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Explore the Wisdom of the Animal World Shamanism teaches us that the intelligence of nature is all around us, waiting for us to reach out with open hearts and listen to its guidance. When we turn our attention to the incredible community of animal life and the teachings they have to share, we open ourselves to a vibrant, interconnected world full of spiritual truths and transformational insights. Through myth, tradition, science, and story—combined with the power of personal observation—we can see how animals offer profound life lessons every day: Ants readily demonstrate the power of teamwork. Bears show us how to protect what's most important to us. Eagles embody the value of clear vision. In *Shamanic Power Animals: Embracing the Teachings of Our Non-Human Friends*, Toltec shaman don José Ruiz takes a deep dive into this rich and vital store of animal wisdom and demonstrates how we can incorporate its lessons into our daily lives. In the first section of this book, Ruiz explains how power animals represent a path to our own personal power and provides a foundational

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understanding of the animal world based on the symbol of the medicine wheel and its association with the elements of earth, air, fire, and water. The second section contains a power animal compendium covering over 200 animals. Each entry includes exercises, prayers, and chants for use in communicating and collaborating with these powerful allies on your own personal journey toward awareness and healing. The result is both a reference guide to the wisdom of the animal world and a road map for activating this wisdom within yourself. This fascinating book by best-selling author, psychologist, and medical anthropologist Alberto Villoldo explains the practices for healing outside of ordinary time and space. It shows you how to enter the timeless now to heal events that occurred in the past, and to correct the course of destiny. Dr. Villoldo discusses ways in which you can heal yourself and your loved ones by employing intention through practices used by shamans of the Americas—which, until now, have been inaccessible to most of the world. The shamans of old called this journeying. In this book, you'll discover that you have a four-chambered heart in the same way you have a four-chambered soul. In the first chamber, you store away the memory of a wound that derailed your destiny. In the second, you keep the limiting beliefs and soul contracts that you entered into at the time of your loss. In the third, you recover the grace and trust that will make you whole again;

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and in the fourth, you remember the calling and mission that you choose to unfold in this lifetime. “While everyone has a future,” Villoldo says, “only certain people have a destiny.” This book shows you how to find and manifest yours.

Artist Shaman Healer Sage is a foundational shamanic guide for igniting your creativity and passion as the conscious dreamer of your life. It is a spiritual guidebook for your soul's walk upon earth, guiding you into universal spiritual wisdom, practices, ritual, and ceremony for living life in harmony. It is the perfect guide to navigate the challenging times that are upon us as humanity is at a crossroads. Artist Shaman Healer Sage offers timeless ancient wisdom in a modern day time of need. It is a treasure and a blessing, bridging the spiritual mystical world of Spirit with the earthly life as human. This is the perfect guide to assist you in living an intention life, empowered to create with greater joy and harmony.

Today, practicing shamanism doesn't mean you have to live in a rain forest or a desert. Thanks to a modern renaissance of shamanic spirituality, practitioners from all walks of life now use powerful indigenous techniques for healing, insight, and spiritual growth. With *Awakening to the Spirit World*, teachers Sandra Ingerman and Hank Wesselman bring together a circle of renowned Western

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shamanic elders to present a comprehensive manual for making these practices accessible and available in our daily lives, including: How the original practice of shamanism shaped the world's spiritual traditions and why it is still relevant today. The art of the shamanic journey--a time-tested meditative method for experiencing important spiritual lessons and truths. Guidance for avoiding common pitfalls of shamanic practice. Instruction for working with your dreams, connecting to your spirit guides, healing yourself and your environment. The core of shamanism is the experience of direct revelation-- to communicate firsthand with your spiritual allies and discover your own power. Awakening to the Spirit World takes you through each step of developing a personal connection with your helping spirits to receive wisdom, insight, and healing energy. From an overview of shamanism, to your first journeys and encounters with your power animals, to expanding your skills and insight through long-term practice, here is an in-depth resource for the shamanic arts that includes: Creating rituals and ceremonies for healing and transformation Reconnecting with nature to heal ourselves and the planet Working with your dreams, songs, and artistic vision to strengthen your practice Traditional wisdom for children-- healthy rites of passage for each phase of a child's journey to adulthood Honoring the cycle of life and death-- shamanic practices to prepare for and celebrate our final transition in this life Excerpt

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Shamanism is the most ancient spiritual practice known to humankind and is the “ancestor” of all our modern religions. As a method, it is a form of meditation combined with a focused intention to accomplish various things, as well become apparent in this book. As a spiritual practice, shamanism can become a way of life that may utterly transform the one who practices it. The word “shaman” comes from the language of the Evenki peoples, a Tungusic tribe in Siberia. This is a word whose meaning has to do with esoteric knowledge and extraordinary spiritual abilities and as such a shaman is often defined as an intermediary between the human and spirit worlds. In shamanic cultures, the word “shaman” has come to mean “the one who sees in the dark” or “the one who knows.” There are certain commonalities in a shaman’s worldview and practice across the world that allow us to make certain broad generalizations about shamanism. In the majority of indigenous cultures, the universe is viewed as being made up of two distinct realms: a world of things seen and a world of things hidden, yet that these two worlds present themselves together as two halves of a whole. The shaman is the inspired visionary, a man or a woman who learns through practice how to enter into this “world of things hidden,” and once there, he or she typically encounters extra-mundane personalities or archetypal forces that the indigenous peoples refer to as spirits, ancestors, or even gods. Reviews

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"Awakening to the Spirit World" takes a deep look at tapping sources of invisible power in daily life. So much of what Sandra Ingerman and Hank Wesselman write about is lost to modern medicine: listening to the weather and the elements, understanding death, and more. This is a courageous book that will appeal to all who long to explore the unseen world." —Judith Orloff, MD, author of Emotional Freedom "In an era when chaos, confusion, and uncertainty take center stage, the ancestors, focused on balancing the energies of life, call forth calm, clarity, and pragmatic direction for accessing the medicine needed to heal the individual and collective psyche. In this moment in time, we are invited into "Awakening the Spirit World," where we are reassured that we are not alone. We are in good company, indeed." —Malidoma Patrice Some, PhD, author of "Of Water and the Spirit, The Healing Wisdom of Africa," and "Ritual: Power, Healing, and Community."

