

Gli Ultimi Curanderos

Questo saggio presenta ai lettori il percorso di ricerca umano, professionale ed intellettuale di Piero Coppo, Rosa Giove e Jacques Mabit, tre medici che hanno saputo costruire dei concreti canali di comunicazione tra la medicina scientifica occidentale, cui devono la loro formazione, e generi di terapia radicalmente diversi, fondati sull'esperienza dell'incontro con entità personificate e invisibili, spiriti, demoni e divinità, dalle quali viene ritenuto dipendere lo stato di salute e malattia degli esseri umani. Questi tre medici hanno costruito realtà terapeutiche operative ed efficaci, centri di irradiazione di visioni culturali capaci di trasformare profondamente ed arricchire la concezione medica dominante nelle attuali società della globalizzazione. Il primo di questi centri è la Scuola di Specializzazione in Psicoterapia ad indirizzo etnopsicoterapeutico Sagara di Pisa, rappresentante italiano di un più ampio movimento internazionale che si riconosce nel termine di etnopsichiatria, e trova la sua principale espressione a livello internazionale nel Centro Devereux di Parigi. L'altro è il Centro Takiwasi di Tarapoto, nell'Amazzonia peruviana, dove dal 1992 viene affrontato, con validi risultati, il problema della tossicomania integrando la medicina tradizionale amazzonica impiegata dagli sciamani con la psicoterapia e la scienza medica occidentale.

Il volume raccoglie gli interventi tratti dalla rivista "High Times", diffusa in tutti gli Stati Uniti dai primi anni Settanta e specializzata nella controinformazione su ogni tipo di droga. Pubblicato in Italia nel 1982 con il titolo "Le sostanze proibite", il libro racconta l'antichissima storia del rapporto tra l'uomo e le sostanze che modificano gli stati di coscienza. (Gruppo Abele)- Allucinogeni, altre droghe, anfetamine, cannabis, cocaina, oppiacei.

Zen To Done is a simple system to help you get organized and productive--keeping your life saner and less stressed--with a set of simple habits. Zen To Done takes some of the best aspects of popular productivity systems (GTD, Stephen Covey, and others), then combines and simplifies them, giving you just what you need--and no more. Simply put, ZTD teaches you: (1) The key habits needed to be organized and productive. (2) How to implement these habits. (3) How to organize the habits into a simple system that will keep everything in your life in its place. (4) How to simplify what you need to do. (5) How to implement an even simpler version called Minimal ZTD. If you're tired of doing things the hard way and just want a simple, easy, yet effective way to accomplish your goals, Zen To Done is just what you need.

Fra le possibili terapie della tossicomania possiamo considerare anche la detenzione, che tronca i rapporti fra il tossicomane e l'ambiente nel quale ha vissuto e sviluppato la sua dipendenza. Ma è davvero così? In che modo il carcere può aiutare tossicomanie ed alcolisti? Come si influenzano reciprocamente la cura ed il castigo?

Sia i "nativi" indiani sia gli africani "immigrati" (ovviamente forzatamente) possedevano nelle rispettive culture forme proprie di magia e di stregoneria, la loro interazione con la cultura delle varie realtà europee dei colonizzatori, portò a forme notevolmente diverse di Magia e Sciamanesimo. Nei vari paesi del Nuovo Mondo si svilupparono pratiche e credenze magiche molto diverse tra di loro. Secondo queste tradizioni erano gli spiriti ultraterreni a determinare la sorte e gli avvenimenti terreni; ogni problema poteva perciò essere risolto solo da qualcuno che avesse la capacità ed i mezzi per entrare in contatto con tali spiriti, affrontando un "viaggio" ultraterreno nel loro mondo, trovando lì la soluzione ai problemi. Nei nativi del nord che meno sentirono l'influenza colonizzatrice si svilupparono forme di sciamanesimo magico direttamente legato agli spiriti della natura, mettendo l'uomo in stretto contatto con le energie del cielo e della terra. Nell'America Centrale e del Sud, su una base importante di cultura sciamanica e magica, fitta di misteri, come nella tradizione Maya e Inca maggiore fu l'incidenza dei coloni europei che influenzarono la cultura preesistente.

