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Spirit Healing: Native American Magic & Medicine



Synopsis

"A self-help guide to the Native American spiritual growth process.... Readers are given directions on how to discover their own places of power, auras, power animals, healing powers, and other elements of personal spirituality, attainable even if one lives in a modern urban setting."--Library Journal. 160 pages (4 in color), 6 x 9.

Book Information

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Customer Reviews

Spirit Healing is a story and a guide. Alternate chapters tell the story of Native American girl's journey to womanhood and the status of shaman, and present Native symbols, ceremonies, and rituals, explained and adopted for use in the modern world. The book explains the incredible power of faith and ritual in the art of healing and obtaining the ability to manifest a desired reality. The basis of this spiritual power is absolute simplicity--live in harmony with the Creator, the universe, and the Earth, respect all living things both plant and animal, and practice absolute faith. The results can be magical and even miraculous. It is a delightful read, a little book containing directions for obtaining tremendous spiritual power which can then be directed for the greater good of all. Highly recommended.

I was looking for a book that would describe native american magical systems and healing

practices. I find Atwood's work to be excellent and thorough. This book is excellent for a beginner's introduction to magical arts including crystals, aura/chakra, healing, and herbs. Each section is introduced with the story of a shaman in training. The stories provide examples and help to clarify the arts described. I really enjoyed this book and still enjoy it whenever I get it back from my friends. They insist on borrowing it. I highly recommend this book and hope that its readers find it as useful as I do.

One chapter is the fictional story of a young Native American girl, who is learning to become a shaman; the next chapter gives you notes on the lessons being learned by the young girl. That's the format of this book, cover to cover. It's kind of a guide, to teach you what Native American shamanism was like historically, and how to apply some of that knowledge in your own life. I enjoyed the book, overall, but I am willing to retain the information I find believable and useful, leaving behind any information that sounds sort of goofy. The fictional portion of the book was mildly entertaining, though a bit idealistic.

If you are close to Native Spirituality and wish to progress further, this guide will help you on your way. I have found that the story and the lessons within in the chapters have helped with clarity and vision. It has also helped me when dealing with others I might be critical of, by accepting that everyone has a purpose. It has also shown me that we all are healers in our own way. I recommend this book for those who wish to have a clearer picture of their path.

This is not to degrade the book or say that it won't help you, but for the people seeking the "Indian way" of doing things it is important to understand that this is not authentic native material or sanctioned by natives. The biggest and longest standing misconception is that there exists a uniform "religion" or healing technique or spiritual way in the Americas. The term Religion has never applied, for one. For the rest, every tribe, nation and band has their own way of doing things, even those that might live 15 miles apart and call themselves by the same name and use the same language. This knowledge is privileged and not just handed to outsiders or talked about even from one family to another. Also, be doubly suspicious of the word "Shaman" which is actually offensive to the majority of Native Americans. Included is the term "Magic" as related to spirituality. So, please enjoy the book and take from it what you might find beneficial, but in these times I feel it is doubly important for people to know what they are really getting.

This is a wonderful book for anyone interested in the spiritual way. It is written in a way that is easy to understand and covers everything from herbs to cleansings to spirit animals. I would highly recommend it to anyone just starting on their path or advanced souls who may need reminding of the medicine ways.

recipes to heal and exercises and suggestions and for your mental health. As well as rituals for your spiritual development, including getting in touch with your angels and spirit guides. This book is a combinations of todays emphasis on positive thinking and yesterdays ancient practice of indigenous North Americans. The book contains hundreds of ideas by a clinical psychologist that practices holistic healing.

I have always been interested in native American history, culture and lore. This book was very compatible with all of those interests. I recommend it to any who have similar interests.

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