

# Visar & Shamanism Training and Reference Materials

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Many people are on a shamanist path, believe they may have the calling, have an interest in just what shamanism is, wonder how shamanism relates to spirituality, or are into some intense personal training. Overall, our offerings here should answer many questions in what we consider a "natural worldview". Required reading for our Visar training program are identified.



["The Way of the Shaman"](#). While Eliade is the father of modern shamanic scholarship, Harner is the father of the popular neo-shamanic movement. Even if you don't use his methods, or agree with his commercial endeavors, this book is a must read, as it established and defined much of the popular vocabulary and theory. We've been told that the basic Harner workshop covers this exact same material... so if you can follow instructions, buy the book, it's a heck of a lot cheaper! This is required reading for the Visar Guild Training Program.

The book cover for "The Way of the Shaman" by Michael Harner, featuring a shaman with a large, multi-headed tree growing from his head.

[The Way of the Shaman](#)  
Michael Harner  
Best Price ~~\$3.22~~  
or Buy New \$10.87  
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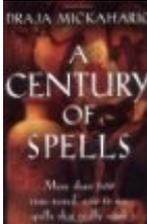
["Initiation into Hermetics"](#) provides step by step instruction in the form of practical exercises. These exercises lead to the development of body, soul and spirit. The result of the practical exercises is the development of occult abilities which can be of benefit to the student. This is recommended reading for the Visar Guild Training Program.



["Shamanism : Archaic Techniques of Ecstasy "](#) is \*the\* classical reference that clearly defined what is and is not shamanism. This is not a how-to guide to instant shamanism; it is a scholarly read, and may be difficult going, especially for beginners. Still, it should be on every practioner's bookshelf. It provides necessary grounding in classical shamanism, and is invaluable as a reference for understanding aspects of your own experiences. This is recommended reading for the Visar Guild Training Program.



["A Century of Spells "](#). Written as a practical introduction to natural magic, this workbook will help the reader learn natural magic and will serve as a practical reference for the practicing magician. It contains over 100 useful spells from a wide variety of magical traditions from all over the world. The clear, complete instructions detail how to make and work with water spells, baths, sprinkles, incense, oils, and herbs. This is an excellent foundational book for people who want to become more than dabblers in hoodoo and folk magic... This is recommended reading for the Visar Guild Training Program.



[A Century of Spells](#)  
Draja Mickaharic  
[Best Price \\$2.00](#)  
or Buy New [\\$10.91](#)

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["Spiritual Cleansing: A Handbook of Psychic Protection"](#) is a manual of psychic first aid, written to help you clean your spiritual atmosphere and to protect yourself in your environment. This book teaches how to clean away the psychic drudge in your environment, how to clean the previous tenant's vibrations out of your house or apartment, how to cleanse your own aura. The author includes recipes for herb, nut and flower baths for healing, clearing the air after arguments, reducing tension, increasing mental sharpness, bringing love into your life, and even for economic improvement. People should use the techniques in this book before going to a spiritual practitioner for help. In most cases they will be able to clear up their problem themselves. This is required reading for the Visar Guild Training Program.



[Spiritual Cleansing](#)  
Draja Mickaharic  
[Best Price \\$0.01](#)  
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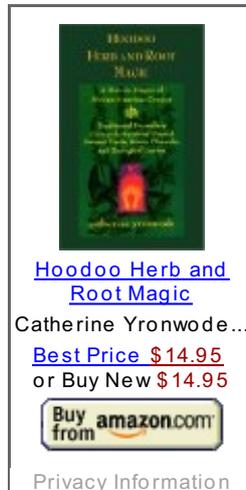
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["Hoodoo Herb and Root Magic"](#) is a must have for anyone who is serious about practicing hoodoo or folk magic of any kind. Hoodoo Herb and Root Magic is the magical counterpart of Mrs. Grieve's "A Modern Herbal". It's a treasure house that contains thorough information that it would normally take many years to accumulate. If you're serious about folk magic of any kind, you'll get it. It is the first book of its kind, presenting accurate botanical information about roots and

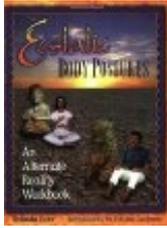
herbs employed in conjure, with sample spells that will show you how to make and use your own mojo bags, spiritual baths, and incenses. 224 pages 500 herbs, roots, minerals, and rare zoological curios, 750 traditional spells, tricks, and magical recipes, 50 black and white illustrations. This is required reading for the Visar Guild Training Program.



