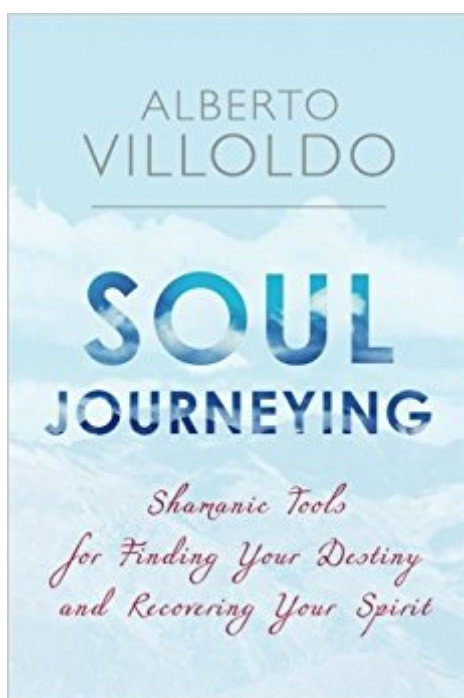


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# Soul Journeying: Shamanic Tools For Finding Your Destiny And Recovering Your Spirit



## Synopsis

This fascinating book by psychologist and medical anthropologist Alberto Villoldo, Ph.D., explains the practices for healing outside of ordinary time and space. It shows how to enter the timeless now to heal events that occurred in the past, and to correct the course of destiny. Dr. Villoldo discusses ways in which you can heal yourself and your loved ones by employing intention through practices used by shamans of the Americas "which, until now, have been inaccessible to most of the world. The shamans of old called this journeying. In this book, you will discover that in the same way you have a four-chambered heart, you have a four-chambered soul. In the first chamber, you store away the memory of a wound that derailed your destiny. In the second, you keep the limiting beliefs and soul contracts that you entered into at the time of your loss. In the third, you recover the grace and trust that will make you whole again; and in the fourth, you remember the calling and mission that you choose to unfold in this lifetime. "While everyone has a future," Villoldo says, "only certain people have a destiny." This book shows you how to find and manifest yours.

## Book Information

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## Customer Reviews

Alberto Villoldo, Ph.D., has trained as a psychologist and medical anthropologist, and has practiced yoga for more than 25 years. He has traveled to the source of India's holy rivers in the Himalayas to rediscover the wisdom of the Sadhu, India's ancient shamans. Dr. Villoldo directs The Four Winds Society, where he trains individuals in the U.S. and Europe in the practice of shamanic energy medicine. Dr. Villoldo has written numerous best-selling books, including One Spirit Medicine; Shaman, Healer, Sage; and Power Up Your Brain. Website: [www.thefourwinds.com](http://www.thefourwinds.com)

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When I finished Villoldo's book " One Spirit Medicine" I felt a new beginning was happening in my life. I felt exactly the same with "Soul Journeying..." it fills me with divine energy. Both are books worth to study deeply and many times. Two authors leave me with this incredible feeling of love and renovation: Alberto Villoldo and Brian Weiss.I recommend this book to all people I love.

loving it

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