Reveals for the first time the ancient tradition of bee shamanism and its secret practices and teachings • Examines the healing and ceremonial powers of the honeybee and the hive • Reveals bee shamanism's system of acupuncture, which predates the Chinese systems • Imparts teachings from the female tradition and explores the transformative powers of the magico-sexual elixirs they produce Bee shamanism may well be the most ancient and enigmatic branch of

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shamanism. It exists throughout the world--wherever in fact the honeybee exists. Its medicinal tools--such as honey, pollen, propolis, and royal jelly--are now in common usage, and even the origins of Chinese acupuncture can be traced back to the ancient practice of applying bee stings to the body's meridians. In this authoritative ethnography and spiritual memoir, Simon Buxton, an elder of the Path of Pollen, reveals for the first time the richness of this tradition: its subtle intelligence; its sights, sounds, and smells; and its unique ceremonies, which until now have been known only to initiates. Buxton unknowingly took his first steps on the Path of Pollen at age nine, when a neighbor--an Austrian bee shaman--cured him of a near-fatal bout of encephalitis. This early contact prepared him for his later meeting with an elder of the tradition who took him on as an apprentice. Following an intense initiation that opened him to the mysteries of the hive mind, Buxton learned over the next 13 years the practices, rituals, and tools of bee shamanism. He experienced the healing and spiritual powers of honey and other bee products, including the "flying ointment" once used by medieval witches, as well as ritual initiations with the female members of the tradition--the Mellisae--and the application of magico-sexual "nektars" that promote longevity and ecstasy. The Shamanic Way of the Bee is a rare view into the secret wisdom of this age-old tradition.

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This useful book reveals profound teachings about shamanic drumming, which is a time-honored method of healing and helping others. Rhythmist Drake presents the first practical guide to applying this ancient healing art to modern lives.

An experiential guide to the wisdom preserved in Europe's far north • Includes shamanic journeys to connect with deities and your ancestral shamans •

Provides step-by-step instructions to prepare for and conduct a seiðr ceremony •

Draws on archaeological evidence and surviving written records from Iceland •

Reveals the long tradition of female shamans in northern European shamanism

Shamanism is humanity's oldest spiritual tradition. In much of the Western world, the indigenous pre-Christian spiritual practices have been lost. Yet at the northern fringes of Europe, Christianity did not displace the original shamanic practices until the end of the Viking age. Remnants of Norse shamanic spirituality have survived in myths, folk traditions, and written records from Iceland, providing many clues about the ancient European shaman's world, especially when examined in conjunction with other shamanic cultures in northern Eurasia, such as the Sami and the tribes of Siberia. Reconstructing the shamanic practices of the hunter-gatherers of Scandinavia, Evelyn Rysdyk explores the evolution of Norse shamanism from its earliest female roots to the pre-Christian Viking Age. She explains how to enter Yggdrasil, the World Tree, to travel to

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other realms and provides shamanic journeys to connect with the ancestral shamans of your family tree, including the Norse goddess Freyja, the very first shaman. She offers exercises to connect with the ancient goddesses of fate, the Norns, and introduces the overnight wilderness quest of útisetá for reconnecting with the powers of nature. She explains the key concepts of Ørlög and Wyrð--the two most powerful forces that shape human lives--and provides exercises for letting go of harmful behavior patterns and transforming simple knowledge into profound wisdom by connecting with Óðinn. Thoroughly examining the shamanic rituals of seiðr, the oracular magic of the Nordic cultures, the author provides step-by-step instructions to prepare for and conduct a seiðr ceremony, including creating your own seiðr staff and hood, and explores the ancestral use of shamanic songs or varðlokur to accompany the ceremony. Woven throughout these exercises, Rysdyk provides archaeological evidence from Neolithic sites supporting the long tradition of venerating wise women, grandmothers, and mothers in ancient cultures and the important role of female shamans at the heart of northern European shamanism. Providing an accessible guide for anyone trying to fulfill their shamanic callings, these powerful rituals can provide personal healing and a clear path for finding our way into a harmonious relationship with the natural world.

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Combining elements of Andrew Weil's SPONTANEOUS HEALING and Carolyn Myss's ANATOMY OF THE SPIRIT with a concept all its own, Alberto Villoldo's remarkable book, Shaman, Healer, Sage demonstrates the healing power of energy medicine - a tradition practised in the Americas for more than 5,000 years - which is finally being recognized today by the medical establishment. As he explores such subjects as the Luminous Energy Field that surrounds our bodies, Villoldo shows us how, by learning to see and influence the imprints of disease on this aura of energy, we can discover not only how to heal ourselves and others, but prevent illness as well. Here too, he explores the subject of life beyond death, navigating this unseen world with the knowledge of a scientist and the wisdom of a shamanic healer. Classically trained as a medical anthropologist and a foremost teacher of the shamanic techniques of the Inkas, among whose descendants he has studied for more than twenty-five years, Villoldo weaves together a host of illuminating stories and exercises to provide an accessible, practical, and revolutionary programme of healing.

A shaman can serve as a healer, storyteller, and a keeper of wisdom—but most of all, teaches Sandra Ingerman, “Shamans radiate a light that uplifts everybody. In our culture, we tend to focus on methods and forget that the greatest way we can offer healing to the world is to become a vessel of love.” With *Walking in Light*, this renowned teacher offers a complete

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guide for living in a shamanic way—empowered by purpose, focus, and a deep connection to the spiritual dimensions. “Shamanism remains so relevant because it continues to evolve to meet the needs of the times and culture,” teaches Sandra. Here you are invited to participate in the modern evolution of this ancient and powerful form of spirituality, featuring:

- Foundational practices—lucid instruction on the shamanic journey, ceremonies, and other techniques for accessing the hidden realms of spirit
- Compassionate spirits, allies, and ancestors—how to contact and build a relationship with your power animals and spiritual helpers
- Healing from a shamanic perspective—practices that can integrate with and enhance any healing modality
- Guidance for deepening your connection with the environment and the rhythms of the natural world
- Ways to cultivate a rich inner landscape that empowers your intentions and actions in every aspect of your life, and much more

Walking in Light is a comprehensive resource filled with practical techniques, indigenous wisdom, and invaluable guidance for both new and experienced shamanic practitioners. Most importantly, Sandra Ingerman illuminates the meaning behind the practices—revealing our universe as a place where spirit is the ultimate reality, where our intentions shape our world, and where unseen allies support us on every step of our journey.

