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Nota di contenuto	The hunter and the hunted -- Taming the prehistoric brain -- Archetypal death and the great awakening -- The stages of initiation -- Seven demons and seven angels -- Vanquishing the demons of youth -- Vanquishing the demons of maturity -- The initiations of youth -- The initiations of maturity -- The shaman's gifts : building personal power.
Sommario/riassunto	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.

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