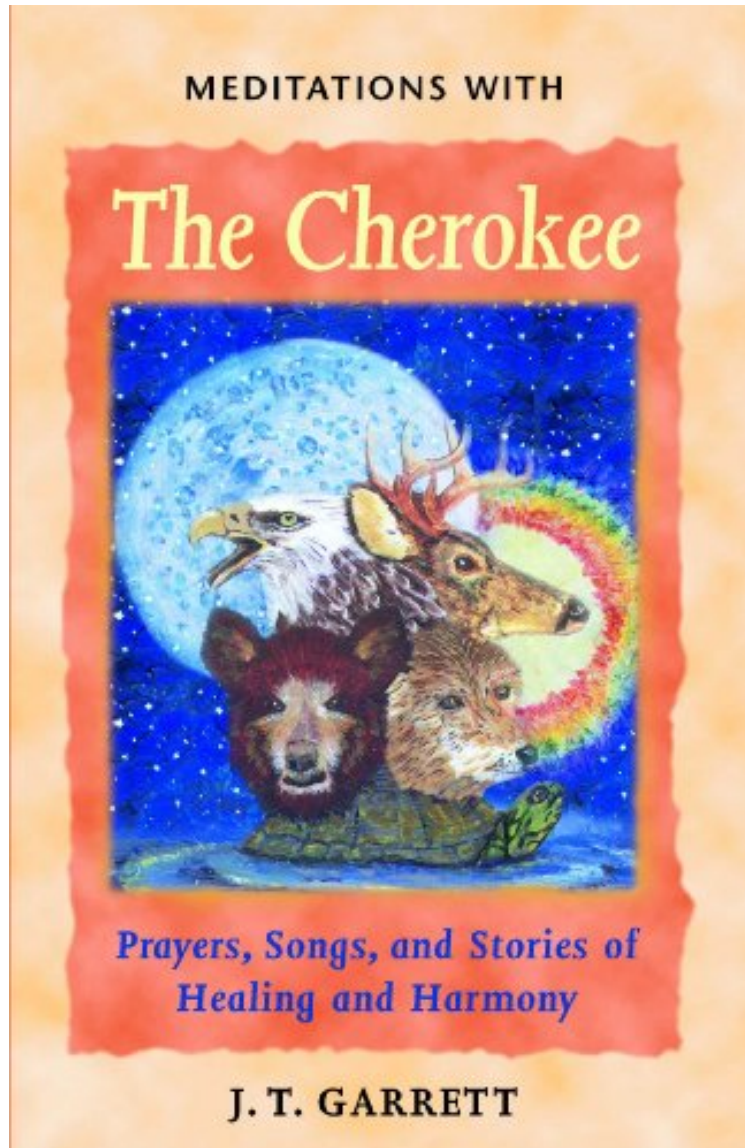


(Library ebook) Meditations with the Cherokee: Prayers, Songs, and Stories of Healing and Harmony

Meditations with the Cherokee: Prayers, Songs, and Stories of Healing and Harmony

J. T. Garrett

ePub | *DOC | audiobook | ebooks | Download PDF



[Download](#)

[Read Online](#)

#203624 in Books 2001-07-15 2001-08-01 Original language: English PDF # 1 8.25 x .40 x 5.38l, .36 #File Name: 1879181592144 pages | File size: 32.Mb

J. T. Garrett : Meditations with the Cherokee: Prayers, Songs, and Stories of Healing and Harmony before purchasing it in order to gage whether or not it would be worth my time, and all praised Meditations with the Cherokee: Prayers, Songs, and Stories of Healing and Harmony:

4 of 4 people found the following review helpful. Great For Learning More About Nature and YourselfBy James