Discover the secrets of prayer for healing and inner peace. This is a book about prayer—but not the kind of prayer that you are probably familiar with. It is a book about prayer that will teach you how to get in touch with the universe and communicate with Spirit. It is a book that will initiate you into a new way of being, one that will incorporate the wisdom of the ages. José Luis Stevens will lead you on a spiritual path that covers the entire range of human experience, from gratitude, worship, and celebration to grief, guilt, affliction, supplication, and suffering.

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This incredibly potent spiritual practice is one of humankind's most ancient and enduring activities and is as prevalent today as it was thousands of years ago. Building on his decades of training and teaching in the shamanic tradition, Stevens offers a complete guide to this universal, transformative practice in *How to Pray the Shaman's Way*. This book is not only an in-depth exploration of prayer as an innate human phenomenon but also a practical guide for initiating or deepening your own rich prayer practice. Packed with inspired prayers that can be adapted for many different traditions, this book is a deep dive into the world of personal transformation, healing, and spiritual guidance.

The *Yoga Sutras of Patanjali* is the classic Hindu text on the spiritual practice of yoga. Written more than 2,000 years ago, these teachings provide a rich, contemplative understanding of yoga and philosophy. Derived from an ancient oral tradition, when the Divine feminine was worshiped, the *Yoga Sutras* were later taught by priests and scholars from a masculine tradition that obscured their deep wisdom. While there are many scholarly translations of the *Yoga Sutras*, in this book, best-selling author and shaman Alberto Villoldo reveals how these teachings are available to us at all times—without gurus, temples, or decades of study. Villoldo's own fieldwork with the high shamans of the Americas has shown that the goals of shamanism and yoga are identical, and he demonstrates the parallels in their practices. In a series of short, inspirational passages from the *Sutras*, the reader is led toward self-realization and enlightenment in its simplest form. In this treasured book, Villoldo brings to life the spiritual teachings of yoga in a pure and practical way—stripped of dogma and brimming with poetry and spirit.

A step-by-step guide to authentic advanced shamanic practices • Offers hands-on instructions

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for more than 30 practices, including sacred Fire ceremonies, direct shamanic viewing, shamanic death and rebirth, working with healing stones, shamanic lucid dreaming, shamanic healing, and advanced methods for acquiring an animal spirit guide • Allows solitary shamanic practitioners to advance their practice • Examines the biological foundations of spiritual experience, the many ways that Psi phenomena and shamanism are linked, and their relationship to the scientific concept of quantum entanglement In this step-by-step guide to more than three dozen advanced shamanic practices, James Endredy shares the wisdom and techniques he has learned through 30 years of working with shamanic teachers from all over the globe, including Huichol kawiteros, Tibetan lamas, Incan, Mayan, and Tukano shamans, Indian siddhas, the Kanaka Maoli of Hawai'i, and elders from many Native American tribes, such as the Seneca, Lenni Lenape, Arapaho, Sioux, Tuscarora, Yurok, Navajo, and Hopi. Endredy offers hands-on instructions for sacred Fire ceremonies, direct shamanic viewing, experiencing shamanic death and rebirth, working with and acquiring healing stones, shamanic lucid dreaming, shamanic healing, and advanced methods for acquiring an animal spirit guide, including how to properly retain its spirit in a sacred bundle or altar and how to use its power responsibly for healing. He provides a meticulous step-by-step approach to working with the five points of attention, a Huichol teaching on sacred awareness and shamanic levels of attention. He also examines the many ways that Psi phenomena and shamanism are linked and their relationship to the scientific concept of quantum entanglement. Showing how quantum physics is the scientific expression of shamanism, the author also explores the biological foundations of spiritual experiences, including the roles of serotonin, dopamine, and opioid transmitters, and the connections between altered consciousness and shamanic states.

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Integrating modern research with ancient knowledge to provide an enlightened view of shamanism that marries science and spirit, this guide offers authentic shamanic wisdom and techniques to help the solitary practitioner move forward on their shamanic path.

From the rainforests of the Amazon to the remotes of the Andes, an eminent seeker describes the path that brought him to discover the traditions of Huachuma shamanism. Based on the clear laws of nature in both the material and energetic dimensions, the shaman's world reflects 5,000 years of Huachuma philosophies of harmony and oneness - as shown through totem animals, elements of nature, physical archetypes, and energy postures. His experiences offers possibilities for deep healing in all aspects of life, including well-being, relationships, and child rearing, and his ideas are presented as simple, profound wisdoms that are palatable and beneficial to other seekers without requiring additional shamanic experience.

A compelling and insightful story of a horse whisperer and shaman who chose to heal her past with the help of horses and nature. Join Alexandra on her remarkable journey as she explores her past to transform painful emotional patterns that continued to disrupt her life. Celebrate with her as the horses, nature, and guides illuminate old wounds and teach her how to heal. Through the powerful art of storytelling, Alexandra guides you on how to identify wounds, heal your past, read signs and synchronicities, and embrace your own shamanic wisdom. Learn how we, too, can communicate with animals and nature, heal the past, discover our life's purpose, and ultimately express our highest potential with passion and enthusiasm.

