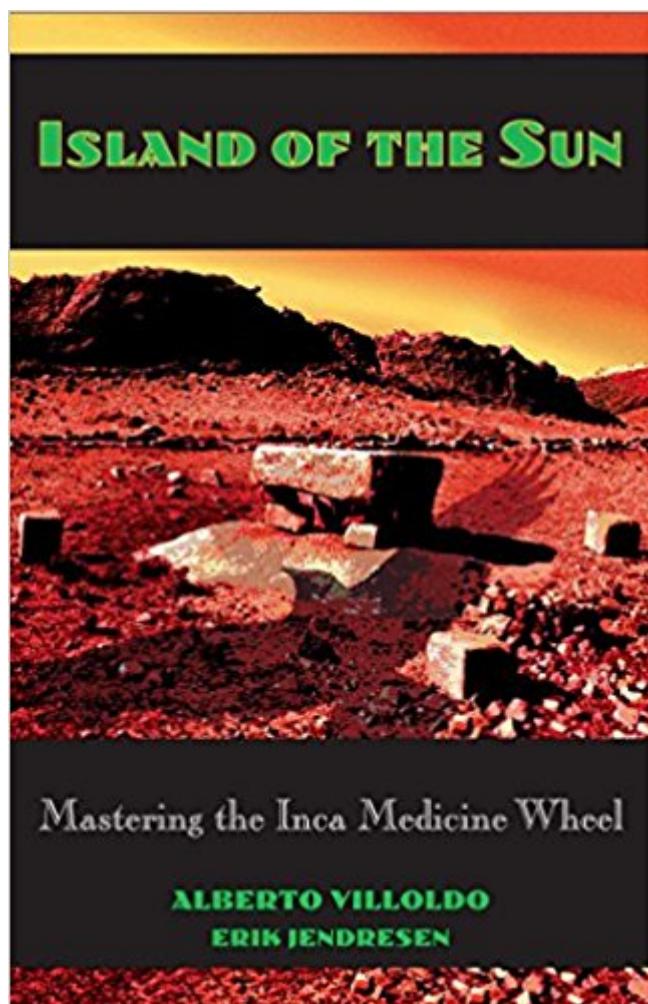


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# Island Of The Sun: Mastering The Inca Medicine Wheel



## Synopsis

Island of the Sun recounts the American psychologist Alberto Villoldo's return to Peru in search of the Quechua Indian shaman Don Jicaram. The authors' earlier book, *Dance of the Four Winds*, described Villoldo's first initiation, under Don Jicaram, into the secrets of the Inca Medicine Wheel and the spiritual journey of the Four Winds. Villoldo had begun that journey in the South, where one goes to confront and shed the past. • With use of the powerful mind-altering plant ayahuasca, he had continued to the West, a direction also inhabited by fear and death. Now in *Island of the Sun* he prepares himself for the journey to the North, where lies the wisdom of the ancient Inca shamans. Traveling from Machu Picchu to the Island of the Sun, • a sacred site in Bolivia, Villoldo uncovers a profound secret about the journey to the East--the journey home.

## Book Information

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## Customer Reviews

Starting where his and Jendresen's *The Four Winds* left off, California psychologist Villoldo reunites with mentor Antonio Morales Baca, a Quechua Indian shaman known as Don Jicaram, to seek the legendary Lost City of Gold of the Incas, Vilcabamba. Traveling on foot through mountains and jungle from Cuzco, Peru, to Lake Titicaca in Bolivia, the men follow a spiritual journey, exploring the four paths of the Medicine Wheel, which lead deep within the human psyche through dreams and meditation to spiritual enlightenment. The first-person narration moves from the current quest to significant moments in Villoldo's life (e.g., the death of his father) and includes often poetic diary entries. When Villoldo compares his personal spiritual discoveries to the conventions and tenets of

Western religion and psychology, the latter consistently come up short. While at times meandering, this is a moving testament to interior ways of knowing. Author tour. Copyright 1992 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

