



Drawing Down the Spirits: The Traditions and Techniques of Spirit Possession

Kenaz Filan, Raven Kaldera

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An insider's view of the inner workings and prevalence of spirit possession in our modern world

- Provides practical techniques for preparation, safety, aftercare, and aborting harmful possessions
- Reveals the forms of ritual possession present throughout the world--including Uganda, Nepal, Korea, Bali, Greece, Turkey, Scandinavia, and France

Drawing Down the Spirits presents an insider's view of the inner workings, sacred traditions, and prevalence of spirit possession existing in our modern world. Spirit possession is an integral part of shamanism as well as many neo-pagan forms of worship that draw down deities or invite spirit possession. However, spirit possession is not for the unprepared. In *Drawing Down the Spirits*, Kenaz Filan and Raven Kaldera, both initiated and experienced in shamanic and Vodou traditions, present the practical guidance needed to participate in ritual possession.

Addressing the benefits and the dangers that await the naive, Filan and Kaldera show that there is no such thing as a guaranteed "safe" possession because spirits have their own agenda--and they are much more powerful than we are. The authors provide a variety of techniques to prepare for possession and abort possession and to promote the safety of the possessed as well as the spirits and witnesses present. With a wide-ranging look at the historic forms of ritual possession found throughout the world--including Uganda, Nepal, Korea, Bali, Greece, Turkey, Scandinavia, and France--the authors also include numerous firsthand accounts collected from witnesses of modern spirit possession.

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