Sandra Ingerman We perform ceremonies to mark important events and celebrate holidays—yet our modern approach to ceremony only scratches the surface of its true potential. With *The Book of Ceremony*, shamanic teacher Sandra Ingerman presents a rich and practical

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resource for creating ceremonies filled with joy, purpose, and magic. “We are hungry to connect with more than what we experience with our ordinary senses in the material world,” writes Sandra. “By performing ceremonies, you will find yourself stepping into a beautiful and creative power you might never have imagined.” Weaving shamanic teachings together with stories, examples, and guiding insights, *The Book of Ceremony* explores:

- The elements of a powerful ceremony—including setting strong intentions, choosing your space, preparing ceremonial items, and dealing gracefully with the unexpected
- Stepping into the sacred—key practices for leaving behind your everyday concerns and creating a space where magic can happen
- Guidance for working alone, in community, and across distances with virtual ceremonies
- Invoking spiritual allies—the power of working with the elements, the natural world, ancestor spirits, and the creative energy of the divine
- Sacred transitions—including ceremonies for weddings, births, rites of passage to adulthood, funerals, honorable closure, and new beginnings
- Ceremonies for energetic balance—healing and blessing, resolving sacred contracts, getting rid of limiting beliefs, creating Prayer Trees, and more
- Life as a ceremony—how to infuse your entire life with ceremonial practice, from planting a garden or to revitalizing your home or office to helping heal our planet

The Book of Ceremony is more than a “how-to” guide—it will inspire you to create original ceremonies tailored to your own needs and the needs of your community. When you invoke the sacred power of ceremony, you tap into one of the oldest and most effective tools for transforming both yourself and the world. As Sandra writes, “If you perform one powerful and successful ceremony for yourself, the principle of oneness ensures that all of life heals and evolves.”

Praise for Michael Samuels and Mary Rockwood Lane "Filled with the truth about how spirit

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can heal us. I was very moved by this powerful book." –Christiane Northrup, M.D. (on Spirit Body Healing) "Dr. Michael Samuels provides us with new tools and ways of thinking about our capacity to heal. He has been a wonderful teacher for me and can be for you. . . . His work is inspiring." –Bernie Siegel, M.D. "Healing is a creative process. These heartfelt stories and beautiful visualizations inspire the reader to see all life as a healing journey." –David Simon, M.D. (on Spirit Body Healing) "Dr. Michael Samuels is one of the leading pioneers in exploring creativity as an important part of every person's healing journey." –Dean Ornish, M.D. Ancient spiritual wisdom—practical results Long before there were medical doctors, surgical procedures, and prescription drugs, shaman healers learned to combat illness and restore physical health using the tools and skills of the body, mind, and spirit. Shaman Wisdom, Shaman Healing shows you how to harness the power of these ancient shamanic traditions to expand your ability as a healer. This practical, prescriptive guide offers a step-by-step program that shows you how to focus the power of your mind, open yourself to your visionary life, and allow the healing spirit to flow through you. You'll learn how to heal yourself and others using proven techniques drawn from both Native American and Asian traditions, including: Heeding the call Creating a sacred space Inviting spirit through prayer Using guided imagery and moving healing energy Invoking spirit animals and the spirits of ancient ones Using a medicine wheel and cultivating visions

The Illumination Process guides the reader on a healing journey, forged by the timeless wisdom of indigenous cultures and the latest theories of neurobiology. Through various stages in this journey of initiation, we grow to understand the causes of our suffering and how to free ourselves from the pain and drama of our unhealed emotions. Life itself invites us to be

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initiated through many means—the possibility of love, the loss of a parent or friend, the birth of a child, or a serious health crisis. True initiation is empowered by facing personal challenges and experiencing the spiritual rebirth—or illumination—that follows. Unifying this book is the sacred process of transforming toxic emotions into sources of power and grace. The Illumination Process shows us how to bid a joyful good-bye to the people and places we have met, discovering a sacred space where the spirit inhabits, uniting the body and soul. When we learn to let go from difficult situations and problems, to accept our lives as they are, we can begin to identify with a self that is eternal. Recounting his own experiences, tracing the mythologies of an array of cultures, and expanding his inquiry into the field of neurobiology, best-selling author Alberto Villoldo shows readers how they can benefit from these sacred practices.

Due to wars, natural disasters, a shaman not being able to train a successor, and many other reasons, Isis (through Robert) says that 95 percent of the accumulated shamanic wisdom has been lost. Now it is important to regain this wisdom as young people who are able to learn and use these processes are being born now. Beings who lived as shamans and healers on Earth at various times now speak through Robert Shapiro and bring these lost teachings and techniques to a humanity waking up and discovering it has the talents and abilities to use this wisdom for the benefit of all. This is a time on Earth when people are being rent asunder by dramas in their lives and are overwhelmed by dramas in the lives of others or are sometimes attached to the dramatic events of the day. In times gone by, there were people who provided knowledge, wisdom, and comfort to ease life for their people. This book is entirely about finding comfort and ease through life. You don't have to struggle. You don't have to find substitutes for things you don't have. You don't have to get along without things you need. You need food,

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comfortable shelter, good health, and time to enjoy life. This book does not provide all the answers to all your questions. Rather, it is the beginning of much more to come. Some of you are interested in how others lived their lives in the past, but most of you especially those who need something, want something, or are desperately trying to acquire something are interested in how people from the past acquired those things. Some of the suggestions will seem fantastic or impossible to you. Don't assume that. Some of you will find you can produce, in some way, a portion of what those shamans from the past were able to do. This might be easier for those of you already on your spiritual path. Even if you are not on any particular spiritual path, don't assume you cannot do these things. Speaks of Many Truths Chapters Include Bring Life Back to Your Drinking Water Look to Plants and Animals for Health and Wellness Clues Share Your Healing Wisdom with Others Work as a Group for the Benefit of All Collect Healing Energy from the Stars Use Lightning Energy to Free Spirits from Earth Accept and Maintain Your Physical Body Focus on the Positive to Bring It About Help Each Other to Help Earth Tap into Benevolent Energy Move with the Earth Connect with Otherplanetary Shamans Remember Your Dream Soul Journeys "

