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One of our most informed and informative shamanic practitioners, Alberto Villoldo, is a psychologist and medical anthropologist by training He directs The Four Winds Society, where he instructs people around the world in the practice of energy medicine He has written numerous bestselling books, including Shaman, Healer, Sage; The Four Insights,

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1969: 25, 214) and as a healer who works with a qobuz This instrument may be either a horsehair fiddle, as among the Kazakh, or a type of shaman's drum Among the Uzbek, according to Castagne (1930: 59), the term baxsi means a shaman, doctor, savant, sage, ...