, author and psychic vampire, introduces readers to the fascinating system of energy work used by vampires themselves and provides the actual codex text widely used by the vampire community for instruction in feeding and other techniques. Belanger also examines the ethics of vampirism and offers readers methods of protection from vampires. *The Psychic Vampire Codex* explodes all preconceptions and myths about who and what psychic vampires really are and reveals a vital and profound spiritual tradition based on balance, rebirth, and an integral relationship with the spirit world.

Vampires Today: The Truth about Modern Vampirism Nov 11 2020 This book, about real vampires and the communities they have formed, explores the modern world of vampirism in all its amazing variety. Long before Dracula, people were fascinated by vampires. The interest has continued in more recent times with Anne Rice's Lestat novels, Buffy the Vampire Slayer, the HBO series True Blood, and the immensely popular Twilight. But vampires are not just the stuff of folklore and fiction. Based upon extensive interviews with members of the Atlanta Vampire Alliance and others within vampire communities throughout the United States, this fascinating book looks at the details of real vampire life and the many expressions of vampirism as it now exists. In *Vampires Today: The Truth about Modern Vampirism*, Joseph Laycock argues that today's vampires are best understood as an identity group, and that vampirism has caused a profound change in how individuals choose to define themselves. As vampires come "out of the coffin," as followers of a "religion" or "lifestyle" or as people biologically distinct from other humans, their confrontation with mainstream society will raise questions, as it does here, about how we define "normal" and what it means to be human. 16 illustrations Numerous interviews

The Mentalist's Handbook Apr 16 2021 There is a world that mirrors our own. Everything in this world is made of substance finer than air, finer than light, finer than thought itself - the aether. In the aether there are inner sensations such as ideas and feelings that are as tangible as anything in the material world. In *The Mentalist's Handbook*, Clint Marsh gives us a glimpse of the world. He offers step-by-step exercises, detailed and beautifully written explanations and definitions, and gorgeous black and white illustrations by award-winning artist Jeff Hoke. Inspired by esoteric, occult, and magic books published over the last 150 years, Marsh has aspired to create something of singular importance in the tradition of classic occult manuals. Both practical and whimsical, and complete with visual aids, this field guide to the paranormal will appeal to students of the New Age, esoteric scholars, readers of post-modern and magical-realism, angel, ghost and fairy enthusiasts, comic and graphics fans, and artists alike.

Vampire Codex Oct 11 2020 Never before released to the general public, this twentieth anniversary edition of the influential "Vampire Codex" contains a faithfully scanned and annotated copy of the hand-lettered original rarely seen outside the library of House Kheperu. Penned in 1994, this definitive text on psychic vampirism provides insight into energy work and past lives, giving readers a rare peek inside the earliest development of the Kheprian system.

Vampyre Sanguinomicon Jan 26 2022 Since the dawn of civilization the vampire has danced through the dreams and nightmares of every culture, expressed in folklore, literature, and art. Today, this fascination resonates in pop-culture, through hit television shows and movies and bestselling books. But what does it mean to be a vampire, a living and modern vampire? What many do not realize is that the Living Vampyre is on a serious, lifelong spiritual path. Best known as Strigoii VII, the Living Vampyre is one who has embarked on a serious and lifelong spiritual path. Not just "kids in capes," the members of this magickal community seek to live in glamour and ritual every day. The *Vampyre Sanguinomicon* provides a profound perspective on the Vampyre culture, traditions, movement and philosophies, which are intended to challenge and inspire your views. Chapters include Vampyre Ritual, Vampyre Sensuality, Beginning Vampirism, and The Vampyre Wedding.

Stranded Aug 28 2019 'IT WAS SO GOOD' NetGalley review ????? 'Absolutely breathtaking' NetGalley review ????? 'Talk about a page-turner!' NetGalley review ????? 'You. DO. NOT want to miss!!!' NetGalley review ?????