In the Shadow of the Shaman is about the importance of connection to the deepest power of Nature. It tells you how to use natural objects from the shamanic worlds -- Plant, Mineral, Animal, and Human -- to help make this personal connection with Earth energies. In doing this, you are able to reconnect with the center of your own power. Because the shamanic path is such a personal one, often not able to be shared, this book has been designed so that it has the experiential quality of the shamanic journey traditions. The author is also careful to present the information in a clear, organized manner. In doing so, she blends the deeply personal

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wisdom of a shamanic path with the shared, community wisdom of a medicine path. This represents an ideal for Aquarian shamanism. But this book is not simply about shamanism -- it shows, through techniques, exercises, meditations, and rituals, how anyone can become a shaman. You will learn how to attune yourself with the shamanic worlds of Nature, and with the Higher Self, for self-healing and self-empowerment. You will learn to develop shamanic balance, to become the living tree, and you will do this by using such tools as stones, crystals, feathers, masks, drums, and incense. Book jacket.

Is it your destiny to help people? Perhaps become a healer? Come follow the journey of real world shamanism in three books...Do you feel like you have a gift but are not sure how to use it? Seasoned master shamanic healer and spiritual teacher, Gregory Drambour, in his 35 year career has guided over 12,000 clients to a better understanding of the code of the spiritual warrior and hundreds into successful healing practices. Now he's sharing his teachings with you through The Shaman Series. You'll discover: How to create partnerships with the Tree-, Plant-, and Rock-People How to "see" inside clients to their core issues. How a shaman is guided in healing clients. How to merge with your animal totem and develop an intimate partner and friendship. How to project yourself to another location. How to listen and act on the wisdom inside you. How to overcome your own resistance to your healing gifts How to clear yourself and clients of blocks, and much, much more! The Woodstock Bridge "A marvelous adventure! I recommend it highly!" —Richard Carlson, author of Don't Sweat the Small Stuff A lost soul. A man desperate for meaning. Can he discover his inner Warrior and unleash the power to change? Two decades after the heady 60s, John struggles to make sense of his life. With fading optimism, he's unsure if he can ever make a difference in the world. But crossing

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paths with two Sioux warriors gives him another chance for mentorship and wisdom. As John learns to confront his fears, can he find the passion that makes life worth living? The Shaman & His Daughter The Shaman & His Daughter contains 18 short stories that explore the special bond between a Shaman and his apprentice daughter, Angel-Girl. Come inside and get a close-up view of a shaman-in-training and a shaman on the ground in the real world – even shopping at Safeway! Through these tender tales you'll learn how to let Spirit guide to develop and expand your unique healing abilities The Lead Guitarist & The Sisterhood of the Wolf You have a special uniqueness inside you -- never doubt it! Do you feel there is a talent you were born with but you are not getting a chance to use it? James Ryder, the lead guitarist, is a shaman in his own right – in the same vibe as Jimi Hendrix and Jim Morrison and other musicians who embodied a connection with Spirit. James has “seeing” dreams and mystical happenings throughout the book, and his fiercely soulful guitar playing embodies a deep communication with another world. The other character, Char Montgomery is deeply bonded with her Wolf-Totem-Sister and was adopted by a Native American Crow Elder. She truly walks the path of the shaman. I felt it was important for me as a teacher to bring shamanism into real world situations in all three books. We want to walk the path of the warrior in our daily life. I hope these books reflect that mission. What reviewers are saying: ????? “This is a book I will keep on my bedside to read over and over again.” – D.Thaler ????? “The Shaman & His Daughter is a wonderful, heartwarming and insightful book.” – J. R ????? “I have things I want to underline so I can go back quickly and receive the wisdom Gregory has shared.” – Gloria L. ????? “An Indescribably Beautiful Treasure of a Book.” -- Heather U. ????? “So blessed with the heartwarming love, deep intimacy and sacred wisdom and sensitivity you have expertly shared

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in these pages. Hard to put down!!” – Chris C. ?????? “This book warms my soul and emboldens me to look further, dream bigger and DO more. Highly recommended!” – Angela P. ?????? “Excellent and awe inspiring moments. Can't wait till the sequel!”--Mary Jo Purchase
The Shaman Series and explore real world shamanism

12 stories of miraculous healings using shamanistic tools and techniques. One of the pioneers in energy healing and shamanism recounts twelve miraculous stories in which, through the use of shamanic energetic techniques, people experience extraordinary physical and emotional healings. Meet a dancer who could barely walk until a series of sessions with Alberto Villoldo, a businesswoman who is freed from headaches and discovers the benefits of an integrated interior life, and a young woman who confronts her past and recovers from crippling depression. Each of these stories is rooted in Villoldo's experience as a healer, mental health professional, and devotee of Indigenous wisdom and lore from around the world. Ultimately, Villoldo demonstrates how a shaman assists us in discovering our own capacity for self-healing. He introduces us to physical, mental, and spiritual disease and presents techniques that can heal us, make us whole, and make us new. Having devoted 25 years of study to the healing practices of the Amazon and Andean shamans, Villoldo is teaching people how to actually grow new bodies. By learning ancient shaman wisdom from Alberto Villoldo, you can heal disease, eliminate emotional suffering, and even grow a new body that ages and heals differently. The stories in this book are amazing and inspiring. Profound age-old wisdom in twelve stories of profound transformation and growth. -- Joe Dispenza, bestselling author of *Breaking the Habit of Yourself* This title was previously published in 2015 as *A Shaman's Miraculous Tools for Healing* (ISBN 978 157174372)

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An experiential guide to the sacred places and teachings of Andean shamanism • Explores the cosmology and core shamanic beliefs of the Andean people, including Pachamama and power animals such as condors, snakes, hummingbirds, and pumas • Takes you on an intimate journey through the sacred sites, temples, and power places of Peru, including Machu Picchu, Cuzco, Ollantaytambo, Sacsayhuamán, Písac, Lake Titicaca, and more • Shares initiatory rites and shamanic journeying practices to allow you to integrate and embody the wisdom of each sacred place

