



## **The Medicine Way: A Shamanic Path to Self Mastery (The "Earth Quest" Series)**

*Kenneth Meadows*

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To the North American Indian, medicine meant more than just a substance to restore health and vitality to a sick body. Medicine was energy - a vital force and source of knowledge that was inherent in nature itself. This book introduces the practical workings of this means of self-development, which aims to help the reader: realize the true wonder of nature and their place within it; find the way consciously to shape their own destiny; and learn how to enjoy the present moment and find fulfilment in life. It also contains information on the origins of important traditional teachings, including insights into symbolism and meaning of the Crystal Skulls.

## **The Medicine Way: A Shamanic Path to Self Mastery (The "Earth Quest" Series)** **Details**

Date : Published August 1st 1997 by Element Books Ltd (first published January 1991)

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Author : Kenneth Meadows

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# **From Reader Review The Medicine Way: A Shamanic Path to Self Mastery (The "Earth Quest" Series) for online ebook**

## **Luda says**

Very well written! The author uses examples and drawings to explain what everything means. Main teachings that of Love, Unity and Personal Transformation.

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## **Greg Younger says**

An ongoing occupation with this book, contains handy exercises to tune yourself with the earth, and with each other. It's a reference book to remember what goodness is, what the Light is all about.

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## **Anjie Brown says**

Excellent book on spirituality and shamanism. It includes easy-to-follow excersises to help you gain focus, insight, and to help you strengthen your spiritual ties with the Earth. It doesn't have any fluffy bunny, hippie crap...it's all straight forward and easy to understand, with each chapter building on the previous chapters. I strongly recommend this book to anyone interested in a shamanistic path...or anyone interested in understanding more about this type of spiritualism.

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## **Art says**

'The Medicine Way' is not reserved for those born into it. Read the book and give it a go - you may find a home there.

I met an old friend of mine at a Native American Powow. He is a member of the Black Thunder Singers who frequently attend many of these gatherings. I said 'Hello' as I had not seen him in many years. He said 'Hello ! What tribe are you from?' I said 'None' and he nodded to me and placed his fist over his heart and said 'Yes you are brother - you are native here'.

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## **Lynnette Rozine Prock says**

Kenneth Meadows reveals in the very beginning that the Amerindians believed that humans have been living on planet Earth for over 250,000 years. Having always wondered about civilizations from in between past ice ages, I read this excerpt and then sat in awe, just smiling at the sky. Such insight in this book! While usually a fast reader, I am admittedly taking this one slowly.

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## **Stargazer says**

One of the better shamanic books, worked with a lot a long time ago.

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