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# Elemental Shaman: One Man's Journey Into the Heart of Humanity, Spirituality & Ecology

*Omar W. Rosales*

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"Beautifully written, intriguing and mysterious, a work both of adventure and of serious research."
**—Graham Hancock, international bestselling author of *Fingerprints of the Gods***

"Omar's adventures in *Elemental Shaman* are inspiring and lively, with a lot of useful insight and inspiration." **—Robert A. F. Thurman, professor of Buddhist studies at Columbia University and author of *Why the Dalai Lama Matters***

This fascinating true story chronicles one man's journey into the mysteries of spiritual consciousness and the indigenous healing practices of four shamanistic traditions: Toltec, Cherokee, Maya, and Buddhist.

In his travels around the globe, Rosales witnesses the powerful channeled spirit Niño Fidencio, receives messages and healing from a Toltec shaman, and experiences a dramatic soul retrieval from a Cherokee spiritwalker. Rosales travels to Guatemala, where he meets a Mayan high priestess, or *a'j' r'ij*, and the secret brotherhoods called *cofradias*, whose mission is to guard Maximón, the last living Mayan god. Rosales's last journey is to Bhutan, the Land of the Thunder Dragon, where he spends time with a holy lama.

"Superb. A real thriller!"
**—Carmen Harra, Ph.D., author of *Everyday Karma***

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