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

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

The Shaman's Mind

Pagan Portals - Dream Analysis Made Easy

The Healing Magic of Forest Bathing

Awakening to the Fifth Dimension

Medicine of the Imagination: Dwelling in Possibility

Pagan Portals - 21st Century Fairy

Speaking with Nature

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## **CALLUM HANCOCK**

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Practically Pagan - An Alternative Guide to  
Health & Well-being John Hunt Publishing

Elevate your consciousness and heal your life. In *Awakening to the Fifth Dimension*, author Kimberly Meredith offers readers something truly revolutionary—a new dimension of healing. Discovering her healing gifts after two near death experiences in 2013, she is now one of the most in-demand medical intuitive healers in the nation, traveling the country to

speaking at events, appearing at major consciousness and global virtual events, and offering healing to those who so desperately need it. Here in these pages, Kimberly shares her gift for the first time with a wider audience, giving readers the tools to implement this healing in their own lives. Whether you are wrestling with chronic illness, seemingly untreatable

symptoms, or other mental, emotional, or physical ailments, Kimberly's gentle wisdom offers a way forward towards happiness and freedom. Filled with instruction, case studies, testimonials, nutritional advice, and practical methods to raise your consciousness *Awakening to the Fifth Dimension* will empower readers to confront their own health struggles and find true, lasting healing.

*The Shaman's Mind* John Hunt Publishing  
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. *Pagan Portals - Dream Analysis Made Easy* 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. *The Healing Magic of Forest Bathing* John Hunt Publishing  
In the good old days, the harvest festivals

began in August (Lunasa - 'beginning of harvest') followed by September (Meán Fómhair) and October (Deireadh Fómhair) - translated as 'middle of harvest' and 'end of harvest' respectively. Harvest was one of the most sacred times of the pagan year and the Harvest Home or 'in-gathering' was a community observance at the end of the harvest to celebrate and give thanks for the bounty. Celebrating the harvest is still the holiest time of the Craft year and Lammás celebrates the coming of harvest-tide with its decoration of corn sheaves, fancy loaves, berries and fruits - all leading up to the Autumnal Equinox (or Michaelmas) that marked its zenith with the eating of the traditional goose and the raucous festivities of the community harvest suppers and country fairs.

### **Awakening to the Fifth Dimension**

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. Medicine of the Imagination: Dwelling in Possibility Monkfish Book Publishing Known by many names and with a wide array of characteristics Odin is a God who many people believe is just as active in the world today as he was a thousand years ago and more. A god of poetry he inspires us to create. A god of magic he teaches us to find our own power. A god of wisdom he challenges us to learn all we can. In this book you will find some of Odin's stories and history as well as anecdotes of what it can be like to honor him in the modern world.

### **Pagan Portals - 21st Century Fairy**

John Hunt Publishing

When people think of fairies they often picture beings who dwell in the wilderness, solidly anchored in the past. Yet the truth is that fairies are as present and active in the world today as ever, found as easily in cities as they are in wild places. 21st Century Fairy explores fairy beliefs and

encounters in the modern world, framed by folklore, modern fiction and personal experience, to show readers the possibilities that are out there. Learn whether fairies evolve and what a modern city in the fairy world might be like. Be open to the possibility of tech fairies existing alongside fairies in nature and learn how they interact with human technology. Much like the human world, the fairy world is stunningly diverse and constantly changing. 21st Century Fairy is a guide to seekers who want a modern context for these ancient beings.

### Speaking with Nature Ten Speed Press

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

*On Her Silver Rays* John Hunt Publishing  
When She Discovered That She Could

Communicate with Her Dead Brother, a World She Never Imagined Opened Up... BOOK OF THE YEAR FINALIST, Foreword Reviews: Body, Mind & Spirit Rebecca Austill-Clausen had no psychic or spiritual experience when she discovered her ability to communicate with her deceased brother. Doubting her sanity, and fearing she would lose the respect and support of her colleagues and her family, she struggled to mesh her spiritual awakening with the practical everyday world. But she knew she had to find a way... Change Maker was written for: Anyone who has lost a loved one New age explorers of multiple realities of existence Those who want to believe we live for eternity Practitioners of energy healing modalities such as Reiki and meditation Those interested in true after-death communication experiences Some of the many topics that Change Maker explores include grief and loss, after-death communication, shamanism, crystal energy, automatic writing, spirit guide communication, past lives, self-doubt—even adventures with the fairy realm. It offers tools to help readers successfully communicate with the spirit

world in ways that are safe and effective. In this book you will discover: How someone with no psychic or spiritual experience discovered she could communicate with her deceased brother Suggestions and advice to illuminate the readers' own spiritual journey Multiple validations that demonstrate the after-life is real and accessible to all Hundreds of related self-discovery books, organizations, and resources organized by chapter that help broaden the reader's awareness of life Each chapter of Change Maker includes an original black-and-white illustration by Micki McAllister, and ends with an "Illumination"—guidance, suggestions, encouragement, and inspiration for readers who wish to pursue their own spiritual journey. Order your copy today and enjoy the best of memoir, self-help, new-age philosophy, and inspiration.

