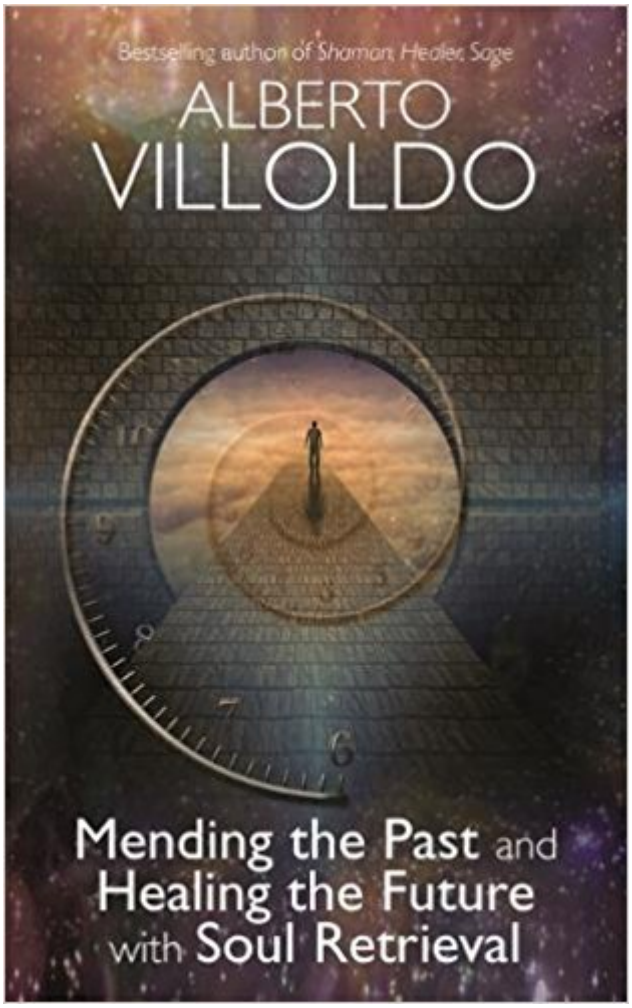
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Mending The Past & Healing The Future With Soul Retrieval



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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&#8212which, until now, have been inaccessible to most of the world. The shamans of old called this journeying.Ã Â In this book, you&#8217ll discover that you have a four-chambered heart in the same way 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. &#8220While everyone has a future,&#8221 Villoldo says, &#8220only certain people have a destiny.&#8221 This book shows you how to find and manifest yours.

Book Information

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Customer Reviews

Alberto Villoldo, Ph.D., a psychologist and medical anthropologist, has studied the healing practices of the 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.

This is gold! Not necessary for the soul retrieval part. I haven't tried that, but it puts together ideas that I've always had that didn't mesh in quite this way. It's clear. It's succinct. It makes sense. I just love it.

This is the first book I've read of Mr. Villoldo's, and I was pleasantly surprised. There's a little science in here, and there's comparison to western fairy tale which actually nicely supported the book's premise for a western audience. He is a pretty engaging author and I sensed a passionate and honest quality that I wasn't expecting from someone with PhD after their name.I found the exercises to be well presented and easy to follow. His approach of soul retrieval was a little more complex than others I know of, but I've utilized some of what he wrote about and have found it useful in my own personal practice though I wouldn't use it for clients unless I studied with him directly.I may try another of his books down the road.

I have been on my own personal journey for a few years now, searching for answers to a few key problems I had been experiencing for much of my life. Certainly I had been working diligently to work through my beliefs, thoughts and attitudes etc that I believed were holding me back. But after quite some time, I became frustrated that I had been unable to make a break through in areas related to my health and direction in life.Just when I was about to give up, this book came along....If you have taken part in visualisation exercises as I had, you might think you know what is going to happen when you follow the instructions in this book. However, it is likely that you will have an experience quite unlike anything you have had before!The instructions in the book guide you through certain exercises which take you to various parts of yourself that cannot usually be accessed except via the shamanic journeying technique. Thankfully, the experience is described in an easy to understand manner and the concepts are further described by way of storey-telling to reinforce understanding.The effects of working with this book are almost immediate. Health problems I have had for years evaporated within days of doing the exercises in this book. Other areas of my life cleared up almost as quickly. After wondering for 20 years what I was supposed to do with my life, I finally got my answer! So if you have some big challenges and are looking for a way to really make some inroads, try this book and see if it doesn't make a difference!

I'm not through reading this book, but so far it has taken me places I haven't gone too before. I

recommend this book to anyone who wants to heal the wounds of their past.

excellent book, only for shamanic practitioners, it is mandatory to know how to do shamanic journing

Great message for our time. Thank you to Alberto Villoldo for sharing this important book for our time. This has helped me with the Soul Retrieval modality I perform. A wonderful and necessary treatment for all kinds of trauma.

I am now on my 4th book by Alberto Villodo and plan to order at least 2 more after that. His coverage of the topic of shamanism is so easy to understand. I highly recommend any of his books to those interested in the subject.

This is a great resource to help you work on mending your past and allow healing so that you can step into the grandest expression of yourself. I highly recommend it!

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