



The Heart of the Shaman: Stories and Practices of the Luminous Warrior

Alberto Villoldo

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The Heart of the Shaman will take you on a journey into the sacred world of the shaman, through stories, dreams, and ancient rites.

In his latest book, **Alberto Villoldo** sets his focus on the dreaming and time-travel practices of the medicine men and women of the Andes and Amazon, whose wisdom radically changed his worldview. Villoldo shares some of their time-honored teachings that emphasize the *sacred dream*: an ephemeral, yet powerful vision that has the potential to guide us to our purpose and show us our place in the universe.

The practices in this book will help you forge a sacred dream for yourself. They will help you craft a destiny infused with courage, and driven by vision. You'll be invited to follow the footsteps of the luminous warrior and learn how to break out of the three nightmares surrounding love, death, and safety that have held you captive, and transform them into the experience of timeless freedom, known as the Primordial Light. This creative power exercised by shamans will lead you to create beauty and healing, and dream a new world into being.

When you transform these dreams and accept that life is ever changing, that your mortality is a given and that no one except you can free you from fear —the chaos in your life turns to order, and beauty prevails.

“Wake up from the slumber you are living in, and dream with your eyes open so that all the possibilities of the future are available to you.”

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Date : Published July 31st 2018 by Hay House, Inc.

ISBN :

Author : Alberto Villoldo

Format : Kindle Edition 1 page

Genre : Travel, Historical, Biography

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The Heart of the Shaman, Stories and Practices of the Luminous Warrior by Alberto Villoldo. Hay House, Inc. Hay House, Inc. Religion & Spirituality, Self-Help. Publication Date 31 Jul 2018. Link: <https://thefourwinds.com>

5 Stars. An interesting read that imparts the lush wisdom of the Andes along with anecdotes from the author's experiences with Q'ero medicine man, Don Manuel. Shaman or not, if you havent given Alberto Villoldo's books a go before, I urge you to give this one a try. Highly recommend.

Thanks to NetGalley for providing this ebook for review.
