



Mending the Past, Healing the Future with Soul Retrieval

In-Store Event with Dr. Alberto Villoldo

Fri, July 29 • 7:30pm
Free, call to reserve a place

Dr. Alberto Villoldo is founder of The Four Winds Society. His books include: *Shaman, Healer, Sage* and *Island of the Sun* (with E. Jendresen, 1994). His new book, *Mending the Past, Healing the Future with Soul Retrieval* explains practices that allow us to uncover our destiny. www.thefourwinds.com

SS: How may we mend the past and heal the future with soul retrieval?

AV: We spend so much time trying to repair what has gone wrong in our past, when frequently, we have to heal ourselves by going forward into the future and allow that to inform us today. There are practices among the Native American shamans of South America that can help us in this practice.

SS: From a shamanic perspective, what's the difference between fate and destiny?

AV: Fate is pre-ordained. It's your genes, your karma. Destiny is free of karma. It's not been dictated by anything that occurred in your past.

The book is about helping us break free of the fate we may have inherited. Master shamans know that evolution can happen within generations. We can grow new bodies that age, heal and die differently.

SS: Soul retrieval is done through a process called journeying?

AV: Journeying is the key process and a technique for entering into a heightened state of awareness in which we can break free of ordinary time. The Tao says to fix things before they're born. When we can step outside of time and fix things before they're born, we can dream the world into being.

SS: In journeying, we actually go to three different worlds. How do they correspond to our healing?

AV: The Laikas, master Peruvian shamans, divide what we call the unconscious, the conscious and the superconscious into three worlds too. The first is the lower world, which is the earth, our past and the world of the collective unconscious. Next is the middle world, which is the world of objects you

and I normally identify with: the world of grocery bills and parking tickets. Finally, there is the upper world, which is associated with the future and infinity.

When you enter into the heightened state of awareness through journeying, a place of direct awareness, you can move backwards along a timeline to discover an event that occurred 20 years ago or 200 years ago that may have derailed a destiny. We can recover the soul part that fragmented at that point, at that moment. That soul part is a quantum of energy; it's a juicy bundle of life force that once recovered, enables us to again come into the destiny we chose for ourselves.

SS: Do you feel that as we become conscious of these pieces of energy we are more integrated and more on the energetic band of our destiny?

AV: Precisely. Otherwise we're into fate. The original soul loss that we all suffered collectively was the separation of our own divine

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SS: How may we move from fear to grace?

AV: When we suffer soul loss, our world ceases to be safe. Often women who have been raped report they can observe the violence as if they are up above the scene. Men on the battlefield in the heat of battle will report this kind of disassociation as well. Because our world no longer felt safe, a part of us had to flee to protect itself; the predominant mood and flavor then became fear. What happens when we recover that soul part is we recover our grace. When we suffered our original wounding, we suffered a loss of grace, a loss of our innocence. When we recover the soul parts, we recover our innocence. We come to that second innocence that's born of wisdom.

Interview by Susanne Spitzer