Shamanic journeying is the inner art of traveling to the invisible worlds beyond ordinary reality to retrieve information for change in every area of our lives from spirituality and health to work and relationships. With Shamanic Journeying, readers join world-renowned teacher Sandra Ingerman to learn the core teachings of this ancient practice and apply these skills in their own journey. Includes drumming for three shamanic journeys.

"What makes you purr? Of all the questions in the world, this is the most important. . . . Because no matter whether you are a playful kitten or sedentary senior, whether you're a scrawny alley Tom, or sleek-coated uptown girl, whatever your circumstances you just want to be happy. Not the kind of happy that comes and goes like a can of flaked tuna, but an enduring happiness. The deep down happiness that makes you purr from the heart." His Holiness's cat is back—older, a bit wiser, and as curious as ever. In this book, the Dalai Lama sets for his lovable feline companion the task of investigating The Art of Purring. Whether it's the humorous insights gained from a visiting Ivy League Psychology Professor, the extraordinary research of a world-famous biologist, or the life-changing revelations of a mystical yogi, His Holiness's Cat encounters a wealth of wisdom about happiness. And what she discovers changes the way she sees herself forever. With a much loved—and growing—cast of characters from the local community and His Holiness's residence, as well as encounters with intriguing strangers and celebrities from far and wide, The Dalai Lama's Cat and the Art of Purring will transport readers in another unforgettable story. Along the way they will come to understand how elements of contemporary science and Buddhism converge. And, once again, they will feel the warmth of compassion and nonattachment that radiate from the heart of the Dalai Lama's teachings about our quest for enduring happiness.

In 1980, Michael Harner blazed the trail for the worldwide revival of shamanism with his seminal classic The Way of the Shaman. In this long-awaited sequel, he provides new evidence of the reality of heavens. Drawing from a lifetime of personal shamanic experiences and more than 2,500 reports of Westerners' experiences during shamanic ascension, Harner highlights the striking similarities between their discoveries, indicating that the heavens and spirits they've encountered do indeed exist. He also provides instructions on his innovative core-shamanism techniques, so that readers too can ascend to heavenly realms, seek spirit teachers, and return later at will for additional healing and advice. Written by the leading authority on shamanism, Cave and Cosmos is a must-read not only for those interested in shamanism, but also for those interested in spirituality, comparative religion, near-death experiences, healing, consciousness, anthropology, and the nature of reality. Praise for Michael Harner and The Way of the Shaman "What Yogananda did for Hinduism and D. T. Suzuki did for Zen, Michael Harner has done for shamanism—namely, bring the tradition and its richness to Western awareness." —from Higher Wisdom, by Roger Walsh and Charles S. Grob "Wonderful, fascinating.... Harner really knows what he's talking about." —Carlos Castaneda, best-selling author of The Teachings of Don Juan and The Active Side of Infinity "An intimate and practical guide to the art of shamanic healing and the technology of the sacred. Michael Harner is not just an anthropologist who has studied shamanism; he is an authentic white shaman." —Stanislav Grof, author of The Adventure of Self-Discovery "Harner has impeccable credentials, both as an academic and as a practicing shaman. Without doubt (since the recent death of Mircea Eliade) the world's leading authority on shamanism." —Nevill Drury, author of The Elements of Shamanism "Michael Harner is a great shaman. He also proves that a person can be both a scientist and a shaman." —Bo Bair

Rinchinov, Siberian Buryat shaman

We think we know what healers do: they build on patients' irrational beliefs and treat them in a 'symbolic' way. If they get results, it's thanks to their capacity to listen, rather than any influence on a clinical level. At the same time, we also think we know what modern medicine is: a highly technical and rational process, but one that scarcely listens to patients at all. In this book, ethnopsychiatrist Tobie Nathan and philosopher Isabelle Stengers argue that this commonly posed opposition between traditional and modern medicine is misleading. They show instead that healers are interesting precisely because they don't listen to patients, using techniques of 'divination' rather than 'diagnosis'. Healers construct genuine therapeutic strategies by identifying the origins of symptoms in external forces, outside of the mind of the sufferer. Modern medicine, for its part, is characterized by empiricism rather than rationality. What appears to be the pursuit of rationality is ultimately only a means to dismiss and exclude other forms of treatment. Blurring the distinctions between traditional and modern practices and drawing on perspectives from across the globe, this ethnopsychiatric manifesto encourages us to think in radically new ways about illness, challenging accepted notions on the relationship between sufferer and symptom.

