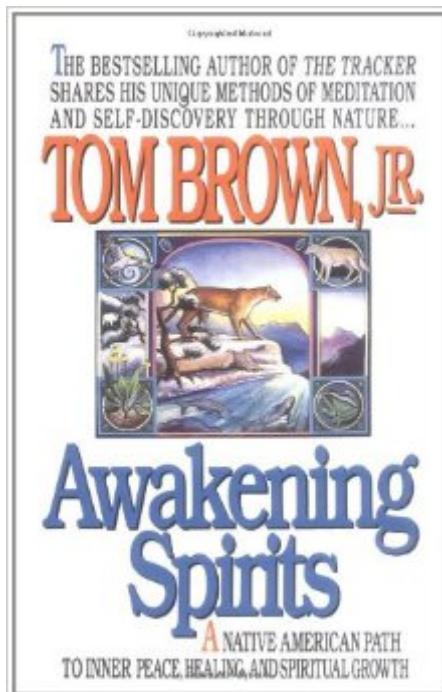


The book was found

Awakening Spirits: A Native American Path To Inner Peace, Healing, And Spiritual Growth (Religion And Spirituality)



Synopsis

For the first time, Tom Brown, Jr.--America's most acclaimed outdoorsman--shares the unique meditation exercises used by students of his personal Tracker classes. These techniques for finding inner peace and harmony with nature are based on the wisdom of his greatest teacher, a native American called Grandfather. Now all of us can learn these spiritual lessons of life through the earth around us--and deep within ourselves."This book may challenge the very core of your belief systems and shake up your personal philosophy, but that is not my intent. What I set forth in this book is meant to enhance and magnify your beliefs. Simply, the techniques and skills can be easily integrated into all philosophies, religions, and belief systems. After all, Grandfather considered these techniques the common thread that runs through all things..." Tom Brown, Jr. *Awakening Spirits* includes advanced methods of relaxation, insight, healing, and communication with nature and spirits. Through the dynamic meditation called Sacred Silence, the reader can experience the joys of self-discovery--and the power of a personal Vision Quest.

Book Information

Series: Religion and Spirituality

Paperback: 224 pages

Publisher: Berkley (April 1, 1994)

Language: English

ISBN-10: 0425141403

ISBN-13: 978-0425141403

Product Dimensions: 5.1 x 0.6 x 8 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 starsÂ See all reviewsÂ (47 customer reviews)

Best Sellers Rank: #169,866 in Books (See Top 100 in Books) #105 inÂ Books > Religion & Spirituality > Other Religions, Practices & Sacred Texts > Tribal & Ethnic > Native American #329 inÂ Books > Politics & Social Sciences > Social Sciences > Specific Demographics > Native American Studies #392 inÂ Books > Science & Math > Biological Sciences > Ecology

Customer Reviews

After taking a couple of Brown's Philosophy courses, I started spending the "dirt time" to get into the spiritual part of what he teaches. Brown himself told my class that he writes this kind of book to support the Philosophy track courses. Getting out of the box of White Man culture is not so easy, for those who live in their heads. One needs to spend time in Wilderness, or solitude, alone, to let the

spirit bubble up into consciousness, no book can substitute for that. Other books I've found help with this subject-Lost Secrets of Ancient Hawaiian Huna, Volume 1, Redneck Shaman, Secrets of Shamanism: Tapping the Spirit Power Within You, The Future Is Yours: Do Something About It!, Richard Bartlett's Matrix Energetics, Jose Silva You the Healer- which has to have been an influence on the Medicine Place part of Brown's courses, and Vianna Stibal's Theta Healing. There is a Sufi story about moths, and the only moth that really understands the candle is the one who gives himself totally to the light, and the light gives itself to him. This applies to shamanic work. Shamanic techniques work from the larger self, especially in service to others.

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

Awakening Spirits: A Native American Path to Inner Peace, Healing, and Spiritual Growth (Religion and Spirituality) Inner Peace: Stepping into Serenity to Find Peace of Mind (Inner Peace and Happiness, Peace of Mind Book 1) 365 Days Of Walking The Red Road: The Native American Path to Leading a Spiritual Life Every Day (Religion and Spirituality) Meditation: Meditation for Beginners: Guide to Happiness, Peace, Tranquility, Stress Relief, Anger Management and Spiritual Growth (Spirituality Journey, Book 2) Native America: A Concise Guide To Native American History - Native Americans, Indian American, Slavery & Colonization (Crazy Horse, Custer, Slavery, American Archaeology, Genocide, Aztec) Codependency Recovery: Wounded Souls Dancing in The Light: Book 1: Empowerment, Freedom, and Inner Peace through Inner Child Healing Meditation: The Meditation Beginner's Bible: How to Relieve Stress, Find Inner Peace and Live Happier (meditation for beginners, zen, energy healing, spiritual ... meditation books, meditation techniques) BUDDHISM: Buddhism for Beginners: A Practical Guide to Spiritual Enlightenment (buddhism for beginners, zen, chakras, reiki, energy healing, spiritual awakening, mindfulness) The Land Looks After Us: A History of Native American Religion (Religion in American Life) Reiki: The Healing Energy of Reiki - Beginner's Guide for Reiki Energy and Spiritual Healing: Reiki: Easy and Simple Energy Healing Techniques Using the ... Energy Healing for Beginners Book 1) Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing) Peace of Mindfulness: Everyday Rituals to Conquer Anxiety and Claim Unlimited Inner Peace Hinduism: A Path to Inner Peace Until Today! : Daily Devotions for Spiritual Growth and Peace of Mind 3 Seconds to Being Your Higher Self: A guide to spiritual awakening & finding peace in every breath Celebration of Discipline: The Path to Spiritual Growth Chakras: Chakras for Beginners, Learn to Balance Your Chakras, Heal Yourself and Attain Inner Peace (Spiritual Journey

Book 3) Buddhism: Buddhism for Beginners: The Complete Introduction to Buddhism: Meditation Techniques, Acceptance, & Spiritual Practice (Buddhist, Meditation, ... Mindfulness, Zen, Inner Peace, Dalai Lama) Toward a Psychology of Awakening: Buddhism, Psychotherapy, and the Path of Personal and Spiritual Transformation

[Dmca](#)