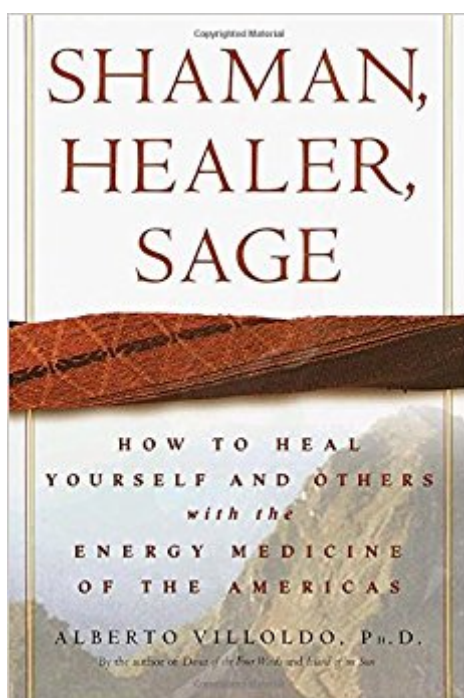


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# Shaman, Healer, Sage: How To Heal Yourself And Others With The Energy Medicine Of The Americas



## 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.

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## Customer Reviews

Anthropologist Villoldo has studied shamanic healing techniques with the descendants of the Incas for more than 25 years. Perhaps more than any westerner, he has mastered the ancient art of "seeing," which gives more direct insight into the true causes of disease than can be revealed through all the technological advances of Western medicine. He has written ten previous books chronicling his adventures on the path to becoming a master shaman, and teaches energy medicine to thousands every year. Now he reveals the concept of working with the "luminous energy field" that surrounds our physical bodies in a practical, easy-to-understand format. Although shamanism is often shrouded in riddle and mystery, Villoldo has managed to present the basic principles in a step-by-step program, beginning with a series of simple exercises to cleanse and activate the chakras, the key entry points of the luminous body. By interweaving stories from his personal journey, he makes energy work accessible to a broad audience, and paves the way to its acceptance by the medical community. David Siegfried Copyright © American Library Association. All rights reserved

Alberto Villoldo, a classically trained medical anthropologist, has studied shamanic healing techniques among the descendants of the ancient Incas 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.

'Shaman, Healer, Sage' is perhaps Villoldo's best book. It was

anyway the book that made him famous, a real bestseller. It has given me an ultimate peak of reading enjoyment and illumination, and it has also emotionally touched me. The author comes over in this book as a really honest, competent, emotionally mature, wistful and empathetic person who went through a personal transformation that only few people in these times can say to have accomplished. This book is not only highly recommended lecture; it can perhaps be considered as one of the best books so far in the century on the issues of shamanic healing and the challenging task to render an outlandish practice of Inka shamans comprehensive to the modern mind! The literary abilities of the author, besides his expertise, are out of question, and the book is an easy read despite the complex and unusual subject. This might be due to the author's penetration of the subject and his sense for vivifying theoretical content by practical and often uncanny experiences, and because of his highly developed sense for poetic language and expression. This being said, I would like to start the discussion of this book with the term infinity. Dr. Villoldo explains that infinity is not eternity and that it is not a stretching of time but as it were a realm of æno time, a sort of transliteration of another vibrational dimension, that is reigned by laws more majestic and more complex than our own, and of which our space-time reality forms only a tiny part. One of the intentions of the author in this book was to render comprehensive the fact that being in touch with shamanic healing means to be in touch with infinity. This appears to be the key to understanding the miraculous effectiveness of shamanic cures. And as he went through traditional medical training in the United States at first, Dr. Villoldo then was going to look at that medical science tradition he was coming from, and that he had left when departing to the Andes in order to learn with the Inka shamans. The other main purpose of the book is to explain to the interested reader what the Luminous Energy Field represents, what it does in natural healing and how the shaman can access it for altering its energetic vibration in certain areas that contain so-called imprints. The author explains: •We all possess a Luminous Energy Field that surrounds our physical body and informs our body in the same way that the energy fields of a magnet organize iron filings on a piece of glass. Our Luminous Energy Field has existed since before the beginning of time. It was one with the unmanifest light of Creation, and it will endure / throughout infinity. It dwells outside of time but manifests in time by creating new physical bodies lifetime after lifetime. /42-43 In view of our cutting-edge science revelations over the last two decades, and the insights we gained from quantum physics about the quality of light, and of universal memory, the teaching Dr. Villoldo received from the Laika shamans becomes comprehensive in a larger context, and is actually corroborated by newest scientific insights.

I've read Dr. Villoldo's other books and this one is his best yet. It is very easy to read and clearly describes the energy medicine of the Inca: how it works, how to use it, and provides simple exercises to experience the reality of energy medicine. I have been studying the medicine wheel tradition with Alberto and have found that there truly does exist a world of energy connections and interactions that are largely invisible to most of us. Invisible because we have learned how not to see or experience them. But these connections, from our own luminous bodies to every other being out there, are valuable in learning to shape our own lives. We can learn how to live more deliberately on this earth. There is great personal experience and power (over our own destinies, not over others) available to us if only we learn to 'see' it. Alberto clearly and concisely describes his own interpretations of this very ancient tradition. I highly recommend this book for all healers and for those interested in the mysteries of life.

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. I am leaving for two more weeks of study in March of 2005. I read Shaman, Healer Sage before I leave for every class. I noticed that many of my fellow students who took the class on the teachings of the west, seemed to have their copy of the book with them. I

believe that not only does the book serve as a helpful reference to what we are learning, but it also serves as an inspiration to those of us who have dedicated our lives to this calling. Before I close this, I would like to say that I do not intend what I write in this review, to make anyone think this road is an easy one to follow. Much to the contrary. To learn, and apply Dr. Villoldo's teachings take total commitment, and intentions that must be pure. It isn't something you do on a whim, as your entire life will never be the same, and you won't either. This is a serious way of life, that is sometimes a heavy weight to carry. I will say that to be able to do something about someone's suffering, instead of standing by and watching them suffer, is a gift that goes beyond any gift I could ever imagine. I can think of nothing more wonderful to do for someone, than to help them to remove their pain. If you are going to read one book on shamanism, read Shaman, Healer Sage. You will be glad you did. To Dr. Villoldo, who has taught me so much, as well as all of the teachers who taught him, and the people who are instructors in his classes, I (and the people I have helped to heal themselves) thank you. Please pray for the healing of the earth and all of her people. Scott Walker

Great book, heal thyself...

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