Il Dizionario delle religioni del Sudamerica è dedicato alla trattazione dei fenomeni religiosi, o connessi alla religione, che si sono sviluppati nell'America del Sud. Il suo indice rispecchia la particolare storia religiosa del continente, alternando ampie voci generali dedicate alle grandi tradizioni indigene e voci sulla presenza e lo sviluppo delle grandi religioni monoteistiche in quei territori. Sono presenti, inoltre, numerosi lemmi più specifici dedicati alle credenze e alle pratiche religiose di singole popolazioni o gruppi di popolazioni della Mesoamerica (Aztechi, Huichol, Maya, Nahua, Olmechi, Taraschi, Tlaxcaltechi, Toltechi, Totonachi) e dell'America meridionale (Cuna, Inca, Ge, Mapuche, Muisca, Quechua, Selk'nam, Warao). Alcuni prendono in esame le principali figure divine e mitologiche della Mesoamerica (Coatlicue, Huitzilopochtli, Quetzalcoatl, Tezcatlipoca, Tlaloc) e dell'America meridionale (Bochica, Inti, Viracocha, Yurupary). Un ampio gruppo di voci è dedicato alle tradizioni religiose delle popolazioni di origine africana presenti nel continente, come quelle sui culti afrobrasiliani, le religioni afroamericane, afrosurinamesi, dei Caraibi, la Santería e il Vudu. Si aggiungono, infine, alcuni lemmi sulle particolari modalità di espressione che nel Sudamerica hanno caratterizzato fenomeni o concezioni universalmente diffusi nel mondo delle religioni, come «Iconografia» e «Musica», e qualche voce che descrive tradizioni culturali di estrema rilevanza per la definizione della struttura dei sistemi religiosi americani (come «Calendari», «Etnoastronomia», «Fumo»). Nella bibliografia dei lemmi, redatti dai più qualificati esperti internazionali della materia, è stata posta particolare attenzione alle indicazioni delle edizioni originali e delle eventuali traduzioni italiane.

A journey into the deeper workings of indigenous healing in the Amazon • Explores the three pillars of Amazonian shamanism: purging, psychoactive plants, and diet • Shares the experiences of apprenticing with an Ashaninca master shaman • Reveals the intimate relationship between shamans and plant spirits
The Jaguar that Roams the Mind is a journey into the vanishing world of Amazonian shamanism--an adventure of initiation and return--that explores the unique reality at the heart of the Amazonian healing system. Robert Tindall shares his journeys through the inner and outer landscape of the churches of ayahuasca and with the Kaxinawa Indians in Brazil; his experiences at the pioneering center for the treatment of addiction, Takiwasi, in Peru; and his studies with an Ashaninca master shaman deep in the rainforest jungle. Moving beyond the scientific approach to medicinal plants, which seeks to reduce them to their chemical constituents, Tindall illustrates the shamans' intimate relationships with plant spirits. He explores the three pillars of Amazonian shamanism: purging (drawing disease out of the body), psychoactive plants (including the ritual use of ayahuasca), and diet (communing with the innate intelligence of teacher plants). Through trials and revelations, the subtle inner logic of indigenous healing unfolds for him, including the "miraculous" healing of a woman suffering from a brain tumor. Culminating in a ceremony fraught with terror yet ultimately enlightening, Tindall's journey reveals the crucial component missing from the metaphysics of the West: the understanding and appreciation of the sentience of nature itself.

