

Download Ebook Ritual And Power In Stone The Performance Of Rulership In Mesoamerican Izapan Style Art Linda Schele Series In Maya And Pre Columbian Studies

# **Ritual And Power In Stone The Performance Of Rulership In Mesoamerican Izapan Style Art Linda Schele Series In Maya And Pre Columbian Studies**

A new and broader approach to understanding power and identity in the Mesoamerican archaeological record Among ancient Mesoamerican and Southwestern peoples, water was as essential as maize for sustenance and was a driving force in the development of complex society. Control of water shaped the political, economic, and religious landscape of the ancient Americas, yet it is often overlooked in Precolumbian studies. Now one volume offers the latest thinking on water systems and their place within the ancient physical and mental language of the region. Precolumbian Water Management examines water management from both economic and symbolic perspectives. Water management facilities, settlement patterns, shrines, and water-related imagery associated with civic-ceremonial and residential architecture provide evidence that water systems pervade all aspects of ancient society. Through analysis of such data, the contributors seek to combine an understanding of imagery and the religious aspects of water with its functional components, thereby presenting a unified perspective of how water was conceived, used, and represented in ancient greater Mesoamerica. The collection boasts broad chronological and geographical coverage—from the irrigation networks of Teotihuacan to the use of ritual water technology at Casas Grandes—that shows how procurement and storage systems were adapted to local conditions. The articles

consider the mechanisms that were used to build upon the sacredness of water to enhance political authority through time and space and show that water was not merely an essential natural resource but an important spiritual one as well, and that its manipulation was socially far more complex than might appear at first glance. As these papers reveal, an understanding of materials associated with water can contribute much to the ways that archaeologists study ancient cultural systems. Precolumbian Water Management underscores the importance of water management research and the need to include it in archaeological projects of all types.

Archaeology at El Perú-Waka' is the first book to summarize long-term research at this major Maya site. The results of fieldwork and subsequent analyses conducted by members of the El Perú-Waka' Regional Archaeological Project are coupled with theoretical approaches treating the topics of ritual, memory, and power as deciphered through material remains discovered at Waka'. The book is site-centered, yet the fifteen wide-ranging contributions offer readers greater insight to the richness and complexity of Classic-period Maya culture, as well as to the ways in which archaeologists believe ancient peoples negotiated their ritual lives and comprehended their own pasts. El Perú-Waka' is an ancient Maya city located in present-day northwestern Petén, Guatemala. Rediscovered by petroleum exploration workers in the mid-1960s, it is the largest known archaeological site in the Laguna del Tigre National Park in Guatemala's Maya Biosphere Reserve. The El Perú-Waka' Regional Archaeological Project initiated scientific investigations in 2003, and through excavation and survey, researchers established that Waka' was a key political and economic center well integrated into Classic-period lowland Maya civilization, and reconstructed many aspects of Maya life and

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ritual activity in this ancient community. The research detailed in this volume provides a wealth of new, substantive, and scientifically excavated data, which contributors approach with fresh theoretical insights. In the process, they lay out sound strategies for understanding the ritual manipulation of monuments, landscapes, buildings, objects, and memories, as well as related topics encompassing the performance and negotiation of power throughout the city's extensive sociopolitical history.

This volume spans the fourteenth to nineteenth centuries, across Europe and its empires, and brings together historians, art historians, literary scholars and anthropologists to rethink medieval and early modern ritual. The study of rituals, when it is alert to the emotions which are woven into and through ritual activities, presents an opportunity to explore profoundly important questions about people's relationships with others, their relationships with the divine, with power dynamics and importantly, with their concept of their own identity. Each chapter in this volume showcases the different approaches, theories and methodologies that can be used to explore emotions in historical rituals, but they all share the goal of answering the question of how emotions act within ritual to inform balances of power in its many and varied forms. Chapter 5 of this book is available open access under a CC BY 4.0 license.

