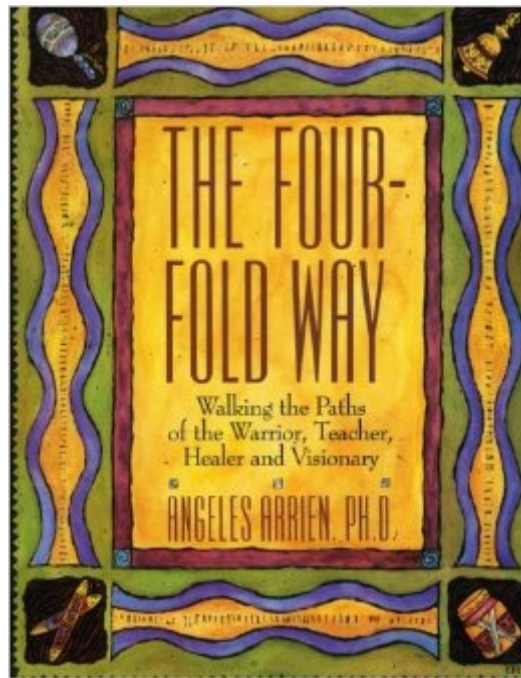


The book was found

The Four-Fold Way: Walking The Paths Of The Warrior, Teacher, Healer, And Visionary



Synopsis

A leading expert on native spirituality and shamanism reveals the four archetypal principles of the Native American medicine wheel and how they can lead us to a higher spirituality and a better world.

Book Information

Paperback: 224 pages

Publisher: HarperOne; 1 edition (February 26, 1993)

Language: English

ISBN-10: 0062500597

ISBN-13: 978-0062500595

Product Dimensions: 7.4 x 0.6 x 9.2 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (61 customer reviews)

Best Sellers Rank: #59,195 in Books (See Top 100 in Books) #29 in [Books > Religion & Spirituality > Other Religions, Practices & Sacred Texts > Tribal & Ethnic > Native American](#) #67 in [Books > Religion & Spirituality > New Age & Spirituality > Wicca, Witchcraft & Paganism > Wicca](#) #112 in [Books > Religion & Spirituality > New Age & Spirituality > Wicca, Witchcraft & Paganism > Witchcraft](#)

Customer Reviews

Angeles Arrien is a Basque born in the United States who trained as a medical anthropologist. However, it is her Basque roots that have given her entry into the shaman's world. The Basque tradition is very mystical in that they draw power from their appreciation of the ordinary world to accomplish extraordinary things. Ms. Arrien respects the teachings of indigenous peoples; their respect for Mother Earth and their awareness of the relationship of everything to all of its parts. Nothing is separate, hence the phrase, "All our relations." She has found that each of the four cardinal directions of the Medicine Wheel has something to teach us as we progress through life. The Medicine Wheel she shares with the reader is a creation cycle, and links power animals, the mystical Elements, musical instruments or tools, and the modes of meditation and healing which are appropriate for each direction. We begin in the North, "The Way of the Warrior," the place of the Leader, where we SHOW UP and take a stand and choose to be present. We then move to the East, The Way of the Visionary, the place of the Seer, where we TELL THE TRUTH about what works and doesn't work for us. Then, we move to the South, the Way of the Healer, the place of the

Lover, and PAY ATTENTION to what has Heart and Meaning for us. And then we move to the West, The Way of the Teacher, the place of Wisdom, where we LET GO OF EXPECTATIONS, and yet are open to what we do receive. Then we begin the cycle again, refining as we go. Each direction has an energy of its own, and if we leave any part out, the cycle falls apart. I have found Ms. Arrien's principles as described in this book to be very practical in my professional (I am a librarian) and personal life.

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

The Four-Fold Way: Walking the Paths of the Warrior, Teacher, Healer, and Visionary Fold-out Bikes, plus 50 big stickers, Giant Wall Chart & Poster. (Fold-Out Poster Sticker Books) Healer of Souls: The Life of Father Peter Mary Rookey and the International Compassion Ministry The Elephant's Tale (Legend of the Animal Healer) The Wounded Healer: Ministry in Contemporary Society The Crystal Healer: Crystal prescriptions that will change your life forever Healing Touch: A Guide Book for Practitioners, 2nd Edition (Healer Series) Brian Friel: Collected Plays - Volume 2: The Freedom of the City; Volunteers; Living Quarters; Aristocrats; Faith Healer; Translations The Secret Healer Becoming an Intuitive Healer: A Professional Development Course for Health Practitioners The Healer (The O'Malley Series #5) Dragon Healer #4 (Beasts of Olympus) Constructing Walking Jazz Bass Lines, Book 1: Walking Bass Lines- The Blues in 12 Keys Upright Bass and Electric Bass Method ARE YOU RIGHT WITH GOD?: Discover how to be saved and right with God is not as hard as you think! (Walking With God, Walking With Jesus Book 1) The Walking Dead Volume 24: Life and Death (Walking Dead Tp) The Walking Dead Book 11 (Walking Dead (12 Stories)) Constructing Walking Jazz Bass Lines - Walking Bass lines : Rhythm changes in 12 keys Bass tab edition How to Start a Dog Walking Business: An Entrepreneur's Guide to Starting a Successful Dog Walking or Pet Sitting Business The Walking Dead Volume 23: Whispers Into Screams (Walking Dead Tp) The Walking Dead Book 12 (Walking Dead (12 Stories))

[Dmca](#)