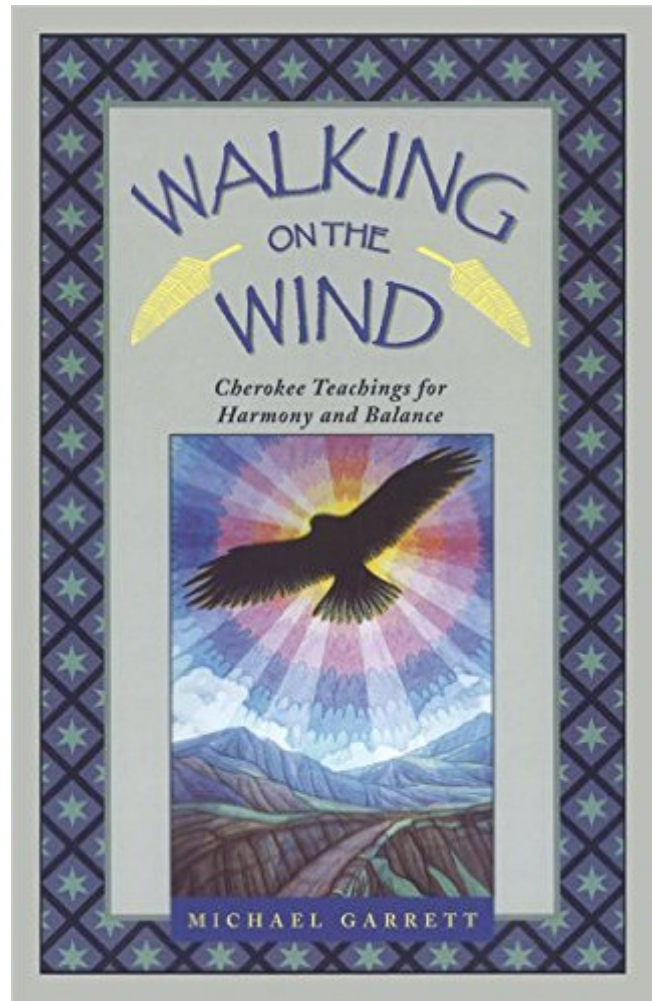


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# Walking On The Wind: Cherokee Teachings For Harmony And Balance



## 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

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## 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.

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