For centuries, a persistent and important component of Lakota religious life has been the Inipi, the ritual of the sweat lodge. The sweat lodge has changed little in appearance since its first recorded description in the late seventeenth century. The ritual itself consists of songs, prayers, and other actions conducted in a tightly enclosed, dark, and extremely hot environment. Participants who "sweat" together experience moral strengthening, physical healing, and the renewal of social and cultural bonds. Today, the sweat lodge

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ritual continues to be a vital part of Lakota religion. It has also been open to use, often controversial, by non-Indians. The ritual has recently become popular among Lakotas recovering from alcohol and drug addiction. This study is the first in-depth look at the history and significance of the Lakota sweat lodge. Bringing together data culled from historical sources and fieldwork on Pine Ridge Reservation, Raymond A. Bucko provides a detailed discussion of continuity and changes in the "sweat" ritual over time. He offers convincing explanations for the longevity of the ceremony and its continuing popularity.

A refreshed edition of *Jambalaya: The Natural Woman's Book of Personal Charms and Practical Rituals*—updated with a note from the author sharing the changes that have occurred in the 30 years since its original publication. "A book of startling remembrances, revelations, directives, and imperatives, filled with the mysticism, wisdom, and common sense of the African religion of the Mother. It should be read with the same open-minded love with which it was written."—Alice Walker, author of *The Color Purple* Since its original publication in 1985, *Jambalaya* has become a classic among Women's Spirituality Educators, practitioners of traditional Africana religions, environmental activists, and cultural creatives. A mix of memoir, spiritual teachings, and practices from Afro-American traditions such as Ifa/Orisha, and New Orleans Voodoo, it offers a fascinating introduction to the world of nature-based spirituality, Goddess worship, and rituals from the African diaspora. More relevant today than it was 36 years ago, the wisdom of *Jambalaya* reconnects us to the natural and spiritual world, and the centuries-old traditions of African ancestors, whose voices echo through time, guiding us and blending with our own. Pilgrimage to ritually significant places is a part of daily life in the Maya world. These journeys involve important social and

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practical concerns, such as the maintenance of food sources and world order. Frequent pilgrimages to ceremonial hills to pay offerings to spiritual forces for good harvests, for instance, are just as necessary for farming as planting fields. Why has Maya pilgrimage to ritual landscapes prevailed from the distant past and why are journeys to ritual landscapes important in Maya religion? How can archaeologists recognize Maya pilgrimage, and how does it compare to similar behavior at ritual landscapes around the world? The author addresses these questions and others through cross-cultural comparisons, archaeological data, and ethnographic insights.

1 Between Myth, Magic, and Science 2 Archaeo-astronomy and Myth 3 Earth Spirit 4 Numbers 5 Megalithic Structures, Ley Lines and the World Grid 6 Subtle Energy 7 Alchemy 8 Creating the Matrix 9 Astrology 10 Astronomical Alignments and Magical Rituals at Sacred Places 11 Temple design 12 Initiations and the Mystery Schools 13 Subtle Energy Knowledge in Religion 14 Egregores: The Creation of our Gods 15 The Occult Influence of Government and Religion on Society 16 Consecration and Desecration of Sacred Places 17 Monumental Masonic Magic 18 Ancient Occult Warfare 19 New Religion for the Aeon of Horus (Satan, Lucifer) 20 Esoteric Ancient Science and Technology 21 Hermetica and Paleophysics 22 Esoteric Modern Science and Technology 23 Tachyon Energy 24 Channelled Information on the Subtle Energy Grid 25 Escaping the Matrix Appendix I: Glossary of Elements of Ancient Subtle Energy Technology Appendix II: Numbers of the Canon Appendix III: The natural Meaning of the Alphabet Literature

Blending concepts from 'dramatism' such as 'victimage ritual' with Foucault's approach to modern power and knowledge regimes, this book presents a novel and illuminating perspective on political power and domination resulting from

the global war on terrorism. With attention to media sources and political discourse within the context of the global war on terror, the author draws attention to the manner in which power elites construct scapegoats by way of a victimage ritual, thus providing themselves with a political pretext for extending their power and authority over new territories and populations, as well as legitimating an intensification of domestic surveillance and social control. A compelling analysis of ritual rhetoric and political violence, *Power, Discourse and Victimage Ritual in the War on Terror* will be of interest to sociologists, political theorists and scholars of media and communication concerned with questions of surveillance and social control, political communication, hegemony, foreign policy and the war on terror.

