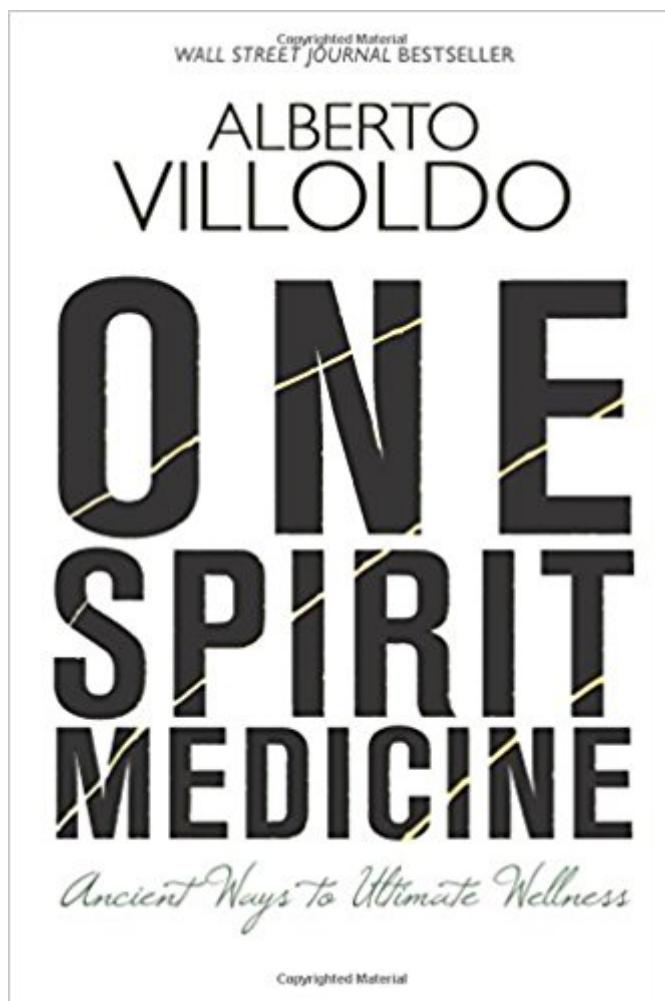


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# One Spirit Medicine: Ancient Ways To Ultimate Wellness



## Synopsis

Today our minds, our emotions, our relationships, and our bodies are out of kilter. We know it, but we tend to ignore it until something brings us up short—“a worrying diagnosis, a broken relationship, or simply an inability to function harmoniously in everyday life. When things are a little off, we read a self-help book. When they’re really bad, we bring in oncologists to address cancer, neurologists to repair the brain, psychologists to help us understand our family of origin. But this fragmented approach to health is merely a stopgap. To truly heal, we need to return to the original recipe for wellness discovered by shamans millennia ago: One Spirit Medicine. Through One Spirit Medicine, the shamans found that they could grow a new body that allowed them to live in extraordinary health. They learned how to switch off the “death clock” inside every cell, and turn on the “immortality” genes that reside in password-protected regions of our DNA. Cancer, dementia, and heart disease were rare. The shamans of old were truly masters of prevention. Drawing on more than 25 years of experience as a medical anthropologist—as well as his own journey back from the edge of death—acclaimed shamanic teacher Alberto Villoldo shows you how to detoxify the brain and gut with superfoods, use techniques for working with our luminous energy fields to heal your body, and follow the ancient path of the medicine wheel to shed disempowering stories from the past and pave the way for rebirth. Using the principles and practices in this book, you can feel better in a few days, begin to clear your mind and heal your brain in a week, and in six weeks be on your way to a new body—one that heals rapidly, retains its youthful vitality, and keeps you connected to Spirit, to the earth, and to a renewed sense of purpose in your life.

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## Customer Reviews

“One Spirit Medicine is the new manifesto for body and soul. The wisdom of the ancients is being newly discovered in the language of our biology. Alberto Villoldo translates advances in the science of creating health and integrates them with spiritual and life practices from shamanic traditions—the one medicine we all need to reclaim body, mind, and soul. There is no one better to guide us on our journey toward living a light-filled, vibrant life.” — Mark Hyman, M.D., author of #1 New York Times bestseller, *The Blood Sugar Solution 10-Day Detox Diet*, and director, Cleveland Clinic Center for Functional Medicine