Nato come esercizio terapeutico e come strumento con cui affrontare un tumore maligno e aggressivo, Un sasso a forma di stella è divenuto negli anni un romanzo autobiografico. L'autore lo ha scritto in presa diretta, facendo un sapiente uso delle immagini e della parola, senza indugiare in pietismi o facili scorciatoie narrative. A una prima parte che racconta la fase iniziale della malattia, le operazioni e le cure che paiono debellarla e il suo puntuale ripresentarsi segue una seconda con la presa di coscienza del fatto che il sarcoma sia divenuto parte integrante dell'esistenza del protagonista e che con esso lui e la sua famiglia dovranno convivere fino alla fine. Un racconto che si snoda su due piani temporali: il presente del protagonista, in cui le cure, le operazioni e le relazioni umane si mescolano in costante evoluzione, e quello di un Giovanni anziano, proiettato oltre la malattia, verso una sperata guarigione.

Gli ultimi curanderos Edizioni Piemme

"Pittoreschi centri coloniali, villaggi quichua, foresta pluviale amazzonica e scenografiche vette andine; nonostante le piccole dimensioni, l'Ecuador è un concentrato di tesori e di bellezze". Esperienze straordinarie: foto suggestive, i consigli degli autori e la vera essenza dei luoghi. Personalizza il tuo viaggio: gli strumenti e gli itinerari per pianificare il viaggio che preferisci. Scelte d'autore: i luoghi più famosi e quelli meno noti per rendere unico il tuo viaggio. In questa guida: pianificare il viaggio alle Galápagos; i popoli nativi dell'Ecuador; animali e ambiente in Ecuador.

Lo straordinario percorso di un uomo verso la sua rinascita spirituale. Un cammino che svela al mondo il segreto per ritrovare pace e armonia e ristabilire un contatto con la Madre Terra.

In *Roads to Health*, G. Geltner demonstrates that urban dwellers in medieval Italy had a keen sense of the dangers to their health posed by conditions of overcrowding, shortages of food and clean water, air pollution, and the improper disposal of human and animal waste. He consults scientific, narrative, and normative sources that detailed and consistently denounced the physical and environmental hazards urban communities faced: latrines improperly installed and sewers blocked; animals left to roam free and carcasses left rotting on public byways; and thoroughfares congested by artisanal and commercial activities that impeded circulation, polluted waterways, and raised miasmas. However, as Geltner shows, numerous administrative records also offer ample evidence of the concrete measures cities took to ameliorate unhealthy conditions. Toiling on the frontlines were public functionaries generally known as *viarii*, or "road-masters," appointed to maintain their community's infrastructures and police pertinent human and animal behavior. Operating on a parallel track were the *camparii*, or "field-masters," charged with protecting the city's hinterlands and thereby the quality of what would reach urban markets, taverns, ovens, and mills. *Roads to Health* provides a critical overview of the mandates and activities of the *viarii* and *camparii* as enforcers of preventive health and safety policies between roughly 1250 and 1500, and offers three extended case studies, for Lucca, Bologna, and the smaller Piedmont town of Pinerolo. In telling their stories,

Geltner contends that preventive health practices, while scientifically informed, emerged neither solely from a centralized regime nor as a reaction to the onset of the Black Death. Instead, they were typically negotiated by diverse stakeholders, including neighborhood residents, officials, artisans, and clergymen, and fostered throughout the centuries by a steady concern for people's greater health.

New enhanced edition of the original underground classic by Clarissa Pinkola EstA(c)s, Ph.D., features rare interview excerpts with this internationally acclaimed Jungian analyst and cantadora (keeper of the old stories). First released three years before the print edition of *Women Who Run With the Wolves* (Ballantine books, 1997) made publishing history (more than 2 million copies sold worldwide), this landmark audio probes the instinctual nature of women through world myths, folktales, and commentary. Through an exploration into the nature of the wild woman archetype, Dr. EstA(c)s helps listeners discover and reclaim their passion, creativity, and power.

