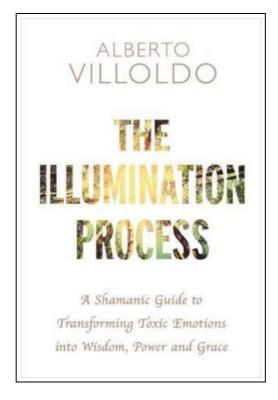
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THE ILLUMINATION PROCESS: A SHAMANIC GUIDE TO TRANSFORMING TOXIC EMOTIONS INTO WISDOM, POWER AND GRACE (PAPERBACK)



Hay House UK Ltd, United Kingdom, 2017. Paperback. Condition: New. Language: English. Brand New Book. The Illumination Process 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. The Illumination Process 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 of 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, bestselling author Alberto Villoldo shows readers how they can benefit from these sacred practices. This is a repackaged edition of Illumination.

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