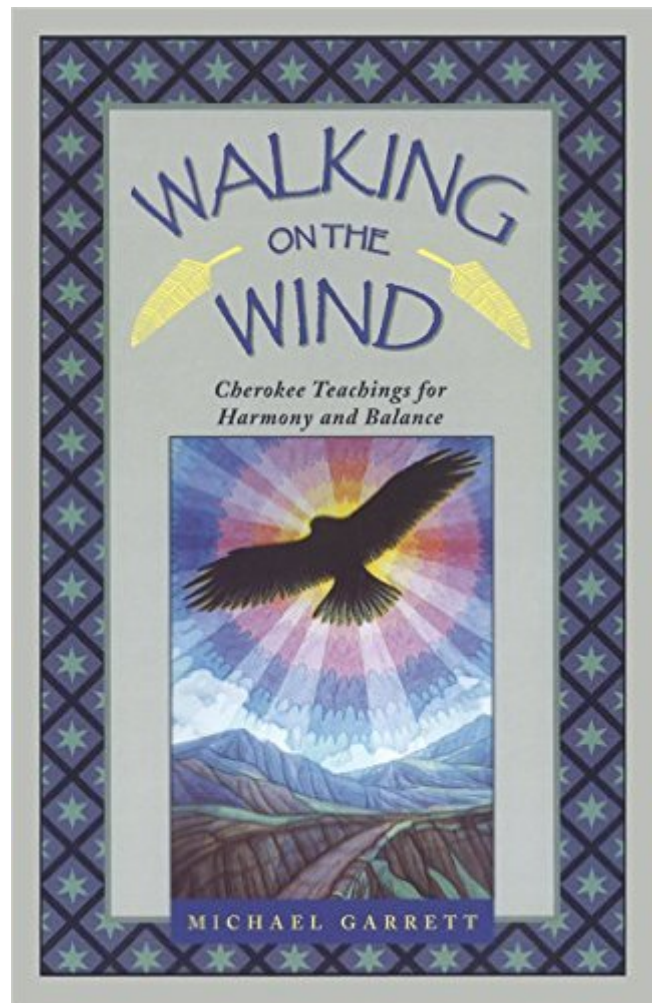


The book was found

Walking On The Wind: Cherokee Teachings For Harmony And Balance



Synopsis

In the spirit of the highly acclaimed *Medicine of the Cherokee*, coauthored with his father J. T. Garrett, Michael Garrett shares with us the delightful, all-ages stories passed down from his great-grandfather and other medicine teachers. Blending his background as an Eastern Cherokee with his skills as a counselor, Michael reveals through these tales how to make sense of our experiences in life, see beauty in them, and be at peace with our choices. "Michael's blend of traditional Cherokee ways with that of science and psychology illustrates that both Native and non-Native peoples can learn to thrive together...for the betterment of all" --Native Peoples magazine

Book Information

Paperback: 204 pages

Publisher: Bear & Company (May 1, 1998)

Language: English

ISBN-10: 1879181495

ISBN-13: 978-1879181496

Product Dimensions: 5.5 x 0.7 x 8.5 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (89 customer reviews)

Best Sellers Rank: #184,891 in Books (See Top 100 in Books) #108 in [Books > Religion & Spirituality > Other Religions, Practices & Sacred Texts > Tribal & Ethnic > Native American](#) #146 in [Books > Religion & Spirituality > New Age & Spirituality > Shamanism](#) #365 in [Books > Politics & Social Sciences > Social Sciences > Specific Demographics > Native American Studies](#)

Customer Reviews

This is one of the most beautiful books I have ever read. I had read *Medicine of the Cherokee* already when I saw this in a shop and recognized the name of the author. I was going through a little spiritual crisis when I began to read it and within a few chapters I could feel the good medicine in the book working on me. If you're trying to find your place in the web this book can help you find it.

This is a wonderful book! I fell into it immediately. It's written in a manner that is informal and very easy to understand. It took me from tears of joy on one page to laughing out loud on another. This book has helped me to heal, to face fears, to become more balanced, and to look at things from a different perspective... and for that I am forever grateful. I highly recommend it!!!!