Warfare, ritual human sacrifice, and the rubber ballgame have been the traditional categories through which scholars have examined organized violence in the artistic and material records of ancient Mesoamerica and Central America. This volume expands those traditional categories to include such concerns as gladiatorial-like boxing combats, investiture rites, trophy-head taking and display, dark shamanism, and the subjective pain inherent in acts of violence. Each author examines organized violence as a set of practices grounded in cultural understandings, even when the violence threatens the limits of those understandings. The authors scrutinize the representation of, and relationships between, different types of organized violence, as well as the implications of those activities, which can include the unexpected, such as violence as a means of determining and curing illness, and the use of violence in negotiation strategies.

Simple ways to bring ritual and meaning into your life How to create sacred spaces in your own home Step-by-step guidance on creating rituals for births, rites of passage, weddings, and other celebrations--both religious and secular

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The Omega Institute, the nation's largest holistic education and retreat center, has helped tens of thousands of people in their search for well-being, personal growth, and spiritual development through its world-renowned workshops and retreats. Now the experts at the Omega Institute share their wisdom with you in a unique series of books that provide the guidance, the inspiration, and the skills you need to bring increased meaning and vitality into your life. . . . We all seek spiritual wholeness, a sense of belonging, of individual identity as well as connection to something greater than ourselves. In this remarkable book, one of the Omega Institute's foremost experts explores the power of ritual to transform our lives, offering simple, creative ways to strengthen family, friendship, community--as well as sense of self. Here is inspiring evidence of the role of ritual in secular as well as religious life, and easy, do-it-yourself techniques to help you find inner peace, meaning, and well-being. Whether you find inspiration in religious tradition or wish to create meaningful new rituals of your own, you'll learn: How to explore the sacred through ritual How to tap into new sources of healing and energy Ancient rituals celebrating the seasons, the senses, time and space How to use ritual to strengthen marriage and family bonds

This volume consists of a number of carefully-selected readings that represent a wide range of discussions and theorizing about ritual. The selection encompasses definitional questions, issues of interpretation, meaning, and function, and a roster of ethnographic and analytical topics, covering classic themes such as ancestor worship and sacrifice, initiation, gender, healing, social change, and shamanic practices, as well as recent critical and reconstructive theorizing on embodiment, performance, and performativity. In their Introduction to the volume, the Editors provide an overall survey and critical consideration of topics,

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incorporating insights from their own long-term field research and reflections on the readings included. The Introduction and readings together provide a unique research tool for those interested in pursuing the study of ritual processes in depth, with the benefit of both historical and contemporary approaches.

A year-long magical adventure with everything the modern witch needs to develop their witchy practice. Have you ever looked at a full moon on a clear winter night and shivered? Have you walked in an ancient forest or sat in a stone circle and felt a deep sense of peace and belonging? Do you wonder if there is more to life than the grind of the everyday? Do you believe in magic? If the answers to any of these are yes, then you need witchcraft in your life. No longer tainted by notions of sorcery, hexes and cobwebs, witchcraft has been rediscovered by those of us yearning for re-enchantment. This book will guide you through a year of magic. Based on the cycles of nature and guided by the seasons, it will give you the tools and knowhow to unveil the magic that surrounds us. By celebrating the eight sabbats of the Wheel of the Year, you will work with nature to activate your hidden power and trigger miraculous happenings. Witchcraft can attract love, give your career a boost, protect your home and help with healing. It will enrich your life. Packed with information and inspiration, this book boosts well-being, self-worth and happiness by tapping into the healing power of nature, the cycle of the seasons, the pull of the moon, the wisdom of ancient trees and forgotten paths, and the spiritual rewards of creativity. It includes: Seasonal spells, remedies, rituals and affirmations that use the power of plants, herbs and stones to offer guidance and healing. Features including crystal gazing, dowsing, reading the Tarot, the magic of stone circles and folklore traditions, to increase knowledge and inspire curiosity. Creative projects with a witchy purpose that can be

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used in rituals and spells. Whether you are a solitary hedge witch, part of a coven, a practising witch or an aspiring one, this book will furnish you with the vital knowledge to enrich your journey and to sprinkle magic and enchantment over every day.

