



# The Heart of Life: Shamanic Initiation & Healing In The Modern World

Jez Hughes

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#### The Heart of Life: Shamanic Initiation & Healing In The **Modern World**

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The Heart of Life is an exploration into the depths of what it means to be alive, when the 'cellophane packaging we wrap around life to keep it safe and sterile has been unwrapped and discarded'. It reveals how the ancient path of shamanism and indigenous wisdom can offer us solutions to the many problems facing the modern world, both global and collective. It offers a unique cosmology that explores how these problems, from potential global ecological catastrophe to the multitude of mental and physical illnesses afflicting individuals, are intrinsically linked and how they can be treated. How the soul sickness that is affecting the modern world may well be the initiation we are going through as a species. This is illustrated through the personal and professional experiences of contemporary shaman Jez Hughes, who cured himself successfully of convulsive fits and mental illnesses using shamanic methods and has since gone on to treat thousands of people in the same way.



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