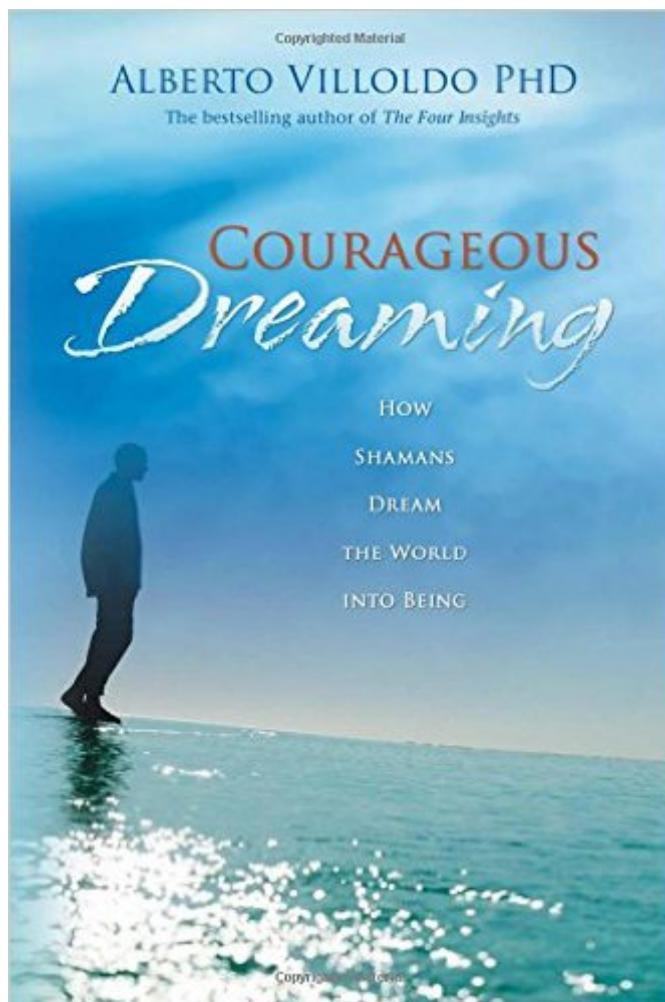


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# Courageous Dreaming: How Shamans Dream The World Into Being



## **Synopsis**

Modern physics tells us that we're dreaming the world into being with every thought. Courageous Dreaming tells us how to dream our world with power and grace. The ancient shamans of the Americas understood that we're not only creating our experience of the world, but are dreaming up the very nature of reality itself—that is, "life is but a dream." When you don't dream your life, you have to settle for the nightmare being dreamed by others. This book shows how to wake up from the collective nightmare and begin to dream a life of courage and grace, a sacred dream that shamans throughout time have known and served. Alberto Villoldo reveals ancient wisdom teachings that explain how to birth reality from the invisible matrix of creation; and reveals how we can interact with this matrix to dream a life of peace, health, and abundance. He shows us that courage is all that is required to create the joy we desire!

## **Book Information**

Paperback: 191 pages

Publisher: Hay House (March 1, 2009)

Language: English

ISBN-10: 1401917577

ISBN-13: 978-1401917579

Product Dimensions: 6 x 0.5 x 9 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars Â See all reviews Â (44 customer reviews)

Best Sellers Rank: #265,489 in Books (See Top 100 in Books) #209 in Books > Religion & Spirituality > New Age & Spirituality > Shamanism #428 in Books > Religion & Spirituality > Occult & Paranormal > Occultism #1057 in Books > Religion & Spirituality > New Age & Spirituality > New Thought

## **Customer Reviews**

The following is my opinion on this book. I really like this author. Of all the metaphysical authors out there this one seems very genuine and sincere. You don't get the sense the author is playing games with you or is acting like an absolute know it all. For anyone new to the metaphysical path I recommend that you read at least one of the authors books to get an idea of his concepts. I would say after reading most of the authors books you come to know what to expect. You hear the same concepts about levels of consciousness (Snake, Jaguar, Hummingbird, Eagle) (aka Andean Medicine Wheel), Luminous Energy Body, the EarthKeepers, etc. That is both perhaps comforting

and limiting. This book attempts to show you the power of dreaming, how some cultures use it, how to use different levels of consciousness to live a more intent-full life. That's all good. And for the major part most of the book content is true to this and delivers. But if you look deeper you begin to see some holes in his presentation and limits in his theories. As an example I wonder who exactly he means when he uses the label EarthKeepers? Everyone is an EarthKeeper (most are slacking off the job). And the use of this term is a bit distracting because it is used as a label of authority and implies that it is not you. Other reviewers have also pointed out that the authors use of the 4 animals as the 'Andean Medicine Wheel' is largely of his own creation and not a traditional concept. It was the North Americans who were really into the medicine wheel. The South Americans had many other symbols with the closest being the Chakana which is ubiquitous throughout.

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