ReynoldsI bought this book with the simple intention of learning more about Cherokee traditions. It has been much more of a journey than that, motivating me to adopt meditation and find my own meaning in these spiritual meditations. I am not affiliated with any tribe and was raised within the Judeo-Christian tradition. I do not think anyone with that sort of religious background needs to be worried about losing their own spiritual and religious values if they embrace the wisdom shared in this book. Instead, you might find it enriches and improves your overall spirituality and well-being. We live in a time where getting closer to nature should be a major priority, and it's my own personal experience that this book can help you travel down that path in an enriching and rewarding way.3 of 3 people found the following review helpful. Meditations with the Cherokee is a smart and powerful book.By PashaThe meditations are helpful, the book is clear and written well. It's a book for people that are used to ambiguity and the unknown. I realize that's cryptic but that's kind of the point. This book asks the reader to release preconceived notions of linear reality. That's just the first step, it does an admirable and commendable job in developing the Cherokee worldview and it's goal of inspiring hope develops as one reads. I do recommend this book.0 of 0 people found the following review helpful. Five StarsBy treesExcellent info on ancient anecdotes

A collection of earth-centered meditations to enhance our connection to the natural world. Reveals the Old Wisdom of the Cherokee elders for living in harmony with all beings. Written by J. T. Garrett, of the Eastern Band of Cherokee, who was taught the ancient ways by his grandfather and other medicine men of his tribe. In a time before ours, humans could talk with animals, hear whisperings from plant life, and understand the origin stories written in the stars. Survival depended on active kinship with family and tribe, with four-leggeds and plant people, with sun and moon and fire. The Cherokee, known widely as the Principal People or the First People, hold a deeply tapestried collection of stories about human interrelatedness with nature. Those stories, passed down through countless generations of Cherokee, are especially significant at this time in human history, when Mother Earth suffers under the weight of unchecked "progress." As a boy, J. T. Garrett sat beside his grandfather and the other medicine men of his tribe as they chanted and drummed the stories of his ancestry. From those stories of Nu-Dah (the Sun), Grandmother Moon, Spring Rain, and Little Eagle comes this collection of active meditations for reconnecting with the natural intelligence that is our birthright. Recognizing that we are all kin in the Universal Circle of life opens us to communication with all beings, bringing us back to our natural spirit selves. If we listen carefully to the Cherokee stories of the Old Ways we can gain understanding of lost social and spiritual traditions that can help ensure a thriving future.

"If you take the time to do the meditations Mr. Garrett presents, with an open mind, you will find yourself being drawn into a much more intimate relationship with the world around you. You will find that it is easier to bring yourself into balance with life." (Mike Gleason, Witchgrove, March 2007)From the Back CoverNATIVE AMERICAN / CHEROKEE In a time before ours, humans could talk with animals, hear whisperings from plant life, and understand the origin stories written in the stars. Survival depended on active kinship with family and tribe, with four-leggeds and plant people, with sun and moon and fire. The Cherokee, known widely as the Principal People or the First People, hold a deeply tapestried collection of stories about human interrelatedness with nature. Those stories, passed down through countless generations of Cherokee, are especially significant at this time in human history, when Mother Earth suffers under the weight of unchecked progress. As a boy, J.T. Garrett sat beside his grandfather and the other medicine men of his tribe as they chanted and drummed the stories of his ancestry. From those stories of the Sun (Nu Dah), Grandmother Moon, Spring Rain, and Little Eagle comes this collection of active meditations for reconnecting with the natural intelligence that is our birthright. Recognizing that we are all kin in the Universal Circle of Life opens us to communication with all beings, bringing us back to our natural spirit selves. If we listen carefully to the Cherokee stories of the Old Ways we can gain understanding of lost social and spiritual traditions that can help ensure a thriving future. J.T. GARRETT, ED.D., M.P.H., of the Eastern Band of Cherokee, is a public health director in North Carolina and is retired from the U.S. Public Health Service, Indian Health Service.Trained in Native American medicine and coauthor of *Medicine of the Cherokee*, Dr. Garrett is devoted to presenting the old teachings of his ancestry to guide people in living the Medicine Way.About the AuthorJ. T. Garrett, Ed.D., M.P.H., of the Eastern Band of Cherokee, is a public health director in North Carolina and is retired from the U.S. Public Health Service, Indian Health Service. Trained in Native American Medicine and coauthor of *Medicine of the Cherokee*, Dr. Garrett is devoted to presenting the old teachings of his ancestry to guide people in living the Medicine Way.