A practical guide to creating plant extracts, essences, and complexes for use in Druidic sex magic rituals • Explores the identification, harvesting, and magical properties of more than 70 flowers and trees • Details the careful and meticulous spagyric preparation of plant extracts and complexes • Demonstrates how plant compounds are used in Druidic sex magic rituals by both couples and groups In this practical guide to Druidic plant magic, Jon G. Hughes reveals the gentle alchemy of converting plant essences into potent compounds for working sex magic rituals. Examining the identification, harvesting, and magical properties of more than 70 flowers and trees, he details the careful and meticulous spagyric preparation of plant extracts and complexes as well as the process of obtaining or creating suitable alcoholic spirits for the base of these preparations. He includes instructions to make all necessary tools and explores how to prepare yourself to work with plant essences and properly use the magical compounds you create. Hughes explains how to release the energies, healing attributes, and magical capacities of flowers and trees through the respectful seduction of a plant's virtue and the 3-step spagyric process of separation, purification, and reunification. He shows how the spagyric process maximizes the power of the acquired essence in preparation for its use in magical ritual. Detailing Druidic sex rituals for both a couple and a group, Hughes demonstrates how plant compounds are used in specific magical rituals and practices as well as the role of the plant complex in sexual potency. Exploring the underlying accord between alchemy and Druidic practices, Hughes provides a

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valuable manual for anyone wishing to harness the magical potential of plant energy.

Casper ter Kuile, a Harvard Divinity School fellow and cohost of the popular Harry Potter and the Sacred Text podcast, explores how we can nourish our souls by transforming common, everyday practices—yoga, reading, walking the dog—into sacred rituals that can heal our crisis of social isolation and struggle to find purpose—a message we need more than ever for our spiritual and emotional well-being in the age of COVID-19. “After half a decade of research and hundreds of conversations with people around the country, I am convinced we are in the midst of a paradigm shift. That what used to hold us in community no longer works, and that the spiritual offerings of yesteryear no longer help us thrive.”—Casper ter Kuile What do Soul Cycle, gratitude journals, and tech breaks have in common? For ter Kuile they offer rituals that create the foundation for our modern spiritual lives. We are in crisis today. Our modern technological society has left too many of us—no matter our ages—feeling isolated and bereft of purpose. Previous frameworks for building community and finding meaning no longer support us. Yet ter Kuile reveals a hopeful new message: we might not be religious, but that doesn’t mean we are any less spiritual. Instead, we are in the midst of a paradigm shift in which we seek belonging and meaning in secular practices. Today, we find connection in: CrossFit and SoulCycle, which offer a sense of belonging rooted in accountability and support much like church groups Harry Potter and other beloved books that offer universal lessons Gratitude journals, which have replaced traditional prayer Tech breaks, which provide mindful moments of calm In The Power of Ritual, ter Kuile invites us to deepen these ordinary practices as intentional rituals that nurture connection and wellbeing. With wisdom and endearing wit, ter Kuile’s call for ritual is

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ultimately a call to heal our loss of connection to ourselves, to others, and to our spiritual identities. The Power of Ritual reminds us that what we already do every day matters—and has the potential to become a powerful experience of reflection, sanctuary, and meaning.

Examines African metallurgy and pottery from the concept of ritual, belief and taboo and discusses the gender implications of such a system.

Following on from the success of Theresa Cheung's previous 21 Ritual series comes a nature-based daily practice book. It contains 21 simple, easy daily rituals to help you tune into the natural world around you helping you to feel more grounded and connected to yourself and others. It is well known that spending time in nature increases our health, vitality, and sense of wellbeing. Some researchers have linked obesity, ADHD, and other health conditions to a disconnection from nature (what Richard Louv calls 'nature-deficit disorder').

