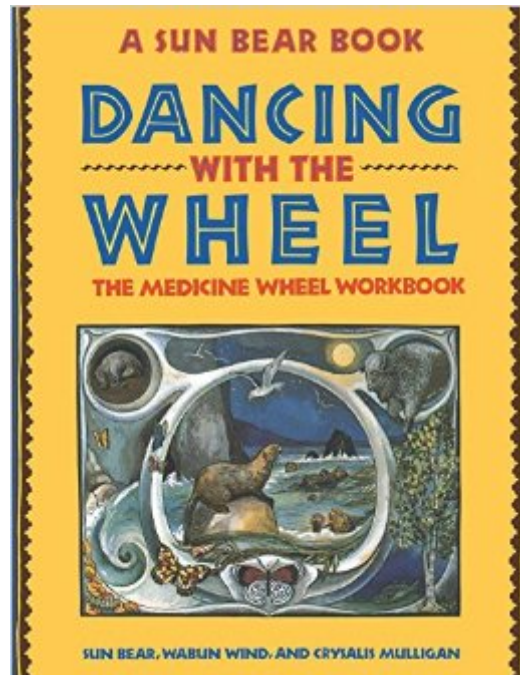


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# Dancing With The Wheel: The Medicine Wheel Workbook



## 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

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## Customer Reviews

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 is my first book on medicine wheels and ceremonies. I first became interested when my family and I went to Sedona for Christmas a few years ago and spent the day with a woman who took us on a hike and did a drumming ceremony and visualization. This book has excellent info that has not only helped me understand more of the background and meaning of the different ceremonies and symbolism but also the grounding to do them myself. The first chapter (I love the title) is called "The Dance Begins." It steps through things like what a medicine wheel looks like, what it represents and how to make one. Then there is a section on "hearing the earth's song" - this is almost a meditation of sitting quietly and listening to your own heart beat and that of the earth. Then there are pages on the different clans (I especially love the Butterfly Clan). Ceremonies like smudging are described as well as centering through use of drums & rattles. There are chants to sing, discussion of the different pathways, using the medicine wheel for healing, using stones/minerals, totem animals. Plants are also discussed. Overall quite a comprehensive book - one that can keep you busy for quite a long time because it's so full of information and activities.

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

This book teaches us how to communicate in a deeper and more personal way with ourselves and the earth. It teaches us healing ceremonies and songs, it teaches us how to build our own wheels with the help of plants and stones and colors, with wonderful illustrations and instructions to guide us every step of the way. It will teach you how to see the spirit inside each living thing from the single stone on a trail to the mighty hawk high above us. I believe with the help of this book we as brothers and sisters can finally begin to heal our earth.

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.

As with anything I have read by Sun Bear, I come away from this read with more insight than when I started. Explanations, exercises, & a brief history, help to expand my understanding of the Journey. Sun Bear does not take for granted that we know the reasoning or traditions behind ceremony, & takes the time to explain. I am grateful for the knowledge gained from this book, & I feel the bond between Great Spirit & myself has been strengthened. Thank you.

I would highly recommend this book to anyone who is interested in building their own medicine wheel and finding themselves a bit lost in the process. The book offers many insightful and interesting perspectives on what each part of the medicine wheel is and can be. It doesn't just limit you to a single part of it. Over all I love this book. From the moment I saw a friend with this book I knew I had to have it. And the drawings in this are beautiful!

This book transports you into the magic of the medicine wheel. It graces the reader with insights into how the wheel works with minerals, plants, animals, colors, and so much more. Buy this book if you want a wonderful resource for working with a medicine wheel on all levels. Lisa Michaels Author, Creation Coach, Speaker PROSPEROUS PRIESTESS HANDBOOK: A Guide to Unlock the Secret Riches of Your Inner Creation Goddess Natural Rhythms: Connect the Creational Dance of Your Life to the Pulse of the Universe Nature's Success System: Secrets to Energize Your Health, Wealth and Passion with the Feminine Power of Creation Elemental Forces of Creation Oracle Cards

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