“One Spirit Medicine offers an opportunity to move beyond misperceived limitations and write new empowering stories for our lives. With authority and eloquence, Alberto Villoldo presents a paradigm-shattering synthesis of wisdom traditions and modern science that enables the reader to move from passive victim and become the master of their fate. One Spirit Medicine is a powerful and wise prescription for self-healing and an opportunity to reclaim power over your health and your destiny.” — Bruce H. Lipton, Ph.D., cell biologist and best-selling author of *The Biology of Belief* and co-author of *Spontaneous Evolution*

“In *One Spirit Medicine* Dr. Villoldo artfully weds traditional wisdom with leading-edge nutritional science, delivering a program that pushes the reset button, paving the way for health.” — David Perlmutter, M.D., F.A.C.N., author of #1 New York Times bestseller, *Grain Brain: The Surprising Truth About Wheat, Carbs, and Sugar*

“Your Brain™’s Silent Killers” — Alberto Villoldo, Ph.D., does a brilliant job in carefully demystifying age-old wisdom with practical cutting-edge science. One Spirit Medicine is the big answer to our health-care problems in the 21st century. This book will change your life.” — Joe Dispenza, D.C., author of New York Times bestseller *You Are the Placebo: Making Your Mind Matter and Breaking the Habit of Being Yourself: How to Lose Your Mind and Create a New One*

“One Spirit Medicine is a powerful blend of spiritual philosophy and scientific principles woven into the perfection of a practical formula for everyday life! Easy-to-read, yet brimming with timeless wisdom, Alberto leads us on a journey of discovery that shatters common misconceptions about us, our relationship to our body, and the world. In doing so he reminds us that the key to our healing lies in our ability to embrace ourselves, and the world, as living, conscious, and connected. You’ll want to keep this book at your fingertips.” — Gregg Braden, New York Times best-selling author of *The Divine Matrix* and *Deep Truth* — This text refers to the Hardcover edition.

Alberto Villoldo, Ph.D., has trained as a psychologist and medical anthropologist, and has studied

the healing practices of the and the Andean 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. He is the founder of the Light Body School, which has campuses in New York, California, Miami, and Germany. He directs the Center for Energy Medicine in Chile, where he investigates and practices the neuroscience of enlightenment. Dr. Villoldo has written numerous best-selling books, including *Shaman, Healer, Sage; The Four Insights; Courageous Dreaming; and Power Up Your Brain.*

Website: [www.thefourwinds.com](http://www.thefourwinds.com)

UPDATE: Three months later and I'm down another 15 pounds, but BEST OF ALL, my LDL cholesterol and triglycerides are well within normal ranges and my average blood sugar level has dropped. I do not miss carbs or sugars, but I do not deprive myself on special occasions if I feel like a little cake and ice cream. Frequently, people I have not seen in a while ask me how I did it Â¢Â“ I cannot recommend this book enough!....I donÂ¢Â™t often read this genre, but I was strongly motivated after my doctor gave me some pretty depressing news Â¢Â“ at 64, I was 30 pounds overweight, pre-diabetic, and my cholesterol was higher than ever, despite being on two kinds of statins. A dear friend listened to my tale of woe and lent me an advance copy of *One Spirit Medicine* she had just received. That was two months ago. Some things come into your life at the exact moment you are most receptive. I started Dr. VilloldoÂ¢Â™s 14-day detox and eliminated bread, pasta, grains, sugar and other unhealthy foods. I started drinking fresh Â¢Âœgreen juiceÂ¢Â• for breakfast (not nearly as bad as it sounds!) and eating nuts, seeds, fresh caught fish (mostly salmon, not a big fan of seafood) and fibrous veggies. I cut back on fruit (that was hard) and root vegetables (high in sugar Â¢Â“ who knew?), and increased my water intake. By the end of the detox, I was amazed to find that my Â¢Âœbrain fogÂ¢Â• had lifted. I honestly thought it was early onset AlzheimerÂ¢Â™s, so the relief was enormous. My clothes felt looser, so I could tell I had dropped some weight. That motivated me to keep at it. I am not a creative cook, and *One Spirit Medicine* is not a diet book with lots of recipes, so I googled Â¢Âœno carb, gluten-free recipesÂ¢Â• and found a LOT of good ideas on the Internet. Following the broad guidelines in the book, I added quinoa (yum), avocado, coconut oil, and food supplements to my diet. Two months later, I have dropped at least 15 pounds and feel more energetic than I have in years. I have a sense of joy and peace that I realize has been missing from my life for a long time. I have learned so much from this book about how the body functions, and that has helped a lot as well Â¢Â“ I have a better understanding of why I need to stick with the program. IÂ¢Â™m also getting back in touch with my long-neglected spiritual side, though this is taking a little more effort than the dietary

changes. But the focus on shamanism and energy medicine is interesting, and some of the spiritual exercises have been mind-opening. I am looking forward to my follow-up visit to the doctor and am certain my blood sugar levels have dropped. Keeping my fingers crossed on the cholesterol as well, despite a genetic predisposition. I feel so much better, I can't imagine going back to my old eating habits. So, corny as it sounds, I can honestly say this book has changed my life. And for that I am grateful. I hope this review motivates others to make changes in their lifestyle as well.