The Andes Mountains of Peru are rich with ancient shamanic traditions, sacred places, and heart wisdom passed down from the Inca and safeguarded for generations by the Q'eros nation. In this experiential guide to the wisdom and practices of the Andean people and their sacred land, Vera Lopez and Linda Star Wolf take you on an intimate journey through the sacred sites, temples, and power places of Peru, including Machu Picchu, Cuzco, Ollantaytambo, Sacsayhuamán, Písac, Lake Titicaca, and more. They show how each of these powerful sites holds an ancient wisdom--an initiation left behind by the Inca--and they share initiatory rites and shamanic journeying practices to allow you to integrate and embody the wisdom of each sacred place. The authors explore the cosmology and core shamanic beliefs of the Andean people, including Pachamama, the Sacred Law of Reciprocity, the Serpent of Light, the Chakannah, and power animals such as condors, snakes, hummingbirds, and pumas. They examine healing practices and sacred plants of this tradition, including a look at the shamanic use of ayahuasca and San Pedro. Offering direct access to the gentle heart of wisdom found within the ancient shamanic land of Peru, the authors show how the Andean shamanic tradition offers an antidote to the modern epidemic of Soul Loss by connecting us back to our authentic self and the universal principles of love, reciprocity, and gratitude.

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EARTH MAGIC In this fascinating book, Dr. Steven Farmer offers a unique synthesis of ancient shamanic practices and philosophies that have proven over millennia to help heal the spiritual causes of physical and emotional illnesses, augment personal power, enhance manifestation abilities, and encourage a balanced and harmonious relationship with our Earth. Although the foundation for Earth Magic is universal shamanic wisdom, it's not necessary to have an interest in shamanism to benefit from its contents, as it expands beyond this topic to incorporate processes that are useful for all those with the sincere intention to heal themselves, others, and the planet.

The Huichol tribes of the Sierra Madre in Mexico have thoroughly retained their ancient way of life. Their shamanic spiritual practices focus on living life in harmony with all things and offer a path path to healing both on a personal and a planetary level.

The Heart of the Shaman will take you on a journey into the sacred world of the shaman, through stories, dreams, and ancient rites. In his latest book, Alberto Villoldo sets his focus on the dreaming and time-travel practices of the medicine men and women of the Andes and Amazon, whose wisdom radically changed his worldview. Villoldo shares some of their time-honored teachings that emphasize the sacred dream an ephemeral, yet powerful vision that has the potential to guide us to our purpose and show us our place in the universe. The practices in this book will help you forge a sacred dream for yourself. They will help you craft a destiny infused with courage, and driven by vision. You'll be invited to follow the footsteps of the luminous warrior and learn how to break out of the three nightmares surrounding love, death, and safety that

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have held you captive, and transform them into the experience of timeless freedom, known as the Primordial Light. This creative power exercised by shamans will lead you to create beauty and healing, and dream a new world into being. When you transform these dreams and accept that life is ever changing, that your mortality is a given, and that no one except you can free you from fear--the chaos in your life turns to order, and beauty prevails. "Wake up from the slumber you are living in, and dream with your eyes open so that all the possibilities of the future are available to you."

Since it was first published in 1995, this primer on practical, everyday spirituality as practiced through shamanism has become a sought after classic. Now revised and available in paperback for the first time, this attractive edition with line drawings throughout offers a wide audience ways to connect with their own shamanic power. If you feel distanced from nature, trapped in a material society without meaning or purpose, shamanic wisdom can offer you some answers. Caitlin Matthews shows how respect and wonder for nature combined with spiritual joy and healing are the essence of the shaman's holistic, vital world. In *Singing the Soul Back Home* she leads readers through a structured learning program of more than 80 exercises that will help them master the skills of the shaman. With practice and sensitivity, anyone can become a "walker between the worlds," aware not only of their own physical reality, but also of the subtle spiritual reality of the shaman. Following this path will stimulate your creative energies and make you more aware of your own innate healing powers.

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Introduction to specific teacher plants used by shamans in a variety of cultures to facilitate spirit communion, healing, divination and personal discovery.

This fascinating book takes you on a one-of-a-kind journey into the esoteric world of healing. You might not realize it, but just about everyone is a natural-born healer! In fact, you probably already have some of the paranormal abilities related to this gift. For example, you may know who's calling before you answer the phone, or be able to sense what others are thinking or feeling. But you can further develop your inner talents and become your own shaman, capable of healing whatever ails you and effecting change in someone else's energy field and body. In Master Healer Deborah King's uniquely informative work, you will learn both Eastern and Western concepts and techniques from the earliest recorded healing practices some 5,000 years ago all the way up to modern times with John of God in Brazil and King's own powerful cutting-edge approach. You'll find out how to protect yourself from psychic attack, and how to get beyond any limiting beliefs you may hold. Self-knowledge leading to self-mastery is the ultimate quest, the pivotal adventure of a lifetime. Become the person you always knew you could be by taking this magical tour into the heart of healing!

A powerful debut from one of the world's most respected shamanic teachers, following Marcela Lobos's journey in this world and the world of spirit. The stress, conflict, and crises of the outer world are a signal: the time has come to awaken your inner shaman. However, you don't need to be initiated into arcane mysteries to answer the call from

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Spirit. In this book, Marcela Lobos reveals how to use the maps offered by the shamanic Medicine Wheel and the hero's journey to activate your inner wisdom and live a self-realized existence of discovery, healing, and wholeness. From her childhood in a war-torn country to her initiation with the shamans of the Andes and her life today as a teacher and medicine woman, Marcela's story offers a flesh-and-bones context for each step on the archetypal journey to Self. It is also an invitation to step out from your ordinary life and take the first steps on your own quest for spiritual understanding and deep transformation: to learn to walk the Medicine Path and to find your own power and inner beauty.

