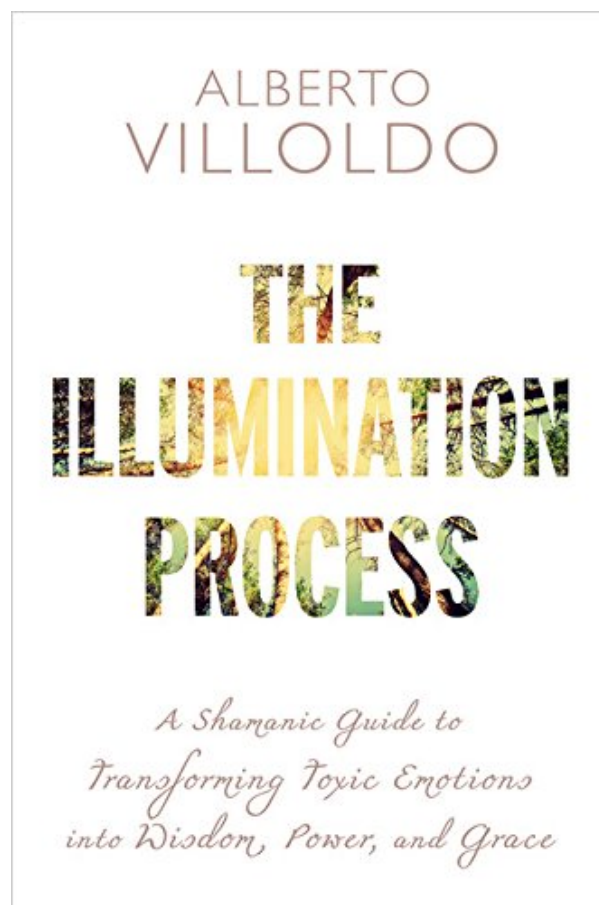


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Alberto Villoldo, Ph.D., has trained as a psychologist and medical anthropologist, and has practiced yoga for more than 25 years. He has traveled to the source of India's holy rivers in the Himalayas to rediscover the wisdom of the Sadhu, India's ancient 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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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 good-bye 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, Alberto Villoldo shows readers how they can benefit from these sacred practices.

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