The problem is that our society has never been as far removed from nature or our natural affinities with the nonhuman world as we are today. Spending more time in nature is an obvious solution to feelings of disconnection. Drawing on what science and psychology teach us about the benefits of connecting more to the living power of nature and how to strengthen it using the life changing power of ritual this book offers 21 powerful rituals that don't necessarily require a wilderness trek or trip to the countryside. Readers will be encouraged to perform 21 'connecting with nature' rituals every day over a three-week period as research shows that it takes around three weeks to ensure a daily ritual becomes entrenched at neural level. Some of the rituals will need to be performed outdoors in easy to find locations but others can be performed in your home or office. The first week will focus on connecting with nature indoors, the second in the fresh air and the third at a specific location so the progression to

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'wild' nature is accessible. The rituals are very easy to understand and incorporate into everyday life; some in a matter of moments and others a little while longer.

This volume contains a series of provocative essays that explore expressions of magic and ritual power in the ancient world. The strength of the present volume lies in the breadth of scholarly approaches represented. The book begins with several papyrological studies presenting important new texts in Greek and Coptic, continuing with essays focussing on taxonomy and definition. The concluding essays apply contemporary theories to analyses of specific test cases in a broad variety of ancient Mediterranean cultures. Paul Mirecki, Th.D. (1986) in Religious Studies, Harvard Divinity School, is Associate Professor of Religious Studies at the University of Kansas. Marvin Meyer, Ph.D. (1979) in Religion, Claremont Graduate School, is Professor of Religion at Chapman University, Orange, California, and Director of the Coptic Magical Texts Project of the Institute for Antiquity and Christianity.

Harness the power of crystal magic--a complete witches' guide Explore a collection of magical practices that embrace the power of crystals and bring a new dimension to your craft. Crystals for Witches is your ultimate guide to selecting and incorporating the right crystals for your spells and rituals--no matter what kind of witch you are. From making an amulet for prosperity out of quartz, to protecting your home with black agate, to using amethyst for spiritual awakening, this book will teach you how to make crystals a guiding force in your magical practice. Crystals for Witches features: All about crystals--Learn the basics of crystal magic, including how to choose, cleanse, and activate them, before moving into tips and guidance for altars, grids, meditations, spellwork, and beyond. Finding the magic--Discover what makes crystals such an important part of witchcraft, and learn practical ways

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to build the relationship between yourself and the spirit within a crystal. Know your stones--Reference full profiles on over 30 different crystals, plus quick overviews of 100 more, so you can easily identify any stone and its specific magical properties. Find simple, powerful ways to infuse crystal magic into your spells and rituals with Crystals for Witches.

Embrace the timeless teachings of the chakra system for peace of mind, better physical health, and a sense of alignment, fulfillment, and purpose. The key to optimal health and well-being is within us, in powerful energy centers called chakras. Ancient cultures understood the sacred healing power of chakras and that self-care aligned with nature. In Chakras & Self-Care, you'll engage in a series of meditative exercises that activate and balance each of your seven main chakras. Reiki master and wellness expert Ambi Kavanagh also offers daily and seasonal rituals to show us that true prevention not only comes from the ways we care for our bodies, but the ways we spend our energy. Chakras & Self-Care features:

- Affirmation, visualization, and activation exercises to align and balance each chakra for improved energetic flow
- A comprehensive guide to the seven main chakras plus astrological and elemental correspondences and goddess archetypes
- Essential oil blend recipes and sacred stones to open and support each chakra
- Daily rituals to recharge and restore your mental, emotional, physical, and spiritual health
- Seasonal energy rituals to reconnect with nature's rhythms and lunar cycles

Comparative approaches to political rituals and ceremonies in Byzantium and other court cultures of the Mediterranean basin form the subject of this collective volume, which examines related topics from the viewpoint of transformation, succession, appropriation, and representation in art and literature.

