



## The Four Insights

*By Alberto Villoldo*

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### **The Four Insights** By Alberto Villoldo

The Four Insights are the wisdom teachings that have been protected by secret societies of Earthkeepers, the medicine men and women of the Americas. The Insights state that all creation—humans, whales, and even stars—is made from light manifest through the power of intention. The Earthkeepers mastered the Insights, and used them to heal disease, eliminate emotional suffering, and even grow new bodies that age and heal differently. Mastery of the Insights allows you to reinform your DNA and participate consciously in your biological, emotional, and spiritual evolution. According to the prophecies of the Maya, Hopi, and Inka Earthkeepers, we're at a turning point in human history, when a new species of human will give birth to itself. We're going to take a quantum leap into what we're becoming and will no longer be Homo sapiens but Homo luminous. The Four Insights reveal ancient technologies we can practice for becoming beings of light with the ability to perceive the energy and vibration that make up the physical universe at a much higher level.

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## **The Four Insights** By Alberto Villoldo Bibliography

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## **Editorial Review**

About the Author

**Alberto Villoldo, Ph.D.**, a psychologist and medical anthropologist, has studied the healing practices of the Amazon and Inka shamans for more than 25 years. While at San Francisco State University, he founded the Biological Self-Regulation Laboratory to study how the mind creates psychosomatic health and disease. Dr. Villoldo directs The Four Winds Society, where he trains individuals in the U.S. and Europe in the practice of energy medicine and soul retrieval.

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