



# The Essential Guide to Possession, Depossession, and Divine Relationships

*Diana L. Paxson*

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# **The Essential Guide to Possession, Depossession, and Divine Relationships**

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## **The Essential Guide to Possession, Depossession, and Divine Relationships** Diana L. Paxson

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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