A story of awakening to remarkable shamanic powers, teachings, and techniques • Describes the author's work with plant spirits, entheogens such as ayahuasca, and indigenous shamans during his 20 years of fieldwork in the Peruvian Amazon • Explores the practice of soul retrieval and shamanic work with feathers, stones, and sound • Includes techniques for exploring non-ordinary reality, exercises for expanding sensory perception, and practices to open your creative artistic visionary potential

After surviving a serious elevator crash in London, Howard G. Charing found he had developed healing touch as well as the ability to hear voices and experience visions--just as a healer in Italy had predicted only a week before the accident. He began using his abilities to heal but felt he needed more guidance and training. He first connected with a national spiritual healing organization, only to be told he was doing

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everything wrong. Then, through a friend, he discovered shamanism. Sharing profound teachings and extraordinary experiences from his more than 30 years of shamanic healing work, Charing explains how he accidentally became a shaman and completely changed the course of his life. He describes his work with plant spirits, entheogens such as ayahuasca, and indigenous shamans during his 20 years of fieldwork in the Peruvian Amazon, including his studies with the late visionary artist Pablo Amaringo. Investigating altered states of perception, he provides visionary techniques for exploring non-ordinary reality, exercises for expanding sensory perception, and practices to open your creative artistic visionary potential. Detailing the practice of soul retrieval, the author discusses why it is one of the most effective and profound spiritual healing practices and shares emotionally charged stories of successful shamanic healings he has attended. He also includes shamanic wisdom on working with feathers, stones, and sound and compares current research in physics with the vast body of experiential knowledge from indigenous spiritual traditions. From the accident that started his journey to the many remarkable spiritwork encounters that have happened since, Charing's story will empower readers to begin exploring the realms of consciousness and energy that surround us and welcome the dissolution of the boundary between the physical and the spiritual.

Shamanic journeying is the inner art of traveling to the invisible worlds beyond ordinary reality to retrieve information for change in every area of our lives from spirituality and

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health to work and relationships. With Shamanic Journeying, readers join world-renowned teacher Sandra Ingerman to learn the core teachings of this ancient practice and apply these skills in their own journey. Includes drumming for three shamanic journeys.

Shaman's Wisdom Within Expand, Heal & Transcend with an Inner Retreat The knowledge that you are desperately seeking outside is knowledge that comes from within yourself. Tony Samara In this sequel to his first book, Shamans Wisdom, Tony Samara explores more deeply our connection with the Universe and leads us through an Inner Healing Retreat, which focuses on 25 Secrets to Healing Body, Mind & Soul. Would you like to: - Heal Suffering & Experience True Joy - Transcend Fear, Doubt & Confusion - Recognise Your Totem Animal - Understand Feelings & Emotions - Communicate Deeply With Your Spirit - Realise the Nature of Happiness - Let Go of Western Misconceptions - Create Healthy Living Environments - Read about Quechua views on Pachamama - Care for the Physical Body - Be Able to Change Your Thoughts - Live from an Enlightened Perspective - Decipher Your Dreams - Use Your Energy for Transformation - Love and Be Conscious in Relationships - Comprehend the Intelligence of Nature - Learn the Art of Living - Experience Contented Fulfilment - Intensely Participate in Life - Remember how to create Inner Peace - Harmonise all Aspects of Yourself - Receive Ancient Knowledge Relevant Today - Trust your Heart - Contribute to Real Change in the World - Live Each Moment as if it was your Last. This

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book includes simple meditations and mantras, mudra and breathing exercises, everyday life examples and practical tips. Do You Want to Be Stuck in Your Mind? Or Are You Ready to Jump into the Unknown? Tony Samara, author of Shaman s Wisdom, and Detox Body, Mind & Soul amongst others, has been inspiring thousands of readers to discover inner peace and greater fulfilment in their lives, through the power and simplicity of practical Spirituality. At the core of his teachings lies the evolution of human consciousness and the illumination of each individual s inner quest.

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From the rainforests of the Amazon to the remotes of the Andes, an eminent seeker describes the path that brought him to discover the traditions of Huachuma shamanism. Based on the clear laws of nature in both the material and energetic dimensions, the shaman's world reflects 5,000 years of Huachuma philosophies of harmony and oneness-as shown through totem animals, elements of nature, physical archetypes, and energy postures. His experiences offers possibilities for deep healing in all aspects of life, including wellbeing, relationships, and child rearing, and his ideas are presented as simple, profound wisdoms that are palatable and beneficial to other seekers without requiring additional shamanic experience."Shaman's Wisdom is a book that will become a source of reference for years to come and should be part of the library of everyone seeking wisdom and enlightenment. Well written, in depth research and a subject truly engrained in the author's soul, make this an excellent read that is highly

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recommended by this reviewer." - Shirley A. Roe, Allbooks Review International allbooksreviewint.com"Thank you Tony for writing from your heart and the deepest part of you. This is the first book of yours I'd ever read, thanks to the interview of you in front of a loud London train (thanks again, YouTube), and the book was a page turner I could barely put down - From your personal experiences to the spiritual insights, message of Unity and Totality and loving, practical wisdom and Shamanic exercises, and more - This was exactly what I needed to read at this stage of my journey." - Vivian Bryan, USA"I can honestly say my life's changed over the last few years with the help of his teachings which are filled with profound wisdom yet are simple and accessible to understand. This book helped me to reconnect with life's essence. I am so grateful for having access to one more product of Tony's work!" - Sibra, Portugal"Having personally worked with the author, this book brought me the freshness of his words into a format which is possible to savour slowly, get back to, read again certain parts. It shows in a very easily readable and interesting way the teachings and what the author learned himself from the many years he spent in south america with indigenous people." - Kaya, Portugal"There's a quality of authenticity, depth and sensitivity in this book that keeps me inspired each time I read it. And I've read it many times! Tony Samara is for real, there is no hogus bogus or false new agey shamanism here. He's lived in the Amazon with the shamans for many years, has been initiated in their healing ways and then decided to leave South America, to share these ancient peoples' wisdom with the

