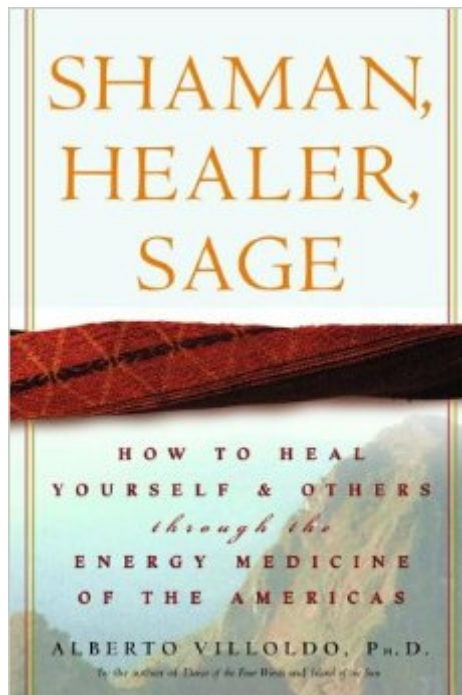


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# Shaman, Healer, Sage: How To Heal Yourself And Others With The Energy Medicine Of The Americas



## Synopsis

Alberto Villoldo, a classically trained medical anthropologist, has studied shamanic healing techniques among the descendants of the ancient Inkas for more than twenty years. In *Shaman, Healer, Sage*, he draws on his vast body of knowledge to create a practical and revolutionary program based on the traditional healing methods used by these shamans -- methods that, until now, have been inaccessible to most of the world. Villoldo explains that central to shamanic healing is the concept of the Luminous Energy Field that is believed to surround our material bodies. His book teaches us to see and influence the imprints that disease leaves on this field and thereby to heal ourselves and others, as well as prevent illness. Villoldo weaves wonderful teaching stories throughout about the healing power of the energy medicine of the Americas. In one story, Villoldo comes down with pneumonia while in Peru. When antibiotics fail to control the infection, his mentor, the shaman Don Antonio, uses the process of Illumination to remove the toxins that had invaded Villoldo's body. These same shamanic techniques later allowed Villoldo to remove stagnant energy from a young woman whose marriage was suffering due to her past experience with abandonment. With the aid of shamanic work, the woman regained her trust in others, and her marriage was revitalized. This book is rich with ancient wisdom and contemporary techniques we can use to help ourselves and others, as well as with the more advanced methods of master shamans, which are being brought to a wide audience for the first time.

## Book Information

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## Customer Reviews

This book has completely changed my life, as well as the lives of the many people I have touched, since reading Shaman, Healer Sage in late 2003. After finding myself (totally unexpectedly) on the path of shamanism, I found and read this book. I will admit, I did have many reservations on much of the book's teachings. Frankly, it just didn't seem possible that such a profound level of healing, could be so simple. I mean, if it was this easy, why hadn't I heard of it before, or come across someone who was a shaman and could do these wondrous things. At 50 years old, I really didn't know what a shaman was, short of the 1992 Sean Connery movie "Medicine Man", in which the diminutive shaman (who Connery had made very angry) scared the hell out of me. Not a good start for me. Anyway, I had just spent several months, looking for someone to teach me about shamanism. After reading his book, I decided that the good Dr. was probably a very good place to start. I read two more of his books, just because I'm an eternal skeptic, then I reread Shaman, Healer Sage again. Did I mention that I'm a skeptic??? I began formal study with Dr. Villoldo and his staff of shaman instructors in July of 2004. The work of the south was true to the teachings of the book, and I saw (and experienced) healing work that I still find unbelievable. The teachings are just as simple and eloquent as the book that led me to these classes. I found the same to be true about the next two classes. The gifts of healing I have learned so far, have allowed me to heal people of both physical and psychological ailments. In some cases, these people have been treated for, and suffered from these illnesses, for several years. I do not take credit for this work. If you have read the book, you will know why.

In SHAMAN, HEALER, SAGE, Alberto Villoldo spells out practices for personal and collective transformation of consciousness. The techniques elaborated are his own synthesis and interpretation of ancient healing practices. He strongly emphasizes that they must be employed with the highest code of ethics and integrity. What can heal can also hurt. Therefore, much of shamanic training is dedicated to developing ethics and values grounded upon a deep reverence for all life. To Villoldo's mind, energy healing from someone with inadequate training is basically black magic, regardless of one's good intentions. Shamanic energy healing is not about rules or ideas. It is about vision and spirit - about realizing our luminous nature in infinity. It is about being caretakers of the Earth - speaking with thundering rivers, whispering mountains, and hearing the voice of God in the wind. In the world of the shaman, there are no divisions between mind, spirit, and matter. There is nothing to transcend and nothing in need of yoking. Said his teacher, Don Antonio, "We are luminous beings on a journey to the stars." As Villoldo portrays it, the Illumination Process of the shaman is a direct interaction with the forces of Spirit. It allows us to taste infinity and renew

ourselves from the source that animates and informs all life. In experiencing infinity, the illusions of old age, disease, and death are shattered. Every cell in our body is informed and renewed. Our immune system is unfettered, healing is accelerated, miracles and spontaneous remissions become common occurrences. According to Villoldo, The Luminous Energy Field contains an archive of our personal and ancestral memories. That informs the chakras which organize our physical and emotional world.

One of the other reviewers glibly offers an inaccurate comment regarding "Dr. Villoldo's lack of detail and other concerns regarding truthfulness in contemporary shamanism". If you read the entire article ["The Selling of the Shaman and the Problem of Legitimacy"] the author [Donald Joralemon] doesn't end up unbraiding Villoldo, though it may seem that way at the outset when he is hypothesizing, i.e. stating certain thoughts to begin his argument/query. To the contrary, in one of his footnotes Joralemon makes it seem like he respects Villoldo. The article is a fascinating look at the way an anthropologist tries to come to terms with his craft, and the way it alters and possibly threatens the ways of life that he is studying. Villoldo is only an ancillary figure in the story Joralemon is telling, the principal character being Don Eduardo Calderon, a Peruvian jungle shaman/entrepreneur. The author is generally quite honest in the way he lays out his thoughts. Note also that the full title of the periodical is 'Journal of Anthropological Research'. [One might have a very difficult time searching libraries for the journal 'Anthropological Research' since it doesn't really exist.] The aforementioned reviewer is probably one of those folks who attempts to forge a reputation based on slandering others, then thumping his/her chest about what a great person he/she is for seeing through the foibles of those whom he/she has unjustly depicted as villains. Villoldo has suffered many times at the hands of students who have become furious and slanderous because he doesn't fall into the trap of trying to depict himself as perfect. Some of these silly folks are looking to project upon him the archetypal "guru" role, e.g.

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