

# Alberto Villoldo

## Quotes

*Dream, World, Reality, Healing, Light, Mirrors, Medicine, Way, Writing, Life And  
Death, Order, Destiny, Passion, Practice, People, Firsts, Calling, Soul,  
Understanding, Letting Go*

Everything you experience mirrors a part of you.

~Alberto Villoldo

The universe is a Divine thought that has taken form.

~Alberto Villoldo

Healing is not necessarily about curing. As your inner light grows - anything is possible.

~Alberto Villoldo

We can change the world with every thought we have and every word we speak.

~Alberto Villoldo

When you truly have the courage to dream, you have the courage to act as well.

~Alberto Villoldo

There are those who follow maps, and those who make them.

~Alberto Villoldo

If the way of the sage is true, that we are all dreaming our world into being, then it has to apply not only to our private, personal universe but to the world at large.

~Alberto Villoldo

To see another with clarity and objectivity, one first must master stillness.

~Alberto Villoldo

The task is not to search for meaning, but to bring meaning to every situation you are in.

~Alberto Villoldo

The visible and invisible worlds are inextricably intertwined... once you've opened your eyes to this, you can dance between them.

~Alberto Villoldo

The True Self is infinite. It knows no boundaries. Pure essence. Pure light. Engulfing the mind, the soul, the body, the invisible real, with its radiance.

~Alberto Villoldo

Shamanism is not a course, but a life journey.

~Alberto Villoldo

December 21, 2012 represents a unique opportunity for renaissance, renewal and reinvention that people have waited for for centuries.

~Alberto Villoldo

One Spirit Medicine opens the doors to the invisible matrix of wisdom where everything is intertwined, where every thought we have impacts every cell in our body and every molecule in the cosmos.

~Alberto Villoldo

The truest experience of life is when we dream awake.

~Alberto Villoldo

To become completely healed is to become the healer - bringing the beauty and meaning you found into the world.

~Alberto Villoldo

Patience is about understanding the right moment for action and the right moment for stillness.

~Alberto Villoldo

The Munay-Ki is your invitation to dream an entire new world into being.

~Alberto Villoldo

The shaman does not believe in a division between the body and the spirit or between the visible world of form and the invisible world of energy

~Alberto Villoldo

The Divine does not come from somewhere above, it exists beyond time and space, and informs all life.

~Alberto Villoldo

Courageous dreaming allows you to create from the source, the quantum soup of the universe where everything exists in a latent or potential state.

~Alberto Villoldo

Life will drag us kicking and screaming to our destiny if we try to escape it.

~Alberto Villoldo

True initiation is a response to an inner calling; it requires that you face personal challenges heroically and experience a genuine rebirth into a new way of being.

~Alberto Villoldo

When you see beauty all around you, beauty will seek and find you, even in the most unexpected places.

~Alberto Villoldo

It is through your presence that creates your reality. What am I creating? I am a co-creator.

~Alberto Villoldo

When we dream with the courage of our soul, we dream sacred dreams

- fresh, creative, and able to infuse us with passion and courage to act.

~Alberto Villoldo

We often forget that growth requires sacrifice.

~Alberto Villoldo

Life and death and rebirth live within me.

~Alberto Villoldo

There are two kinds of people in the world: those who are dreamers and those who are being dreamed.

~Alberto Villoldo

To be a hero means being the author of your own myth.

~Alberto Villoldo

Before you can move in new directions, you must first let go of what's not working for you.

~Alberto Villoldo

Psychosis is a very Western phenomena.

~Alberto Villoldo

The dreams you craft at the level of your soul are very different from goals, which are tangible, measurable and set the future.

~Alberto Villoldo

The dawning of the light of awareness is the new birth, where the sun rises and the day breaks within you.

~Alberto Villoldo

The shaman is a self-realized person. She discovers the ways of Spirit through her inner awakening.

~Alberto Villoldo

If your faith in reality is based on the belief that time moves in one direction only, the foundation of your faith will be shattered by the experience of the future.

~Alberto Villoldo

In order to tap into the power of dreaming, we must connect not only to the human story, but to all of nature and creation as well

~Alberto Villoldo

With imagination, we can hold a universe inside our minds.

~Alberto Villoldo

Change holds danger, but also the potential for something new ~ and better ~ to be born.

~Alberto Villoldo

Destiny is saying yes to the calling we were born with.

~Alberto Villoldo

Everyone else is waiting for eternity and the shamans are saying, 'How about tonight?'

~Alberto Villoldo

To be a seer is to walk softly on the earth and dream.

~Alberto Villoldo

All deaths, all endings, are a path to the next beginning.

~Alberto Villoldo

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