



Honoring the Medicine: The Essential Guide to Native American Healing (Healing Arts)

Ken Cohen

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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."

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Information is provisions for individuals to get better life, information today can get by anyone on everywhere. The information can be a know-how or any news even a concern. What people must be consider while those information which is within the former life are challenging to be find than now's taking seriously which one works to believe or which one the resource are convinced. If you get the unstable resource then you have it as your main information we will see huge disadvantage for you. All those possibilities will not happen in you if you take Honoring the Medicine: The Essential Guide to Native American Healing (Healing Arts) as your daily resource information.

Colleen Greenwood:

A lot of people always spent their particular free time to vacation or even go to the outside with them friends and family or their friend. Are you aware? Many a lot of people spent these people free time just watching TV, or perhaps playing video games all day long. In order to try to find a new activity that is look different you can read a new book. It is really fun for you. If you enjoy the book you read you can spent all day long to reading a reserve. The book Honoring the Medicine: The Essential Guide to Native American Healing (Healing Arts) it is very good to read. There are a lot of people that recommended this book. These people were enjoying reading this book. In the event you did not have enough space bringing this book you can buy the e-book. You can m0ore simply to read this book from your smart phone. The price is not to cover but this book has high quality.

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Is it a person who having spare time then spend it whole day by simply watching television programs or just resting on the bed? Do you need something totally new? This Honoring the Medicine: The Essential Guide to Native American Healing (Healing Arts) can be the reply, oh how comes? The new book you know. You are so out of date, spending your free time by reading in this completely new era is common not a geek activity. So what these guides have than the others?

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