

## Sastun My Apprenticeship With A Maya Healer

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**Sastun: My Apprenticeship with a Maya Healer: Rosita ...**

After meeting Don Elijio Panti, Belize's renowned healer and Shaman, Rosita falls in love with the 90 year old sage and soon begins a long lived friendship and apprenticeship in which she will sacrifice much time to slowly learn the ways of the forest, train herself with Elijio's guidance, breathe the natural world around her, and learn to harvest the many hundreds of jungle plants that can heal all of man's physical and spiritual ailments.

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A sastun has been the means of divination and spiritual power for the Mayan H'mens since ancient times. The discovery of a sastun is a capping achievement for a healer, who, even without the spiritual gifts both acknowledged and bestowed by it, possesses a vast knowledge of the actions and interactions of plants in the treatment of illness.

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The first book written by Rosita Arvigo and Nadine Epstein was "Sastun: My Apprenticeship with a Maya Healer" published by Harper Collins in 1996. It is the life story of Don Elijio Panti, the last great h'men taught in the oral tradition.

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In Sastun: My Apprenticeship with a Maya Healer, Rosita Arvigo, assisted by Nadine Epstein, shares the incredible story of her work with Don Elijio Panti, one of the last traditional healers of Belize. The author, an energetic and adventuresome herbalist from Chicago, met this gifted man in 1983 when he was 87 years old.

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