

The Spirit of Healing: Stories, Wisdom, and Practices from Native America



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Reviews

It in a of my personal favorite book. It is writter in easy terms and never hard to understand. Its been designed in an exceedingly easy way and it is only after i finished reading this publication by which in fact changed me, change the way i think.
(Lucinda Stiedemann)

THE SPIRIT OF HEALING: STORIES, WISDOM, AND PRACTICES FROM NATIVE AMERICA

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SOUNDS TRUE INC, United States, 2011. CD-Audio. Condition: New. Language: English . Brand New. Essential Training in Native American Healing Wisdom A Lakota prophecy tells of a day when Westerners will join Native wisdom-keepers to create a new, integrated vision of healing. Dr. Lewis Mehl-Madrona believes that day has arrived. With *The Spirit of Healing*, this physician and lifelong student of Native American spirituality invites you to discover healing practices informed by both modern medical and psychiatric knowledge and the narrative medicine of traditional healers. Western medicine provides many tools for doctors and professionals, teaches Dr. Mehl-Madrona. But in the Native approach, we learn how to become our own best healers. The Art of Healing through Story Mind-body medicine has shown how important our thoughts are in determining our health. In tribal practice, this is expressed in the power of story when we learn to listen to the stories underneath an illness, we can illuminate the path to healing. Dr. Mehl-Madrona reveals time-honored techniques and ceremonies for calling on the strength of our ancestors, community, and helping spirits so that we can re-create our life's story as one of wholeness and health. Practical Guidance for Restoring Harmony and Balance to Your Life Native medicine focuses on enhancing the underlying harmony of our lives, not only within our bodies, but in our relationships to each other, the environment, and the spirit world. Offering over six hours of stories, insights, and practices, Dr. Lewis Mehl-Madrona provides indispensable guidance for integrating Native American wisdom into your life with *The Spirit of Healing*.

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