



Honoring the Medicine: The Essential Guide to Native American Healing

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."

From the Hardcover edition.

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James Oliver:

Reading can called mind hangout, why? Because when you are reading a book specially book entitled Honoring the Medicine: The Essential Guide to Native American Healing your brain will drift away trough every dimension, wandering in most aspect that maybe unknown for but surely can be your mind friends. Imaging each word written in a publication then become one form conclusion and explanation in which maybe you never get prior to. The Honoring the Medicine: The Essential Guide to Native American Healing giving you another experience more than blown away your brain but also giving you useful information for your better life in this era. So now let us show you the relaxing pattern the following is your body and mind will be pleased when you are finished looking at it, like winning a casino game. Do you want to try this extraordinary wasting spare time activity?

Michael Walker:

This Honoring the Medicine: The Essential Guide to Native American Healing is great guide for you because the content that is full of information for you who have always deal with world and still have to make decision every minute. That book reveal it data accurately using great coordinate word or we can state no rambling sentences inside it. So if you are read this hurriedly you can have whole details in it. Doesn't mean it only will give you straight forward sentences but difficult core information with lovely delivering sentences. Having Honoring the Medicine: The Essential Guide to Native American Healing in your hand like keeping the world in your arm, info in it is not ridiculous 1. We can say that no e-book that offer you world in ten or fifteen tiny right but this e-book already do that. So , this is certainly good reading book. Hey there Mr. and Mrs. busy do you still doubt which?

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