The following is my opinion on this book. I have spent a lot of time with medicine people in North and South America in ceremony. I know the real medicine people from the New Agers. The transmission of original and authentic traditions is very important to me. The author is a sincere person who has studied with native peoples and shamans of different cultures. He is a prolific author and founder of the Four Winds Society and the training programs it offers. The Munay-Ki ceremonies/rites that are taught there are partially based on a diverse set of rites from a subset of Q'ero medicine people of the Andes. The authors ability to have conveyed, with adaptation, information from his indigenous teachers, is generally an important contribution to modern understanding of ancient ways. This books synthesis, and title, revolves around a concept called 'One Spirit Medicine'. Not to be confused with 'Spirit Medicine' by Hank Wesselman or 'Medicine Of One: The Path Of The Circle' by Lomakayu. Both of these other titles may also be of interest. 'One Spirit Medicine' claims to convey the 'ancient' teachings from the 'shamans' and to integrate this with nutritional research from modern medicine. The book wants you to know that the 'shamans' have the superior knowledge, and their ancient way of 'One Spirit Medicine', is ultimately superior to modern medicine. These two approaches, the modern and the ancient, are sometimes held in harmony. But more often the books tone is that allopathic medicine is inferior. The book also claims very early that its content and method is based on shamanic process, especially the vision quest. But during the nutritional part of the book it's very hard to feel much connection to shamanic process. The first part of the book starts with an overview of this fantastique program of 'One Spirit Medicine' and some background on shamanism and spirit. If you have watched Yoda talking about the force in Star Wars, or the Navi people from Pandora talking about Ewa, you've got the same vibe. If you grove on this way of looking at the world then you should check out videos from the Bioneers. Folks like Paul Stamets and Jeremy Narby (The Cosmic Serpent: DNA and the Origins of Knowledge) are all over this. I think the core vision of the book is not adequately described before getting into the nutritional details. What should have been said is that 'One Spirit Medicine' is the internal alignment of your metabolic processes with the larger luminous field manifesting upon and

within the biosphere. If you can imagine and tap into that noosphere of light, and then imagine aligning your lifestyle with that, starting from your food, then you bring your entire biology into harmony with light, that you can surf the great transformation into a luminous civilization that is forming right now. This feels like the core message to me. But it also feels like the text often leads away from this vision by spouting too many facts and left-brain analysis which is the pathology of western civilization. The core message is buried by facts when more visionary metaphor and poetry, to bring the right-brain into play, and both hemispheres into balance, is missing for much of the book. This visionary aspect I am bringing up is a core theme within the authors work, especially around the 'Munay-Ki' teachings."To the shamans, eternity is available to anyone who upgrades their brain and grows a new, improved body through One Spirit Medicine."That sentence is a hologram to the entire book and gives you a clear idea of the books synthesis. The hyperbole around 'One Spirit Medicine' is as deep as it is frequent. You would have to keep your wits about you to make it through this book holding many disparate concepts together. Ultimately it does not matter if such claims around brain upgrades and new bodies is based on fact or anything any shaman or medicine person ever originally said or taught.The books use of the word 'shaman' (a Siberian/Mongolian word only truly applicable in that part of the world), is very general. This phrase is also nebulous to anyone who has been in ceremonies with medicine people, especially in Peru and Bolivia. In South America there are specific disciplines for medicine people like a paqo, altomesayok, ayahuascero, tabaquero, huachumero, etc. Hard-core medicine people and healers in the Americas, specialists, do not typically go around using a general term like 'shaman'. Outside of Siberia and Mongolia, the claim 'I am a shaman' is not common among medicine people. This term shaman is being used colloquially in the West as a blanket term for a spiritual person typically in the Harner/Ingerman lines, though it now has a much wider & vague connotation.Much of the first part of the book is about detoxification and dietary changes. Certainly this information is important, especially the use of fasting. But most of the content here makes this a nutrition and dieting book for the alternative-minded. We get so far into an epiphany of phytonutrients and superfood that Spirit exits the show for many scenes. What happened to the vision quest and the shamanic process? Any magic of Spirit or of shamanic quest the book had at the start is now diluted, never fully coming back through the very last detours at the end of the tome.By the time you get into the core of the book you realize some turbulence of themes. The book tries to market an ancient and aboriginal 'One Spirit Medicine' while spooning Western science. The book promotes the concept literally that "our ancestors came from the north". This is stated in reference to the theory that the Americas were populated only via migration through the Bering Straight, etc. Do people in Africa think their

