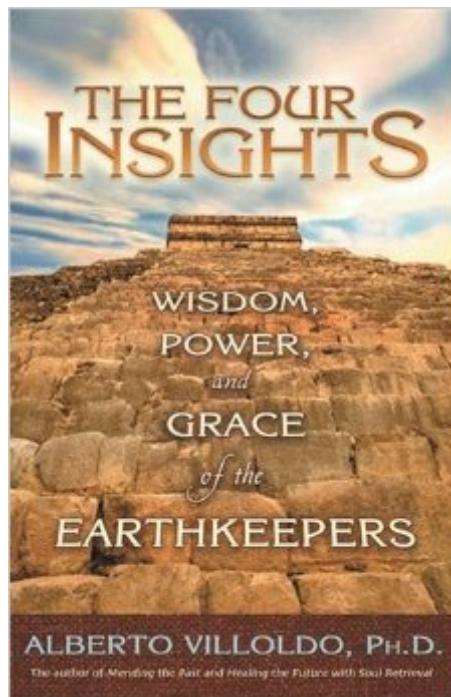


The book was found

The Four Insights: Wisdom, Power, And Grace Of The Earthkeepers



Synopsis

The Four Insights are the wisdom teachings that have been protected by secret societies of Earthkeepers, the medicine men and women of the Americas. The Insights state that all creation—humans, whales, and even stars—is made from light manifest through the power of intention. The Earthkeepers mastered the Insights, and used them to heal disease, eliminate emotional suffering, and even grow new bodies that age and heal differently. Mastery of the Insights allows you to reform your DNA and participate consciously in your biological, emotional, and spiritual evolution. According to the prophecies of the Maya, Hopi, and Inka Earthkeepers, we're at a turning point in human history, when a new species of human will give birth to itself. We're going to take a quantum leap into what we're becoming and will no longer be *Homo sapiens* but *Homo luminous*. The Four Insights reveal ancient technologies we can practice for becoming beings of light with the ability to perceive the energy and vibration that make up the physical universe at a much higher level.;

Book Information

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Customer Reviews

I have just finished reading this book, and my plan is to read through it again, slowly, and work with the exercises associated with each insight. I know that I have only begun to absorb the lessons, and that this will take more study and practice. This is some of what I have gleaned so far: Insight #1: The Way Of The Hero. This is a concept I relate to, since the book I wrote is in the form of a (shamanic) hero's journey. We can be the heroes of our own journeys, regardless of the stories we have been telling ourselves up to this point; we can re-write our own myths. To begin again from a

new paradigm, that of the hero, and to look at our journeys in this empowered way, we will heal, by recognizing that we have triumphed by surviving our challenges. As spiritual adults, we can honor our ancestors, without having to repeat their karmic patterns; we can learn to do our own journeys, the ones we originally incarnated for. With a new perspective, we begin to respect the heroes that we are; the ones who learned, adapted, & evolved as we walked our paths. Insight #2: The Way Of The Luminous Warrior--the power of fearlessness. To practice fearlessness is to simply be what we truly are, which is love. This is the only way out of the dark and into the light. When fear settles into the body, the lifeforce is clouded & darkened to the point of affecting our DNA. We're essentially inviting death to come visit that much earlier, by holding fear inside our bodies. In this insight, the exercise given is to look at three former lifetimes; the one where we suffered the most, the one where we misused our power, and the one where we used our wisdom to serve others. This practice helps to clarify & release old patterns.

The following is my opinion on this book. This is one of the authors better books. My concerns are that he seems to be putting together stuff he is getting, from many sources, and them passing them off as ancient/authentic teachings when they either adaptations, assemblages, or things he has created. He should be more clear about making this of his own creation. As an example, there is no medicine wheel in South America. This is a concept from North America cultures. This North American concepts is then overlaid with South American totem animals it becomes an 'Inca medicine wheel'. In the Andes they do not use Eagle as a totem, that is in North America. In the Andes the totem bird is Kondor. You get some interesting information in this book. But realize this is the author speaking, not necessarily the elders. 'Munay Ki' appears to be a collection of various authentic rites from different teachers among the Q'ero and made into it's own system that is being taken by folks as somehow being one complete ancient package. It is unclear whether the Q'ero gave permission to do this. It seems unlikely as typically a medicine person coming from a long lineage has no context outside of their culture. You only have shamans in Siberia/Mongolia, and you can only have paqos in the Andes. Layqa, is an Aymara and Quecha term that denotes a person who works with energies, the more proper term is paqo and the specific example would be an altomesayoq. 'Laika' is not the proper cultural name of the Q'ero people and it's use as such is inaccurate and misleading.

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