Ritual is perhaps the oldest, and certainly the most enigmatic,

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thread in human culture. Apparently pointless ceremonies pervade every documented society: from handshakes to hexes, hazings to parades. Before we ever learned to farm, we were gathering in giant stone temples. And yet, though rituals exist in every culture and can persist nearly unchanged for centuries, their logic has remained a mystery until now. Today, a fearless new generation of anthropologists is venturing into this shadowy realm. Armed with cutting-edge technology and drawing on discoveries from a huge range of disciplines, they emerge with a powerful new perspective on our place in the world. Join the pathfinding scientist Dimitris Xygalatas on a tour of human culture at its strangest. In coronations, in silent prayer, in fire-walks and terrifying rites of passage, in all the bewildering variety of humanity's ritual life, Xygalatas reveals the deep and subtle mechanisms that bind us together.

The ancient Mesoamerican city of Izapa in Chiapas, Mexico, is renowned for its extensive collection of elaborate stone stelae and altars, which were carved during the Late Preclassic period (300 BC-AD 250). Many of these monuments depict kings garbed in the costume and persona of a bird, a well-known avian deity who had great significance for the Maya and other cultures in adjacent regions. This Izapan style of carving and kingly representation appears at numerous sites across the Pacific slope and piedmont of Mexico and Guatemala, making it possible to trace political and economic corridors of communication during the Late Preclassic period. In this book, Julia Guernsey offers a masterful art historical analysis of the Izapan style monuments and their integral role in developing and communicating the institution of divine kingship. She looks specifically at how rulers expressed political authority by erecting monuments that recorded their performance of rituals in which they communicated with the supernatural realm in

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the persona of the avian deity. She also considers how rulers used the monuments to structure their built environment and create spaces for ritual and politically charged performances. Setting her discussion in a broader context, Guernsey also considers how the Izapan style monuments helped to motivate and structure some of the dramatic, pan-regional developments of the Late Preclassic period, including the forging of a codified language of divine kingship. This pioneering investigation, which links monumental art to the matrices of political, economic, and supernatural exchange, offers an important new understanding of a region, time period, and group of monuments that played a key role in the history of Mesoamerica and continue to intrigue scholars within the field of Mesoamerican studies.

Analyzes three important alchemical treatises from the 17th century, explaining them symbolically, psychologically, and magically. This title also includes illustrations, a glossary, a biographical dictionary, a bibliography, an index, and an introduction.

'Ritual Failure' is a new concept in archaeology adopted from the discipline of anthropology.

Resilient religious systems disappearing, strict believers and faithful practitioners not performing their rites, entire societies changing their customs: how does a religious ritual system transform, change or disappear, leaving only traces of its past glory? Do societies change and then their ritual? Or do customs change first, in turn provoking wider cultural shifts in society? Archaeology possesses the tools and methodologies to explore these questions over the long term; from the emergence of a system, to its

peak, and then its decay and disappearance, and in relation to wider social and chronological developments. The collected papers in this book introduce the concept of 'ritual failure' to archaeology. The analysis explores ways in which ritual may have been instrumental in sustaining cultural continuity during demanding social conditions, or how its functionality might have failed – resulting in discontinuity, change or collapse. The collected papers draw attention to those turbulent social times of change for which ritual practices are a sensitive indicator within the archaeological record. The book reviews archaeological evidence and theoretical approaches, and suggests models which could explain socio-cultural change through ritual failure. The concept of 'ritual failure' is also often used to better understand other themes, such as identity and wider social, economic and political transformations, shedding light on the social conditions that forced or introduced change. This book will engage those interested in ritual theory and practices, but will also appeal to those interested in exploring new avenues to understanding cultural change. From transformations in the use of ritual objects to the risks inherent in practicing ritual, from ritual continuity in customs to sudden and profound change, from the Neolithic Near East to Roman Europe and Iron Age Africa, this book explores what happens when ritual fails.

This volume contains a series of provocative essays, written by leading scholars who study the ancient Mediterranean and Near Eastern worlds, on magic and ritual power. The essays address how ancient magic might be defined and how it came into expression in a wide variety of cultural contexts. This publication has also been published in paperback, please click here for details.