ancestors came from the North? There are many subtle Euro-centric undertones in this book, either through kowtowing western science and it's philosophical/mythic memes, or by doing a sometimes hard sell to North American New Agers. It's really hard to get a clean message of ancient wisdom that 'One Spirit Medicine' may hold when you keep banging pots and pans in the name of the West. Eventually the 'One Spirit Medicine' program moves from body into mind and emotions. Hard selling you the notion that if you can just be clean enough in body and mind, you can turn off the death process of your body and become an immortal. (Should you be unable to do this from reading the book you can take a retreat with Four Winds on how to 'grow a new body'. Prices for previous retreats starting from [thefourwinds.com](http://thefourwinds.com) have ranged from \$6,600-\$7,900 for "Grow a new body - January 19-26 2015" [/grow-new-body-3/] to the more serious \$11.5K-\$14K for "GROW A NEW BODY INTENSIVE - January 5-12 2015" [/grow-new-body/].) Within this book you also hear about an odd association of power animals to the four directions. This concept is old territory from the authors earlier books called the 'Inka Medicine Wheel'. This is the template of the North American tribes 'medicine wheel' mind-melded to South American power animals. (cf footnote 1) But the book overreaches in it's claim to define a standard set of power animals for all tribes in the Americas, North, Central, and South American. The book says that the tribes of the Americas recognize the Eagle as the spirit animal of the East. Not so. Just like the colors of the four directions, which varied by tribe, there is no canonical standard of totem animals for the four directions. West is commonly Bear, or the Thunderbeings. North is commonly Tatanka/Buffalo/Bison. The Chippewa medicine person Sun Bear inÂ Dancing with the Wheel: The Medicine Wheel WorkbookÂ presents a more common medicine wheel but even that is not universal among the 500 nations of turtle island (North America). 'One Spirit Medicine' encores a homebrew of Hummingbird, Jaguar, Serpent, and Eagle. But even the concept of the medicine wheel is not free from Western memes that we earlier thought we were trying to overcome. Frequently in this book Greek myths crash the native camp. During talk of the direction of the West the Greek character Psyche and her inner journey are used. If Western society and medicine is so messed up, then why do we keep bringing up Psyche in this book when we are trying to discover 'One Spirit Medicine'? Compare this to a statement previously made by the author "The Mythology of the West has gone bankrupt." [video: "It's up to you" - youtube - 18:40 & 19:42]. Starting from chapter 10 (The Journey to the Divine Feminine), it felt like the book became unfocused. There are associations here being made to Jaguar which seem to lack any logical or aboriginal backing at all. We hear that jaguar teaches how you get what you want (makes sense, catching prey). But we hear that jaguar also teaches acceptance because the jaguar will die and it's body will feed the forest. Huh? What animals do not die and decay? This is an example of

something that should have been left on the editing floor because it has no authentic tie to any native tradition. And the Greek memes keep appearing awkwardly. Jaguar in one breath and then Hercules and Cerberus in the next. The books says the awakening of the (Mayan) Jaguar body is the same as the Buddhist rainbow body. ???? There is nothing across these cultures to tie the two concepts together. You would be much better to seek out Ted Andrews inÂ Animal-Speak: The Spiritual & Magical Powers of Creatures Great & SmallÂ for your advise on what the animals symbolize. By the time we come to chapter 12, we are thrust back into the vision quest as if shaken and startled from a dream. Earlier we abruptly left behind our phytonutrients and earlier health consciousness of the body in order to talk about these directional animals and the process of transformation. Now, in a flash, we are back somewhere else. The conceptual shifts from section to section are rapid and not often smooth. Before we leave the story we again hear about associating the West with finding the Divine Feminine. This is very strange as any goddess song clearly declares that the sacred mother is everywhere or all around. And don't ask me why we are taking a big paragraph to talk about minecraft near the end. What the? Even into the last few paragraphs we take a quick jaunt into Ch'an (Zen) Buddhism for another set of points which do not fit well either into the overall theme of 'One Spirit Medicine'.  
**SUMMARY**Overall this is not the authors best title. The audience seems to be those interested in a combination of shamanism (with filters on), nutrition, and general New Age tendencies. If you know anything about nutrition or shamanism, or ever been in native ceremonies, then this is likely a skip. Looking for a serious medicine teacher to spend time with? Get yourself to the and/or Cuzco. I hear good things about The Temple of the Way of Light and Ayahuasca Foundation. If you are interested in Andean mysticism/'shamanism' here are some of the best titles:  
**Gate of Paradise: Secrets of Andean Shamanism**  
**Andean Awakening: An Inca Guide to Mystical Peru**  
**The Fourth Level: Nature Wisdom Teachings of the Inka**  
**Masters of the Living Energy: The Mystical World of the Q'ero of Peru**  
If you want a very good overview of the medicine path ('shamanism') this is a great book:  
**Walking in Light: The Everyday Empowerment of a Shamanic Life**  
**FOOTNOTE 1**This allegedly was told by Don Jicaram, a single Q'ero teacher, to the author. There is no readily available biographical data on Don Jicaram. There are no records of any other Q'ero priest giving this teaching nor is this a commonly documented teaching among the Q'ero. Generally the Q'ero chumpi rites do not associate the energy belts with power animals or archetypes. The standard association in Andean spirituality using animals is in the association between the levels of reality/consciousness as expressed in the Chakana. These power animals are well known across the Andes as being the snake, the puma of the mountains (not Jaguar of the jungle), and the Kondor (not the Eagle). Neither the Q'ero nation, nor major

