



The Essential Guide to Possession, Depossession, and Divine Relationships

Diana L. Paxson

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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.

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