



## Illumination: the Shaman's Way of Healing

By Alberto Villodo

Hay House Inc. Paperback. Book Condition: new. BRAND NEW, Illumination: the Shaman's Way of Healing, Alberto Villodo, Illumination takes us on a healing journey, inspired by the timeless wisdom of shamanism and the latest discoveries of neurobiology. Through various stages in this process of initiation, we discover how to free ourselves from the pain and drama of our unhealed emotions. And once we have learned this, we can attain illumination. Life itself invites us to be 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. And true initiation occurs when we face personal challenges and experience the spiritual rebirth-or initiation-that follows. Illumination shows us how to bid goodbye to our past, discover a sacred space of spirit and joy, and unite the body and soul.



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