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western world. I love shamanism and have read some books on the topic (all the big names out there) but almost always have felt disappointed - they are far too left brained, analytical, methodological, or, at the other end of the spectrum, unrealistic, unworkable, with a focus on the psychoactive experiences of Ayahuasca or other sacred plants... but forgetting all the other aspects of what it means to be a shaman. Tony's book is totally different - it makes the bridge between the fantastic and sometimes inaccessible world of the shamans and our real lives. Dozens of practical helpful tips, meditations, breathing exercises, chants, are included for everyone who wants to go deeper into themselves and bring the wonderful world of shamans into their everyday lives. The book is easy to read, accessible and the profound wisdom contained in it is passed on to the reader without us even noticing it! That's the beauty of this little magical book. Love and gratitude, Ilanta" - Ilanta, Switzerland

One of the pioneers in the areas of energy healing and shamanism recounts twelve stories of miraculous healings; twelve stories in which, through the use of shamanic energetic techniques, people experience extraordinary physical and emotional healings. Meet a dancer who could barely walk until a series of sessions with Villoldo, a business woman who is freed from headaches and discovers the benefits of an integrated interior life, and a young woman who confronts her past and recovers from crippling depression. Each of these stories is rooted in Villoldo's experience as a healer, a traditional mental health professional, and a devotee of indigenous wisdom and lore

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from around the world. Villoldo has devoted 25 years of study to the healing practices of the Amazon and Andean shamans. By learning the ancient Shaman wisdoms from Villoldo, you can heal disease, eliminate emotional suffering, and even grow new bodies that age and heal differently. The stories in this book are amazing and inspiring. A story-based guide to the techniques of shamanic healing • Details indigenous medicine tools and soul healing techniques, including diagnosis and energy cleansing with plants, stones, fire, flower essences, and sound • Offers protection and self-defense techniques for confronting negative energies such as spirit attachment and possession • Shares healing stories that each address a specific condition, such as panic attacks, PTSD, depression, cancer, chronic pain, grief, and relationship problems Shamanic healing is making an astonishing comeback all over the modern technology-driven and consumerist world. Millions of people have felt called to integrate both ancient and modern healing systems into a new model of healthcare. But what makes shamanic healing so powerful? Why have indigenous healers kept it alive for thousands of years? Revealing his personal journey and stories from his more than 20 years as a shamanic healer, Itzhak Beery explains who a shaman is and how he or she works, demystifying and destigmatizing the shamanic healing worldview. He shares shamanic wisdom from two of his teachers: a Yachak from Ecuador and a well-known Brazilian Pagé. He details indigenous medicine tools and soul healing techniques that you can practice with your own clients or in your own personal healing, including diagnosis and

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energy cleansing with plants, stones, fire, rum, eggs, flower essences, and sound. He shares protection and self-defense techniques for confronting negative energies, such as spirit attachment and possession. Sharing healing stories that each address a specific condition, such as panic attacks, PTSD, depression, cancer, chronic pain, grief, and relationship problems, Beery explains how a shaman is not responsible for curing everyone and will consult with the patient's soul to determine its needs, which sometimes includes learning from the illness experience. By sharing these healing methods, Beery reveals the importance of shamanic practices in resolving our 21st-century emotional and physical problems and their importance to the future of humanity and the planet.

Rooted in ancient Hawaiian teachings, this book will provoke the reader into new ways of seeing themselves and the world.

Written by the Founder of the Shaman Sisters, *The Ultimate Guide to Shamanism* is a modern guide to the ancient practice of using spirit medicine in practice and ceremony for healing and manifestation.

For anyone who's ever had the desire to look at the world through the eyes of our indigenous ancestors, here is a unique opportunity. *Traveling between the Worlds* is a treasure trove of insight and exploration into the ancient spiritual wisdom of such diverse cultures as Ireland, Africa, and the Americas. The keeper of this wisdom is the shaman--a man or woman who can, at will, enter into altered states of consciousness in

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order to acquire extrasensory knowledge and healing power. In this important book, Hillary S. Webb invites us to eavesdrop on her conversations with some of today's most influential teachers and writers of shamanism. While the conversations cover a variety of topics pertaining to the shaman's path and practice, this book explores how we in the modern world can use these ancient teachings to help ourselves, each other, and the world around us. Included in this book are conversations with: Renowned author and environmentalist John Perkins, who brings corporate executives to the Amazon to teach them the value of merging business and eco-philosophy. Rabbi Gershon Winkler, who uses the beliefs and techniques of the Jewish shamanic tradition to bring Israelis and Palestinians together on common, and more peaceful, ground--their indigenous roots. "Renegade" shaman Ken Eagle Feather of the Toltec tradition, who explains how modern technology can help us evolve into the next level of perception. Peruvian shaman Oscar Miro-Quesada, whose ideas on life and death may alter your view of reality itself. And that is just the beginning.

Now in paperback: Internationally renowned author and shamanic teacher presents a spiritual guide to cultivating a positive state of being through ancient wisdom practices and storytelling. Available in paperback for the first time: *The Heart of the Shaman*. *The Heart of the Shaman* will take you on a journey into the sacred world of the shaman, through stories, dreams, and ancient rites. In his latest book, Alberto Villoldo sets his focus on the dreaming and time-travel practices of the medicine men and women of the

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One of the pioneers in the areas of energy healing and shamanism recounts twelve stories of miraculous healings; twelve stories in which, through the use of shamanic energetic techniques, people experience extraordinary physical and emotional healings. Meet a dancer who could barely walk until a series of sessions with Villoldo, a business woman who is freed from headaches and discovers the benefits of an integrated interior life, and a young woman who confronts her past and recovers from crippling depression. Each of these stories is rooted in Villoldo's experience as a healer, a traditional mental health professional, and a devotee of indigenous wisdom and lore

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from around the world. Having devoted 25 years of study to the healing practices of the Amazon and Andean shamans, Alberto Villoldo, PhD, is teaching people how to actually grow new bodies. By learning the ancient Shaman wisdoms from Alberto Villoldo, you can heal disease, eliminate emotional suffering and even grow new bodies that age and heal differently. The stories in this book are amazing and inspiring.

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