

A Bold Journey of Healing and Self-Discovery Unfolds in “Nobunoni Book of Shadows” by Tata Nganga Nobunoni



Tomah, Wisconsin Jun 19, 2025 ([IssueWire.com](https://www.IssueWire.com)) - In “Nobunoni Book of Shadows”, author Tata Nganga Nobunoni delivers a powerful and deeply personal exploration of consciousness, addiction, healing, and spiritual transformation. Part autobiography, part mystical journey, the book invites readers into the hidden realms of existence—guided by meditation, ancestral teachings, and sacred plant medicine.

At the heart of this extraordinary narrative is Nobunoni’s profound experience with Iboga, a powerful African plant from Congo known for its healing properties and ability to help overcome addiction. Through vivid and honest storytelling, the author recounts his harrowing early life—from being born addicted to heroin and placed into care, to decades of battling substance dependence—and how a spiritual calling and the aid of “teacher plants” brought him back to life.

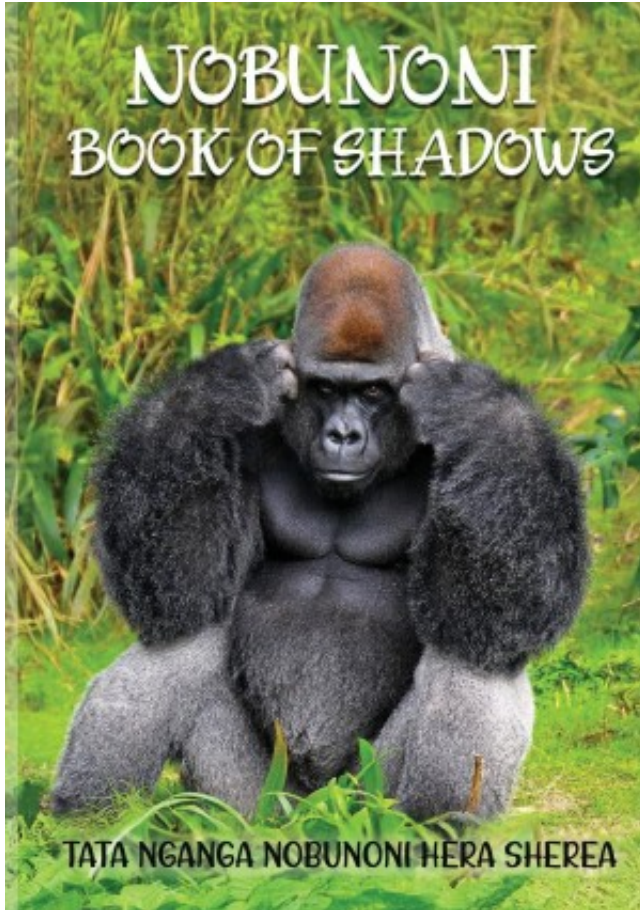
Written in a raw, poetic, and uniquely authentic voice, “Nobunoni Book of Shadows” dives into the mysteries of self-awareness and transformation. It is not only a testimony of surviving trauma and addiction, but also a celebration of the resilience of the human spirit and the power of returning to one’s roots for healing. This book is more than a memoir—it is a message of hope to those who have struggled, a reflection on ancestral wisdom, and a spiritual guide for seekers drawn to the deeper questions of “Who am I?” and “Why am I here?”

About the Author

Tata Nganga Nobunoni is a spiritual seeker, poet, and healer who has spent over 40 years writing prose and poetry while navigating personal trials and awakening. Born addicted to heroin and raised in foster care, his early life was marked by pain and rejection. Yet, through the practice of meditation and the guidance of sacred plant ceremonies—especially with Iboga—he has emerged with profound insights into the nature of consciousness and self-worth. Now, through his writing, Nobunoni offers light to those still searching for theirs.

Nobunoni embarked on a deep and personal journey, guided by powerful teacher plants, to overcome a long-standing addiction to opiates. Through these profound experiences, he sought answers to the most fundamental questions of existence—“*Who am I?*” “*What am I?*” “*Where do I come from?*” “*Why am I here?*” “*How do I truly work as a being?*” This book is the reflection of that journey—of healing, awakening, and self-discovery.

“Nobunoni Book of Shadows” is an extraordinary journey into the depths of self-awareness and mystical wisdom. It is an autobiography and self-exploration into the true nature of consciousness, offering profound insights into the hidden realms of existence. You can find this book on Amazon at the following link <https://www.amazon.com/Nobunoni-Book-Shadows-Tata-Nganga/dp/1835384617/ref> or you may visit the author’s website at <https://nobunoni-iboga.simdif.com>.



Media Contact

Prime Seven Media

*****@gmail.com

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