Drawing upon the category “ritual practices of time” the book offers a comparative analytical model and theoretical insights about calendars in Mesoamerica and in general. This comprehensive study systematically explicates how ritual practises are represented and conceptualised in intellectual systems and societies.

Secret societies in tribal societies turn out to be key to understanding the origins of social inequalities and state religions.

Within every crystal is a message. Each stone has a story that can teach and heal us if we reflect deeply on its image. Written by the world's leading crystal expert, Judy Hall, *The Crystal Seer* is a portable crystal reference and oracle. Readers can peruse the pages until their finger catches a page or simply choose a stone that speaks to them. Each entry includes a dazzling full-color crystal image and explains its magical power and how it can be used in meditation and ritual. Whether used intuitively or as a reference guide, *The Crystal Seer* will show you

how to tap into the power of the stones.

The Oxford Handbook of the Archaeology of Ritual and Religion provides a comprehensive overview by period and region of the relevant archaeological material in relation to theory, methodology, definition, and practice. Although, as the title indicates, the focus is upon archaeological investigations of ritual and religion, by necessity ideas and evidence from other disciplines are also included, among them anthropology, ethnography, religious studies, and history. The Handbook covers a global span - Africa, Asia, Australasia, Europe, and the Americas - and reaches from the earliest prehistory (the Lower and Middle Palaeolithic) to modern times. In addition, chapters focus upon relevant themes, ranging from landscape to death, from taboo to water, from gender to rites of passage, from ritual to fasting and feasting. Written by over sixty specialists, renowned in their respective fields, the Handbook presents the very best in current scholarship, and will serve both as a comprehensive introduction to its subject and as a stimulus to further research.

Shamanism can be defined as the practice of initiated shamans who are distinguished by their mastery of a range of altered states of consciousness. Shamanism arises from the actions the shaman takes in non-ordinary reality and the results of those actions in ordinary reality. It is not a religion, yet it demands spiritual discipline and

personal sacrifice from the mature shaman who seeks the highest stages of mystical development.

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University of Texas Press

In *The Power of Hex*, author Shawn Engel shows young women how to use their own power in an inclusive way, and empowers them to create their own spells with their new knowledge. Beginning with the definition of hexing, unpacking the ethics, and showing how disenfranchised groups have used this type of magic throughout history for protection, *The Power of Hex* leads into modern takes on the practice. From there, an overview of focusing energy in different rituals leads into four main spell chapters, rounding out to a chapter dedicated to building your own spells using aligned ingredients. This book sets itself apart because it aims to simplify this powerful type of magic while enforcing morality. We don't want to sink to the level of those we are cursing; hexing is meant to protect and arm. A beautiful, four-color design and illustrated guides introduce new witches to sigils, amulets, potions, and spells. Hex responsibly and effectively!

In *Rules and Rituals in Medieval Power Games* Gerd Althoff highlights the great impact of unwritten rules (Spielregeln) and rituals in establishing order in prestate societies. He underpins this view with new examples and insights taken from the German

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perspective and thus offers a model suitable for comparison with other societies.

This beautiful, inspiring book features 160 impactful, practical ways to transform everyday tasks into enjoyable, indulgent moments that reduce stress and leave you feeling balanced, connected, and ready to take on the day. In *Rituals for Life*, you'll discover how to transform everyday activities such as waking, bathing, eating, and walking into mindfulness exercises. With 160 rituals throughout, you'll learn how to infuse meaning into your daily life and improve your sense of health, empowerment, peace, prosperity, gratitude, intentionality, groundedness, and renewal. Examples of rituals include: -Greet the dawn -Walk through green space to reflect, refresh, and restore healthy well-being -Heat or cool your body with Ayurvedic spices -Use your breath to find bliss -Create a personal ceremony to bless your healthy body and creative mind Within each chapter, you'll find suggested ritual sequences to further guide and structure your days. You'll also discover how to select rituals from the book to create your own unique routines that fit your mood, needs, interests, and desires. With *Rituals for Life*, you'll transform mundane tasks into inspiring, enriching ways to savor life and enhance your overall well-being.

