



# Shaman, Healer, Sage

*Alberto Villoldo*

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## **Shaman, Healer, Sage** Alberto Villoldo

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.

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