

# Illumination



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出版者:Hay House

出版时间:2010-03-01

装帧:Hardcover

isbn:9781401923280

## 国内暂无译本

Illumination guides the reader on a healing journey, forged by the timeless wisdom of indigenous cultures and the latest theories of neurobiology. Through various stages in this journey of initiation, we grow to understand the causes of our suffering and how to free ourselves from the pain and drama of our unhealed emotions. 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. True initiation is empowered by facing personal challenges and experiencing the spiritual rebirth—or illumination—that follows.

Unifying this book is the sacred process of transforming toxic emotions into sources of power and grace. Illumination shows us how to bid a joyful goodbye to the people and places we have met, discovering a sacred space where the spirit inhabits, uniting the body and soul. When we learn to let go from difficult situations and problems, to accept our lives as they are, we can begin to identify with a self that is eternal.

Recounting his own experiences, tracing the mythologies of an array of cultures, and

expanding his inquiry into the field of neurobiology, Alberto Villoldo shows readers how they can benefit from these sacred practices.

作者介绍:

Alberto Villoldo, Ph.D., is the author of several books, including *Shaman, Healer, Sage*; *Courageous Dreaming*; *The Four Insights*; and *Mending the Past & Healing The Future With Soul Retrieval*. A psychologist and medical anthropologist, Villoldo has studied the healing practices of the Amazon and Inka shamans for more than 25 years. While at San Francisco State University, he founded the Biological Self-Regulation Laboratory to study how the mind creates psychosomatic health and disease. Dr. Villoldo directs The Four Winds Society, where he trains individuals in the U.S. and Europe in the practice of energy medicine and soul retrieval.

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