This book is a continuation of the earlier book "Medicine of the Cherokee: The Way of Right Relationship" written by Michael and his father J.T. Garrett. I would recommend that people also read the earlier work because "Walking on the Wind" fails to discuss the totem animals used in the sacred circle (more commonly called the medicine wheel). This book is clearly written and a fun read.

This is a wonderful book - the lessons, the stories, the exercises, all are superb. Through these different avenues/activities Michael Garrett really conveys not only native american rituals (what, how) but also such deep meaning and connection with mother earth (why). Its a fun book to read, very open and honest style that becomes a real page turner. I love the opening poems to the different chapters that set the stage. Here's the one for the chapter entitled The Rule of Opposites: "The good road and the road of difficulties; you have made me cross; and where they cross, the place is holy." There are wonderful drawings throughout the book as well. This is definitely one of those books that you read and you think about life in its purest sense. The exercises at the end of each chapter give you good real-world things to do to really understand the teaching. I love it!! Highly recommended!

Garrett is a student and teacher of the Cherokee Way as well as a professor of counselor education. His message is one of balance, and he illustrates his views with ancient Native anecdotes. I read this for my multicultural counseling class, and it was easily one of the best books for examining my personal worldview. This is easy reading with an important message for individuals and their environment. Of most importance: acknowledging how humans are interconnected with all things (and, in my view, therefore no better than anything else).

A friend suggested this book during a very low point in my life. I'm so glad he did as it was very instrumental in me getting out of my rut :) I also then bought another copy for a friend who was having a hard time and sent it to her, and she loved it! the writer does an amazing job of storytelling then taking the time to convey what the sometimes hidden meanings are....a great book for anyone looking for enlightenment, whether they are native american or not! enjoy this book!

I came across this book while exploring my recently discovered Native heritage. It fit the bill perfectly, helping me learn about universal Native traditions, practices, and thinking. I could go on

and on, but it's enough to say that this book is well written, informative, and enjoyable. Michael Garrett has a lot to offer.

very helpful tool for life. Very inspiring and spiritual, but also funny. This book is a must.

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

Walking on the Wind: Cherokee Teachings for Harmony and Balance Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Meditations with the Cherokee: Prayers, Songs, and Stories of Healing and Harmony Gut: Gut Balance Solution: 10 Steps on How You Can Restore Optimal Gut Health, Boost Metabolism and Heal Your Gut Effectively (4-Week Gut Balance Diet Plan, leaky gut, clean gut, Gut Balance Recipes) Cash in the Wind: How to Build a Wind Farm using Skystream and 442SR Wind Turbines for Home Power Energy Net-Metering and Sell Electricity Back to the Grid Wind Power Basics: The Ultimate Guide to Wind Energy Systems and Wind Generators for Homes Harmony Black (Harmony Black Series Book 1) Heart, Self, and Soul: The Sufi Psychology of Growth, Balance, and Harmony What's Color Got To Do With It? Paint color ideas that Create Balance and Harmony in Your Home. Everyday Tao: Living with Balance and Harmony The Healthy Heart Walking CD: Walking Workouts For A Lifetime Of Fitness 10,000 Steps: Walking for Weight Loss, Walking for Health: A Turn by Turn Roadmap (Weight Loss Series) ISO 1940-1:2003, Mechanical vibration -- Balance quality requirements for rotors in a constant (rigid) state -- Part 1: Specification and verification of balance tolerances Balance is Power: Improve Your Body's Balance to Perform Better, Live Longer, and Look Younger ISO 1940-2:1997, Mechanical vibration - Balance quality requirements of rigid rotors - Part 2: Balance errors Nutrition: The Resistant Starch Bible: Resistant Starch - Gut Health, Fiber, Gut Balance (Gut Balance, Glycemic, Natural Antibiotics, Dietary Fiber, SIBO, Soluble Fiber, Healthy Gut) Balance (Off Balance Book 1) Trail of Tears: The Rise and Fall of the Cherokee Nation 37 CHEROKEE Native American Indian Recipes The Cherokee Cases: Two Landmark Federal Decisions in the Fight for Sovereignty

[Dmca](#)