Sulle cime delle Ande, un curandero va in cerca degli ultimi guaritori dell'anima e del corpo. Uomini e donne di straordinaria competenza, i curanderos ricevono ancora oggi nei villaggi di montagna migliaia di pazienti e da generazioni tramandano gli antichi segreti della medicina peruviana. Un viaggio affascinante sulle orme di una civiltà che ha faticato a conservarsi, il cui prezioso tesoro di saggezza e tradizione non può andare perduto.

Sandra Ingerman's deeply moving debut, *Soul Retrieval*, captivated readers with its introduction of shamanic journeying, an ancient tradition of healing. With the characteristic warmth, passion, and authenticity that have earned her worldwide recognition, Ingerman now continues to share her lifework with *Welcome Home*, an empowering action plan for creating a more positive future by truly letting go of blame and guilt.

Gli insegnamenti di un curandero sul vivere, l'amare e il capirsi.

After a flying lizard carries off his little sister, Rowan of Rin and three companions are guided by a rhyming riddle on a journey to the land of their old enemy, the Zebak, in order to rescue her.

This adventure in science and imagination, which the *Medical Tribune* said might herald "a Copernican revolution for the life sciences," leads the reader through unexplored jungles and uncharted aspects of mind to the heart of knowledge. In a first-person narrative of scientific discovery that opens new perspectives on biology, anthropology, and the limits of rationalism, *The Cosmic Serpent* reveals how startlingly different the world around us appears when we open our minds to it.

This is an account of one woman's Holocaust survival and painful postwar years spent forging an adult identity out of the splinters of a girlhood destroyed.

The time of Carnival represents a "wild" time at the end of winter and pointing to the beginning of a new season. It is characterized by the irruption of border figures, animal masks, characters which recall the world of the dead and which bring within themselves the germ of a vital force, of the energy that produces the reawakening of nature and announces the growth and fertility of the new crops. This wild domain shows itself under the shapes of a contiguity between human and animal: the costumes, the masks, refer to a world in which the characteristics of the human and those of the animal are fused and intertwined. Among these figures, in particular, emerge those of the Wild Man, the human being who takes on animal-like attributes and aspects, and of the Bear, the animal that, more than all the others, gets as close as possible to the human and seems to reflect a deformed image of it. Such symbolic images come from far off times and places to tell a story that belongs to our common origins. The bear assumes attributes and functions alike in very different cultural contexts, such as the Sámi of Finland or North-American hunter-gatherers, and represents a boundary between the world of nature and the human world, between the domain of animals and the difficult construction of humanity: a process continued for centuries, perhaps millennia, and which cannot still be said complete.

"Readers will devour the intricacies of this thrilling crime novel and will hurriedly turn the pages until its denouement. VERDICT: For teen fans of Stieg Larsson's *Millennium* series and de la Motte's *Game* trilogy." —*School Library Journal* "With the breakneck pace of the trilogy but a more mature narrative command, de la Motte deftly spins out these divergent strands, until the intricate outlines of a deadly spider's web finally become visible—and inescapable."—*Publishers Weekly* (starred review) In the first of two new action-packed thrillers by the internationally bestselling author of the *Game* trilogy, *MemoRandom* takes you deep inside the world of police intelligence—where secrecy, betrayal, and deadly competition reign supreme. David Sarac is a handler at the Intelligence Unit of the Stockholm Police Force, identifying, recruiting, and wrangling anyone who can support the police in their battle against organized crime. And David is very good at what he does: manipulation, bribes, and threats—anything goes, so long as he delivers. Other agents can do nothing but watch jealously as his top-secret, high-level informant, Janus, rockets David to success. But after David suffers a stroke during a high-speed car chase, crashing violently into the wall of a tunnel, he wakes up in a hospital with no memory at all of Janus or the past two years of his life. David only knows that he has to reconnect with Janus to protect himself and his informants before outside forces bring the whole network crashing down. Fortunately, he has his supportive friends and colleagues to help him rebuild his life...or does he? From the award-winning Swedish author who has worked as a police officer and IT security consultant, *MemoRandom* is a stunning thriller and look inside the secret intelligence community, where you never know who's on your side.

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