practitioners of Andean spirituality in various groups, have ever been documented to talk about their power animals as being in the form of a North American 'medicine wheel'. The Four Winds website itself does not list any animal visualizations in its description of the Chumpi ceremonies as part of the South Illumination program. See Paul M Sivert as having an accessible description in English of the chumpi ceremony. FOOTNOTE 1a The following is an excerpt from The Latin American Anthropology Review - 1992:15-16 by Donald Joralemon, Smith College, in a review of The Four Winds: "...where is the precedent for an Andean concept of the medicine wheel, which is usually associated with native North Americans? Why are the symbolic associations of the four cardinal directions that Villoldo says he was taught so different from those documented in the anthropological literature on South American shamanism? What evidence is there that Machu Picchu ever played the central role in Andean shamanism attributed to the site by Villoldo? ... If you believe his story, Villoldo has earned the distinction of being psychopomp to the Western world. The problem is, there is so very much not to be believed. Put simply, there is more self-promotion than self-enlightenment to be found in this book." Update - 2015-MAY-27 - Regarding one of the books core concepts, that if you can just be clean enough in your thoughts and body that you can turn off the death clock... This strikes me more and more as a kind of new age Calvanistic Puritanist fantasy as applied to the body and mind. That if you can just be pure enough in body and mind that God/Spirit will like you more and your reward will be a 'new body' and immortality within your current metabolic form. There are examples in the authors other books of various Christian themes that are wrapped into a syncretic package that is claimed to be from the aboriginal teachings. In "Illumination: The Shaman's Way of Healing" there are nearly obsessive discussions around intrusive entities and especially 'demons'. The repeated emphasis in these books on the shadow elements of Christian themes (guilt/redemption/demons, etc.) is a distraction to the teachings of the original cultures. The South American philosophy is extremely clear that there never was any separation of man from God [a Western meme]. Any thought that 'One Spirit Medicine' is some aboriginal transmission from the 'shamans' would have to be abandoned, and quickly, upon careful examination.

It's always interesting for me to open up and learn things I didn't know before. I found the information on fasting, cleansing your body and the vision quest to be fascinating. Definitely a great read for open-minded people who want to improve their life and learn about more natural pathways in life.

This is an amazingly beautiful and useful book! I couldn't stop reading it... and to give a more detailed opinion I'll need to read it some more times... it's a book to enjoy, to study, to put in practice and to refer to everybody is looking for true healing. It's worth to go over it many times!

Synchronicit' as if I was drawn too at this point in time, ..completing Neale Donald Walsh - Conversations with God series- this was a perfect compliment for both that and 2yrs of detoxing & fasting & applied disciplines to renew' reboot optimal health, whilst validating universal ideas!

This book brings uncommon, very common knowledge into the present time. Uncommon because we have dismissed the thousands of years of human consciousness that was established and experienced by our ancestors. He is living his truth.. what a powerful way to share your understanding of life, actually by living his truth. We can talk the talk but when we walk the talk we are living in authenticity. This book oozes with truths. It is one of the few books that has gotten my attention and holding it. I am not finished but doubt I will leave this book before the final words are read. Powerful information for our present times. This book is a powerful synchronistic experience for me.

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