Fairies: Simon and Schuster Greek myth is part of our background, the names of many of the gods and goddesses known to us all. Within the myths are numerous references to plants used by goddesses and gods to heal or enchant, and the names of many of these plants

have been incorporated into the Latin binomials that are used to identify them. By half a millennium BCE the physician god Asclepius entered into the mythology and temples were built to him called Asclepiaea, where the sick came to worship him and sleep with serpents in dormitories, hoping to experience miracle cures. At around the same time the first actual physicians began to practice within the Asclepiaea, using herbs, surgery and dietary advice. From these remote beginnings Greek medicine and botany evolved and were recorded, first in the Hypocratic Corpus, then by many other famous Greek physicians including Theophrastus, Dioscorides and Galen, who recorded the medicinal plants they used. This book traces the evolution of Greek medicine, the source of Western medicine, and looks at a selection of plants with healing properties, including a large number of trees which were both sacred and medicinal.

**Pagan Portals - Harvest Home: In-Gathering** John Hunt Publishing  
Pagan Portals: Australian Druidry works as a supplement to the study of Druidry and other nature-based spiritual paths as

practiced in Australia. The seasons, animals, plants and ancestral histories of the land in Australia are quite different from those of the Celtic lands where Druidry originates. Julie Brett discusses the difficulties of following a nature-based tradition in an environment wildly different from Druidism's place of origin, and offers practical information on how to adapt the practice of Druidry to suit the energy of the land and respect its spirits and ancestors.

*A Spell in the Forest* John Hunt Publishing  
 'I've felt for a long time that there must be more in the call to Baba Yaga's cottage than the fairytales tell us. Natalia Clarke has drawn on her Siberian heritage and personal insights in this powerful piece to show us how we might approach this powerful Goddess. This is a book for anyone drawn to dark Goddesses and Crone Goddesses. It's also the first map I've seen that explores the forests in search of wild Gods who will not make themselves comfortable in our homes or on our altars. It's groundbreaking stuff.'  
 Nimue Brown A unique perspective on working with Baba Yaga, Slavic Earth Goddess of mystery, intrigue and

ambiguity, through apprenticing into her magic. In this introductory work Baba Yaga is re-defined outside of the dogmatic portrayals and becomes one of the most powerful and influential figures in an individual spiritual practice. An accessible guide to building a devotional practice, *Pagan Portals - Baba Yaga* is a journey of discovery and collaboration with deity, written to aid your own psycho-spiritual progression and offer a unique presentation of how we might work with the Goddess, psychologically and spiritually.

*Polytheistic Monasticism* John Hunt Publishing  
 'This book gently leads the reader into a new and deeper understanding of the forest and our ancient and intrinsic connection with the trees, that has been largely forgotten in this modern age. If you wish to develop and nurture a true affinity and knowledge of trees, then *Tongues in Trees* will most definitely help you to do that.' Luke Eastwood, author of *The Druid Garden* and *The Druid's Primer* Trees occupy a place of enormous significance, not only in our planet's web of life but also in our psyche. *A Spell in the Forest* -

*Tongues in Trees* is part love-song, part poetic guidebook, and part exploration of thirteen native sacred British tree species. *Tongues in Trees* is a multi-layered contribution to the current awareness of the importance and significance of trees and the resurgence of interest in their place on our planet and in our hearts. FROM THE BOOK: 'Trees have always figured in human consciousness. I believe that when we walk among trees, or notice a particular tree, a kind of exchange happens. Trees love to be met.' 'Trees somehow mediate between ourselves and a different reality, a different order of consciousness - pre-verbal, post-verbal, trans-verbal, non-verbal - such a relief, sometimes.' 'Trees in a natural forest mirror and speak to something of the wild soul in a human. As we visit, we encounter and are supported by the elemental powers that reside in such places, and can more readily connect with our own instinctual natures and the wild soul.' 'Wildness is not to be confused with a state of chaos, being out of control, savage. It's a question of relinquishing the ego's grip to larger natural rhythms, cycles, surroundings: an essential aspect

of thriving. When one does this, one is more receptive to one's environment, physical or more numinous.' 'Woodland, forest, strikes me as a perfect example of the individual and the community being gracefully, harmoniously and inextricably part of each other.' 'I walk the forest, listen for birds, rivers, cascades, stories of the wildwood rustling in the leaves... try and stay aware of the great mycorrhizal web beneath my feet connecting us all...' '[T]he ancients knew that spending time among trees is one of the best approaches to health and healing. Recently, Japan has spent millions researching the health benefits of shinrin-yoku, forest-bathing.' 'In the forest I step into a different kind of time. It's not simply that it so clearly stretches back so far into the past, but also that it allows me what Thoreau described as a 'broad margin' to my day.' 'Mother trees', we know from work by Suzanne Simard, will reduce their own root competition to make room for their own offspring. Trees will also help neighbours of their own species if necessary.' 'Forests are liminal places, thresholds into a meeting of the physical and metaphysical, where we're on the cusp of another

reality...' 'In our past, our physical survival and some of our sense of meaning came from an awareness and direct experience of our connectedness with the more-than-human. We need that awareness more than ever now.' 'Our being here, our walking on this earth, is a co-creation, a mutual belonging. How to live, if not in reciprocal affinity?'