["The Journey to the Sacred Garden: A Guide to Traveling in the Spiritual Realms "](#). At the heart of spiritual awakening lies the discovery that each of us can achieve the direct, transformative connection with the sacred realms—a connection that defines the mystic. The Journey to the Sacred Garden guides us along a well-traveled path into this extraordinary experience and includes an experiential CD of shamanic drumming and rattling, providing us with an effective, easily learned technique for expanding awareness and shifting consciousness safely. The first goal: to find our Sacred Garden, a place for personal empowerment; as well as physical, psychological, emotional, and spiritual restoration. Once there, we learn through direct experience that the garden can be used as a gateway into the other levels of the inner worlds. This is recommended reading for the Visar Guild Training Program.



["Ecstatic Body Postures: Alternate Reality"](#) gives clear instructions and illustrations on shamanic postures and how to work with them. This is recommended reading for the Visar Guild Training Program.



[Ecstatic Body Postures](#)  
Belinda Gore  
[Best Price \\$4.06](#)  
or Buy New \$18.11  
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## *Books by Tom Brown, Jr.*

Tom Brown pays attention; he sees, feels, senses, smells, and hears both spirit and the natural world around him. He teaches us how to do the same and encourages us to find our link with the spiritual world along the way. These books are rewarding on several levels.

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["The Tracker"](#) is the introduction to Tom Brown and Grandfather. The story begins with the chance meeting between an ancient Apache and a New Jersey boy. It tells of an incredible apprenticeship in the Wild, learning all that is hidden from modern man... "The first track is the end of a string. At the far end, a being is moving; a mystery, dropping a hint about itself every so many feet, telling you more about itself until you can almost see it, even before you come to it."



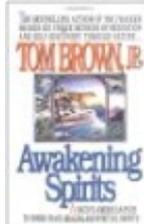
[The Tracker](#)  
Tom Brown  
[Best Price \\$0.01](#)  
or Buy New \$7.99  
[Buy from amazon.com](#)  
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["Awakening Spirits"](#) shares the unique meditation exercises used by students of Tom Brown, Jr.'s personal Tracker classes. Now all of us can learn these spiritual lessons of life through the earth around us - and deep within us. AWAKENING SPIRITS includes advanced methods of relaxation, insight, healing, and communication with nature and spirits.

"This book may challenge the very core of your belief systems and shake up your personal philosophy, but that is not my intent. What I set forth in this book is meant to enhance and magnify your beliefs. Simply, the techniques and skills can be easily integrated into all philosophies, religions, and belief systems." --TOM BROWN, Jr.

It is an excellent companion to Joseph's Yellow Book and website teachings.



[Awakening Spirits](#)  
Tom Brown  
[Best Price \\$0.61](#)  
or Buy New [\\$10.77](#)  
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["Grandfather"](#). Going much deeper than nostalgia for a lost way of life, this work exhorts readers to eschew materialism and waste, and return to a simpler but more satisfying relationship with the fragile Earth. Grandfather is filled with visions and mystical phenomena as it relates the old man's search for the universal and sublime truths that will enable humankind to find harmony with nature.

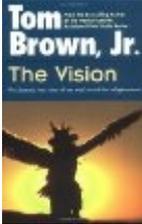


[Grandfather](#)  
Tom Brown  
[Best Price \\$5.57](#)  
or Buy New [\\$10.20](#)  
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["The Vision: The Dramatic True Story of One Man's Profound Relationship with Nature".](#)

"To me, the spiritual world makes up most of what life is about. It is a plan of existence, that the seeker comes to slowly; first with the faith of a child, then with the patience and dedication of a sage." --TOM BROWN, Jr.

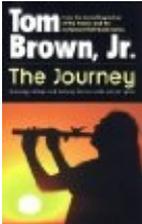


[The Vision](#)  
Tom Brown  
Best Price **\$0.01**  
or Buy New **\$10.25**  
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["The Journey"](#) teaches that we must undergo a shift in consciousness - and a change in spirit - in order to heal our suffering planet. Tom Brown, Jr. explains why we must return to the earth and rediscover the mystical connections that bind us to the unspoiled wilderness...to achieve a harmonious oneness with nature. He reveals how our inner spirituality can be the key to saving our embattled environment - and regaining the peace we once knew.



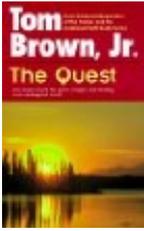
[The Journey](#)  
Tom Brown Jr.  
Best Price **\$22.95**  
or Buy New  
Buy from [amazon.com](#)

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["The Quest"](#). Over the past several years, our planet's environment has become one of our greatest concerns. Modern man's mystical relationship with nature is

nearly extinguished. But through a profound reawakening of the spirit, we can again establish a relationship of peace, harmony, and well-being with our planet...



[The Quest](#)  
Tom Brown Jr.  
**Best Price \$24.99**  
or Buy New

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