



## Seidways: Shaking, Swaying and Serpent Mysteries

By Jan Fries

Mandrake of Oxford, United Kingdom, 2009. Paperback. Book Condition: New. Illustrated. 212 x 146 mm. Language: English . Brand New Book. From the author of Helrunar: manual of rune magick, and Visual Magick, a handbook of freestyle shamanism, comes the definitive study of magical trance and possession techniques. The author is inspired by the Nordic tradition of Seidr, said to have been taught to the human race by Odin. The book provides an extensive survey of the manifestation of this powerful technique through several related magical traditions - shamanism, mesmerism, draconian cults and even the nightside of European paganism. Seething is probably the most useful magical technique I have ever learned. I first was taken by the pleasure of it. My body felt warm and sensual, and seething in the hips felt quite sexual. I liked the feeling of my body taking over where the shaking was first voluntary - but I could still have some control, making the shaking stronger or more subtle. After a while I started to see visions - something that very rarely happens to me. I could see (with my physical eyes, not astrally!) the surface of the land in the centre of the circle...

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