**Pagan Portals - The Hedge Druid's Craft** John Hunt Publishing

Following on from the popular Herbs of the Northern Shaman, this latest collection, Herbs of the Southern Shaman, describes psychoactive herbs that grow in the southern hemisphere. Written primarily for herbalists, witches and pagans, occultists, healers, therapists, botanists and gardeners and featuring a bibliography and glossary, it serves as a reference book for anyone interested in shamanism and herbs. 'Concise, knowledgeable, clearly and distinctly written...can be enjoyed on many levels: as a reference book, a spiritual guide, a horticultural manual, or simply for entertainment.' C.J. Stone, author and journalist

**Looking Back on the Future** John Hunt Publishing

North Sea Water in My Veins is a quest for the reconstruction of an indigenous or native spirituality of the Low Countries and covers pre-Christian material from the Netherlands, Belgium and the region just across the German border. Seeking out and documenting ancient gods and goddesses, practices and traditions, this book asks the question: is there enough material for such a reconstruction? The conclusion is a resounding yes!

**Visionary Shamanism** John Hunt Publishing

This book is about feelings, and the ways that we, as individuals and as a culture, have numbed ourselves against them. It is about unleashing the possibility of conscious feelings to re-make our lives into what really matters to us. The Power of Conscious Feelings introduces readers to the concept of the "personal numbness bar"--a measure set high by modern culture as a way of keeping everything "cool," under control, and consequently out of touch. This book provides the insight and the means for lowering that numbness bar. "You can feel more," the author asserts. You can regain the intelligence and energy of your feelings,

so long denied and dressed up to appear acceptable. "Being cool," Callahan states, "allows you to look the other way about torture, invasion, pollution and injustice," and to accept the generic malaise that characterizes so many relationships. The central framework of the book is built with the Ten Distinctions for Consciously Feeling, including: \* Learning the potent difference between thoughts and feelings, which most people confuse \* Sorting out feelings (based in present) from emotions (based in the past or in somebody else's life) \* Fully allowing that feelings are absolutely-neutral energy and information, neither good nor bad, neither positive nor negative. Each chapter is enriched with THOUGHTMAPS-clear diagrams of ways we presently think and ways we could possibly think-and supported by an abundance of practical experiments to try. The Power of Conscious Feelings is so much more than a book of self-help or inspiration. Ultimately, it is about our connection with and responsibility for the fate of the Earth. When we are no longer numb, we are freed from solitary confinement in our private world of thoughts and beliefs. We emerge, already

connected with other human beings, connected in the world of feelings we all have in common. This book actually guides the reader through four distinct evolutionary stages: from Personal, to Relational, to Transformational, to Cultural, in showing us how to use our adult feelings as the fuel for living our destiny as creators of sustainable culture. Choosing numbness was probably unconscious for most of us. But, Callahan is committed to showing us, step by step, in this moment, how we can change the mind and learn to consciously feel.

**Honoring the Wild** John Hunt Publishing  
The subject of fairies in Celtic cultures is a complex one that seems to endlessly intrigue people. What exactly are fairies? What can they do? How can we interact with them? Answering these questions becomes even harder in a world that is disconnected from the traditional folklore and flooded with modern sources that are often vastly at odds with the older beliefs. This book aims to present readers with a straightforward guide to the older fairy beliefs, covering everything from Fairyland itself to details about the beings within it. The Otherworld is full of dangers and

blessings, and this guidebook will help you navigate a safe course among the Good People.

**Healing Plants of Greek Myth** Llewellyn Worldwide

Your dreams offer vital insights into many aspects of life. This easy-to-use book goes a step further than traditional dream books. Within these pages are many examples to show you how to analyse and make sense of your own dreams. While offering some symbolic guidance the emphasis is always on the numinous meaning for the individual. The dreams you will work with include Recurring, Prophetic, Nightmare, Lucid and Direct Soul communication.

**Pagan Portals - Western Animism** John Hunt Publishing

Deeply rooted in environmentalism and activism, Honoring the Wild answers crucially pertinent questions while driving at lasting change. From political demonstrations to personal calls, Irisanya Moon offers a collection of stories and lessons, as told by Reclaiming Witches from around the world, about the facts and fears, the confessions and collaborations within the Reclaiming tradition's own



timeline of activism. Honoring the Wild inspires and informs creativity and purpose while reminding us of all that has come and of all that is left to do. May the wild be blessed and healed by this spell of intention and inspiration.

*Pagan Portals - Australian Druidry* John Hunt Publishing

A Zen approach to the World, the Universe and Everything. Many of today's disenfranchised pagans in the West appear to be seeking a spiritual connection to life without feeling the need to become a witch, a Wiccan, a shaman, Heathen, or a Druid. Here the Shinto approach fulfils the basic need for a belief system based on what we would define as

simple animism and ancestor worship in accord with the world's other, authentic, animistic traditions such as the Australian Aboriginal and Native American way of life; while Zen provides the intellectual stimulation rising from the simplicity of basic folk-belief to elevate the soul to a higher level of mysticism.

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