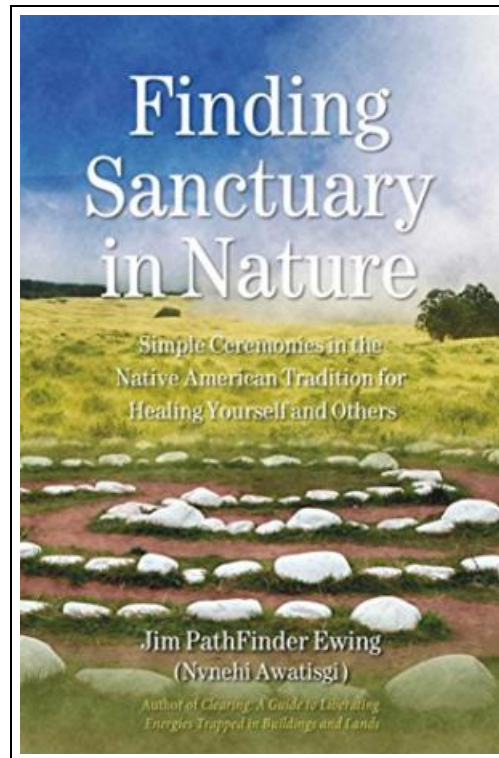


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Findhorn Press Ltd., United Kingdom, 2007. Paperback. Condition: New. Language: English . Brand New Book. Journeying inward and outward in search of sacred places. These spiritual lessons are based on Native American shamanism but fit a wide range of interests from yoga and alternative medicine to Bible study and nature hiking. Hands-on exercises, step-by-step instructions for ceremonies, and sketches by the author s wife explain how to clear spaces of unwanted energy, create simple ceremonies, connect with spirit guides and angels, and interpret symbols. An extended discussion tells how to make a medicine wheel that resembles a labyrinth and use it as an engine for distance healing. Additional ceremonies for daily living, healing the earth, and soul retrieval are also described, and the spiritual quest itself is shown to follow the process of choosing a sacred place in nature, finding a sacred place within oneself, and connecting to the inner and outer worlds. Readers are encouraged to keep a notebook about their spiritual growth and refer to the key words and suggestions for internet research that are included.

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