



# Erleuchtung ist in uns: Der schamanische Weg zur Heilung (German Edition)

*Alberto Villoldo*

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Die Schamanismus-Bestsellerliste wird angeführt von Alberto Villoldo

Nach schamanischem Verständnis ist Erleuchtung nicht ein einmaliges Ereignis, sondern ein Prozess, den wir Stufe um Stufe durchlaufen. Gerade physische oder emotionale Herausforderungen geben uns die Gelegenheit zur Bewusstseinsweiterung. Krankheiten und seelische Schmerzen sind nach schamanischer Tradition hilfreiche Meilensteine auf unserem Lebensweg. Villoldo zeigt, dass sich das uralte schamanische Wissen mit modernsten psychologischen Erkenntnissen deckt und für unsere Lebensbewältigung hochaktuell ist.

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