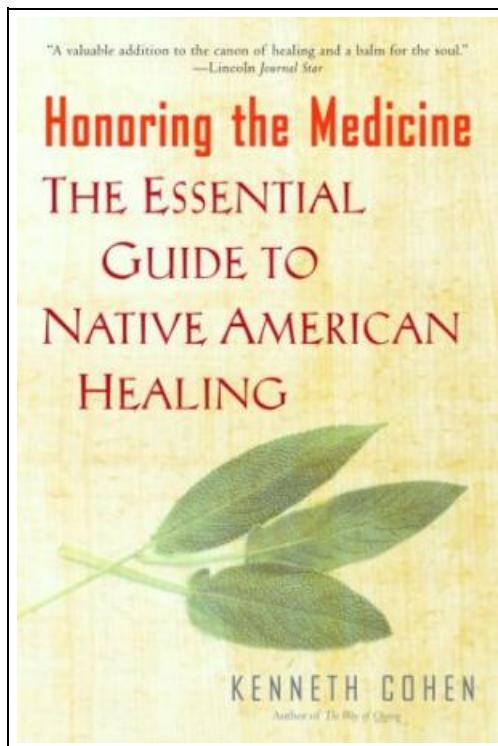


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Random House USA Inc, United States, 2006. Paperback. Book Condition: New. Reprint. 231 x 150 mm. Language: English . Brand New Book. For thousands of years, Native medicine was the only medicine on the North American continent. It is America's original holistic medicine, a powerful means of healing the body, balancing the emotions, and renewing the spirit. Medicine men and women prescribe prayers, dances, songs, herbal mixtures, counseling, and many other remedies that help not only the individual but the family and the community as well. The goal of healing is both wellness and wisdom. Written by a master of alternative healing practices, Honoring the Medicine gathers together an unparalleled abundance of information about every aspect of Native American medicine and a healing philosophy that connects each of us with the whole web of life people, plants, animals, the earth. Inside you will discover The power of the Four Winds the psychological and spiritual qualities that contribute to harmony and health Native American Values including wisdom from the Wolf and the importance of commitment and cooperation The Vision Quest searching for the Great Spirit's guidance and life's true purpose Moontime rituals traditional practices that may be observed by women during menstruation Massage techniques, energy therapies, and the need for touch The benefits of ancient purification ceremonies, such as the Sweat Lodge Tips on finding and gathering healing plants the wonders of herbs The purpose of smudging, fasting, and chanting and how science confirms their effectiveness Complete with true stories of miraculous healing, this unique book will benefit everyone who is committed to improving his or her quality of life. If you have the courage to look within and without, Kenneth Cohen tells us, you may find that you also have an indigenous soul. From the Hardcover edition.

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