



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

By Lewis Mehl-Madrona

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...



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