Psychologist Villoldo and playwright Jendresen (*The Four Winds*, 1990) reteam to describe Villoldo's latest shamanistic adventure in Peru. In January 1988, Villoldo finds himself sitting with friends around a fire in an ancient canyon in Arizona, telling a made-up story about Father Sun and Mother Earth. Later that night, he dreams of climbing the steep trail to Machu Picchu, pursued by someone unknown. Soon after, he flies to Peru, compelled to enact the ascent he saw in his dream, hoping by following his deepest instincts to reconnect with Antonio, the shaman-professor who--as detailed in *The Four Winds*--taught him the secrets of the medicine wheel, or ``the journey of the Four Winds.'' The journey ``begins in the South where one goes to confront and shed the past," and it continues in the West, a direction inhabited by fear and death and previously mastered by Villoldo, thanks to a legendary drug called yag&#x82;. Now, as his solo walk to Machu Picchu begins, he contemplates the spiritual journey to the North, symbolizing the wisdom of the ancestors, the secrets of the Inca shamans. On the trail, eerily true to his dream, he encounters a young Indian who tells the same story Villoldo made up that night in the Arizona canyon and who says that he is headed for Vilcabamba, the legendary ``Sacred Plain'' that served the Incas as a refuge from the Spanish. At Machu Picchu, Villoldo experiences profound visions, and, soon after, he encounters the aged Antonio, whom he accompanies to the ``Island of the Sun," a sacred spot in Bolivia that shamans believe to be the cradle of humanity. Here, watching Antonio, Villoldo learns a profound lesson about the journey to the East-- the journey to the sun, the journey home. An absorbing if far-fetched story of spiritual adventure, likely to interest the same Castaneda-oriented readership as Taisha Abelar's *The Sorcerers' Crossing* (reviewed above). -- Copyright Â©1992, Kirkus Associates, LP. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

This book has been another "eye-opener" for this western-based scientist type (me!). Villoldo starts off as a "western-based" scientific researcher who wants to explore the psychology and shamanism of South America and finds that he cannot stand outside of the experience as an observer; he has to get involved with the experience of becoming a shaman himself! He is terrified - and rightly so - when he experiences events that are outside of our western-based, materialistic consciousness. I don't want to "spoil" your reading of this non-fiction journal, so I won't relate the extraordinary details

of Villoldo's "trips" or adventures. If you liked "The Teachings of Don Juan: A Yaqui Way of Knowledge", you might enjoy this book. You might enjoy it even if you thought Don Juan was a loony.

This is the sequel to "Dance of the Four Winds." I would give the first book 5 stars and this one 4. Not AS good as the first, but that's usually how that goes! I love books by Alberto Villoldo and the way he writes personally, but also combines information from the Inca tradition and shamans is just wonderful. Recommend!

A must read especially if you are traveling through the sacred valley and Machu Pichu!

This is my second copy of this book. I bought it because it is a first edition. The journey into the tribal traditions are fabulous. Great read for me!

I have enjoyed Villoldo's writing in his other books, but this one I could not read. While it may be more technically masterful as a work of writing, it lost its soul in the process. The stories are lifeless and choppy. I can typically feel much depth in Villoldo's books, but this book feels like it went thru a blender first. I wanted to like it... but alas, could not.

If "Dance of the Four Winds: Secrets of the Inca Medicine Wheel" had any meaning for you, then this book becomes necessary reading in order to complete the storytelling journey. The culmination is poignant, for me, to the point of tears and also more meaningful than I could describe. I know I will read the last few chapters, aloud, over and over throughout the rest of my life

This is one of a series of books by the author that I had read several years ago, and it was lost when I moved a few years ago. I wanted to reread it, as the information can't all be absorbed in one reading. If you're interested in Shamanism, this is a good choice.

enjoyed reading this book and Alberto's experiences and insights were great

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