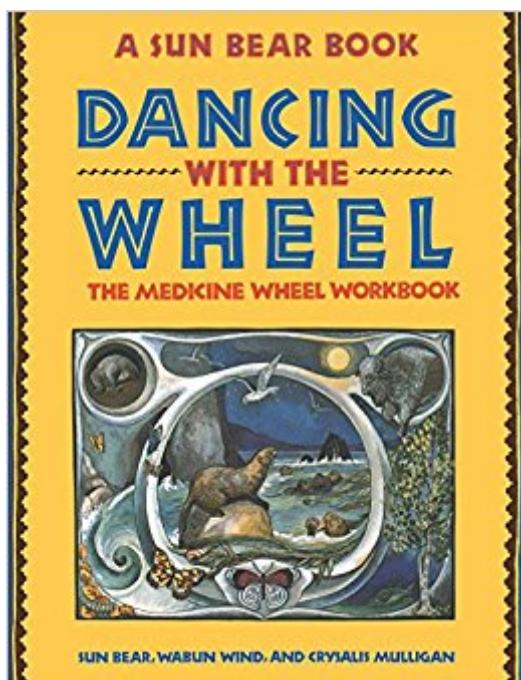


The book was found

Dancing With The Wheel: The Medicine Wheel Workbook



Synopsis

The Native American philosophy behind the vision of the Medicine Wheel is that all things and beings on the earth are related and, therefore, must be in harmony for the earth to be balanced. Dancing with the Wheel teaches you how to apply this philosophy to your daily life through many practical exercises and ceremonies. These exercises will help you gain energy from the spirits, which can heal both humans and the earth. Through Dancing with the Wheel, the second book specifically devoted to the Medicine Wheel, those familiar with this vision will gain an increased understanding of the wheel and its developments over the last ten years. Those new to the Medicine Wheel will be ushered into the teachings and technique of what has come to be a source of comfort and direction for thousands of people around the world. Whether you are in the middle of the wilderness or the middle of a city, this book and its exercises will help you center yourself and establish peace with the earth and other beings.

Book Information

Paperback: 234 pages

Publisher: Simon & Schuster; 1st edition (November 1, 1991)

Language: English

ISBN-10: 0671767321

ISBN-13: 978-0671767327

Product Dimensions: 8.5 x 0.9 x 11 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 54 customer reviews

Best Sellers Rank: #335,045 in Books (See Top 100 in Books) #101 in Books > History > World > Religious > Ethnic & Tribal #106 in Books > History > Americas > Canada > First Nations #164 in Books > Religion & Spirituality > Other Religions, Practices & Sacred Texts > Tribal & Ethnic > Native American

Customer Reviews

Sun Bear The Medicine Wheel Is a Springboard of Power that Will Allow You to Link Up with All the Energies of the Universe. Tom Brown, Jr. Director, The Tracker School, author of The Tracker, The Search, and The Field Guide to Wilderness Survival I sincerely believe that if more people would come into the circle of Sun Bear's vision it would be the saving of the world. I give him, his vision, and his books my fullest support. Dr. Elisabeth Kübler-Ross author of On Death and Dying Sun Bear is a proud example for the generations to come. Page Bryant author of The Earth Changes

Survival Handbook During these times of great change, Sun Bear's vision seems particularly appropriate.

Sun Bear, a sacred teacher of Chippewa descent, is the founder and medicine chief of the Bear Tribe, a multiracial educational society. He is a world-renowned lecturer and teacher and the author or coauthor of eight books. He is publisher of the magazine Wildfire and founder of the World Earth Fund.

This book provides the information needed to get a good understanding of the medicine wheel. Don't read it as a technical manual. Consider it to be your guide on your journey to yourself. It will give you clear info when you're ready for your next step. It is very nicely illustrated and very readable. It enables you to find info on animals, plants and minerals. It is a real workbook that can be used over and over and which doesn't lose its value over time. If you would only buy one book on this subject, this should be it!

This book is a total immersion into the world of the Medicine Wheel. It is NOT filled with 100 pages of fluff, it is full of facts about the Medicine Wheel. The myriad ways in which a Medicine Wheel can be utilized: colors, crystals, animal totems, moon cycles, spirit path, each individual 36 positions, or stones... There are so many ceremonies it would take a year just to perform them all once. And who would want to do that? This book is a GIFT of knowledge from an amazing man who had an amazing Teacher. I have Cherokee DNA in my body. My cells vibrate with excitement and anticipation as I prepare to create my own Medicine Wheel, making it ready for the Spring Equinox. All my relations, Ho! All my words are sacred. I am Virginia, Spirit Healer

Great reference book. Easy to follow explanations. Gives plenty of ideas for creating your own medicine wheel and encourages you to follow your intuition to develop one that suits you personally.

I bought this book based on the recommendation of a friend. This book is an excellent work book and walks you through every aspect of the Wheel. It is very useful for both practical use and for general knowledge.

although medicine wheels are unique for each purpose/community/individual, this provides an outstanding example of one medicine wheel as envisioned by Sun Bear.

I live this book, it's has a lot of information on starting your medicine wheel and uses for it

Love it!

yes

[Download to continue reading...](#)

Dancing with the Wheel: The Medicine Wheel Workbook Swing Dancing: Put on Your Dancing Shoes and Get With Hip-Swinging, Toe-Tapping Swing Dancing Ballroom Dancing: Master The Art of Ballroom Dancing The Robert Audy Method: Jazz Dancing: Teach yourself the combinations and routines while keeping in shape and learning some disco dancing at the same time! Jazz Dancing and Jazz Gymnastics: Including Disco Dancing Salsa!: ...or "Everything Your Mother Never Told You About Salsa Dancing!" (The little book of dancing... 1) Dancing Longer, Dancing Stronger: A Dancer's Guide to Improving Technique and Preventing Injury Hip-Hop Dancing Volume 4: Dancing with a Crew Ballroom Dancing: Proven Tips, Tools and Tactics To Ballroom Dancing Salsa!...or "Everything Your Mother Never Told You About Salsa Dancing!" (The Little Book of Dancing) (Volume 1) Yamaha Kodiak & Grizzly ATVs: 2-wheel drive and 4-wheel drive 1993 to 2005 (Owners' Workshop Manual) How the Art of Medicine Makes the Science More Effective: Becoming the Medicine We Practice (How the Art of Medicine Makes Effective Physicians) Alternative Medicine: Homeopathic Medicine, Herbal Medicine and Essential Oils for Total Health and Wellness Essential Oils for Dogs: 100 Easy and Safe Essential Oil Recipes to Solve your Dog's Health Problems (Alternative animal medicine, Small mammal Medicine, Aromatherapy, Holistic medicine) Island of the Sun: Mastering the Inca Medicine Wheel The Medicine Wheel Garden: Creating Sacred Space for Healing, Celebration, and Tranquillity The Medicine Wheel: Earth Astrology Mayo Clinic Book of Alternative Medicine, 2nd Edition (Updated and Expanded): Integrating the Best of Natural Therapies with Conventional Medicine Blackwell Complementary and Alternative Medicine: Fast Facts for Medical Practice (Complimentary and Alternative Medicine) Pocket Medicine: The Massachusetts General Hospital Handbook of Internal Medicine

[Contact Us](#)

[DMCA](#)

[Privacy](#)

FAQ & Help