



# Shaman, Healer, Sage: How to Heal Yourself and Others with the Energy Medicine of the Americas

*Alberto Villoldo Ph.d.*

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**Shaman, Healer, Sage: How to Heal Yourself and Others with the Energy Medicine of the Americas**  
Alberto Villoldo Ph.d.

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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