Mortal Sins Sep 02 2022 The exclusive bridge between CONSPIRACY OF ANGELS and HARSH GODS, pitting the fallen angel Zack Westland against the Strega, a ruthless Italian family of witches. Accompanied by his temperamental (and often bloodthirsty) ally Liliana—the Lady of Beasts—Zack encounters the ghost of an African-American woman murdered decades ago. She cannot speak, but implores him to help her, launching him along a bloody path that leads to Mama Tuscanetti, an ancient matriarch who brooks no interference. To cross her is to court death. Zack is one of the Anakim—an angel belonging to an ancient tribe trapped on Earth by the cataclysmic event known as the Blood Wars. His true name is Zaquiel, and to speak it unleashes a power beyond the ken of mortal men.

Vodou Love Magic Jan 02 2020 A working guide on how to find love and sexual fulfillment by working with the lwa, the spirits of Haitian Vodou • The first book on wanga (love magic) by an actual Vodou initiate • Provides spells and spirit work for many different problems associated with affairs of the heart • Spells included are detailed and easy to follow Haitian Vodou, like other folk traditions, is an eminently practical craft. Vodou practitioners see their relationship with the lwa—the spirits honored in Haitian Vodou—as mutually beneficial rather than one-sided. In return for sincere offerings, the lwa are happy to provide protection and support in dealing with life's problems—which more often than not concern love. In *Vodou Love Magic*, Kenaz Filan details the myriad aspects of love and sex governed by the different lwa and explains what services each can provide in attaining fulfilling relationships—and who will likely offer the best wisdom for your needs. If you are having trouble meeting people, Legba's Opening the Door spell can resolve this difficulty. If you wish more fire in a relationship, then you should work with the warrior spirit Papa Ogou. Filan presents easy-to-follow instructions for numerous love spells and also reveals how the lwa offer counsel for dealing with ending relationships, toxic behavior patterns like codependency, or romantic triangles. *Vodou Love Magic* does not provide a magic genie who will fulfill every wish, but it does offer access to a team of spirits who can help transform dreams into realities.

Nightmareland Jan 14 2021 From a Coast to Coast AM insider, a mind-expanding exploration of sleep disorders and unusual dream states—the scientific explanations and the paranormal possibilities. The sleeping mind is a mysterious backdrop that science is just beginning to shed light on. It was only some sixty years ago that researchers discovered REM, the rapid-eye-movement cycle that's associated with dreams. In *Nightmareland*, Lex "Lonehood" Nover travels into the eerie borderlands where the unconscious, dreams, and strange entities intermingle under the cover of night, revealing wider and hidden aspects of ourselves, from the savage and frightening to the astounding and sublime. Encompassing accepted medical phenomena such as sleep paralysis, parasomnias, and Ambien "zombies," and the true-crime casebook of those who kill while sleepwalking, to supernatural elements such as the incubus, alien abduction, and psychic attacks, Nover brings readers on an extraordinary journey through history, folklore, and science, to help us understand what happens when we sleep.

Drawing Down the Spirits Feb 01 2020 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.

Outside the Charmed Circle Jun 06 2020 The intention of *Outside the Charmed Circle* is to help readers live as the truest expression of their gendered, sexual, spiritual self. It is designed to support you as you awaken to who you are, deepen your magical practice, and walk through the Pagan world. Author Misha Magdalene provides hands-on meditations, prompts, and magical workings to help you explore your identity as it intersects with your spiritual practice. With thoughtful insights on embodiment, consent, and Eros, as well as explorations of self-esteem, ability, disability, and your feelings about your body, this book helps those in the LGBTQIA+ community and their allies engage with a wide range of identities in a magical setting.

The South Shields Poltergeist Sep 29 2019 In December 2005 a family began to experience poltergeist-like phenomena in their home. Slowly but steadily the phenomena escalated, and in July 2006 the authors were asked to investigate. This book is a chilling diary of an ongoing poltergeist case which the authors believe rivals any previously documented.