For more than a century the artisans and labourers of Renaissance Florence turned the city into their

own 'empire' during times of public festivity. From the republic of the late 1400s through to the grand duchy of the early seventeenth century, up to forty brigades of men called the potenze, or powers, elected kings, carved out territories, and entered into a dialogue with citizens and with their Medici patrons. This study traces the rise and fall of this carnivalesque subculture for the first time. It describes how workers represented themselves, their neighbourhoods, and their trades on the public stage through rituals such as stone-fighting and jousting, and reveals how the politics of this festive world were closely linked to everyday patterns of social bargaining around the person of the prince. In the early 1600s the micro-states of the potenze were partially suppressed and they gradually disappeared from the Florentine urban stage. The account of this transformation presented here shows how Tridentine reform and economic crisis combined to undermine hypermasculine carnival ritual as a language of civic contract, confining the potenze to making pilgrimages to shrines and convents in the Florentine countryside. At the same time it is shown how economic and religious change empowered groups of artisan women to take up the model of the potenze in order to make their own collective pilgrimages outside the city walls. Through the story of the potenze, this book provides fresh insights into the dynamics of class and gender relations, and the

nature of agency, in early modern Italy.

The academic study of diamonds is as multi-faceted as the precious stones themselves. Mineralogists and geographers have written about them, as have historians and economists and students of art and fashion. They each shine their light on a different aspect of this source of luminous radiance. But who would venture to describe the entire complicated worldwide system starting in the diamond mines and ending with the consumers of Western metropolises? In *The Mazon Ritual: Culture, Customs and Crime in the Diamond Trade*, Russian-Israeli cultural anthropologist and criminologist Dina Siegel follows the route of a diamond from the mines of Africa to the shops of Europe and the United States, as it passes through countless hands and places and is smuggled, stolen, cut, polished, sold, exchanged and, finally, worn as jewelry. In the course of this long and exciting journey, a wide range of people face all sorts of risks and criminality, as well as various moral and ethical judgments. Siegel describes the range of ethnic groups that are active in the diamond trade and the culture and customs that are specific to this business. She analyses the dangers and threats to the industry and aims to uncover the strategies and tactics to deal with them. Finally, this story of risk, trust and crime examines the vulnerability of diamond production and distribution to illicit and criminal activities. This

book is about the diamond business itself as well as about those involved in it. It tells the story of people who simply cannot stay away from this expensive and alluring commodity.

The Bioarchaeology of Ritual and Religion is the first volume dedicated to exploring ritual and religious practice in past societies from a variety of 'environmental' remains. Building on recent debates surrounding, for instance, performance, materiality and the false dichotomy between ritualistic and secular behavior, this book investigates notions of ritual and religion through the lens of perishable material culture. Research centering on bioarchaeological evidence and drawing on methods from archaeological science has traditionally focused on functional questions surrounding environment and economy. However, recent years have seen an increased recognition of the under-exploited potential for scientific data to provide detailed information relating to ritual and religious practice. This volume explores the diverse roles of plant, animal, and other organic remains in ritual and religion, as foods, offerings, sensory or healing mediums, grave goods, and worked artifacts. It also provides insights into how archaeological science can shed light on the reconstruction of ritual processes and the framing of rituals. The 14 papers showcase current and new approaches in the investigation of bioarchaeological evidence for

elucidating complex social issues and worldviews.

The case studies are intentionally broad, encompassing a range of sub-disciplines of bioarchaeology including archaeobotany, anthracology, palynology, micromorphology, geoarchaeology, zooarchaeology (including avian and worked bone studies), archaeomalacology, and organic residue analysis. The temporal and geographical coverage is equally wide, extending across Europe from the Mediterranean and Aegean to the Baltic and North Atlantic regions, and from the Mesolithic to the medieval period. The volume also includes a discursive paper by Prof. Brian Hayden, who suggests a different interpretative framework of archaeological contexts and rituals.

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