



# **Walking on the Wind: Cherokee Teachings for Harmony and Balance**

*Michael Tlanusta Garrett*

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## **Walking on the Wind: Cherokee Teachings for Harmony and Balance** Michael Tlanusta Garrett

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

## **Walking on the Wind: Cherokee Teachings for Harmony and Balance Details**

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# **From Reader Review Walking on the Wind: Cherokee Teachings for Harmony and Balance for online ebook**

## **Michael Delaware says**

I really enjoyed this book. It covers an aspect of Cherokee spirituality that I have not encountered before, and it really challenged me to look at the world through a more connected viewpoint of the circle of life. Very nicely presented, and easy to follow. I savored this one by reading a chapter a day and then taking time to really reflect on it.

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## **Danielle says**

I loved this book and feel grateful for these lessons of healing in which harmony and balance are a central focus along with learning how to participate in the healing that it is already going on in the world around us. I love the concept of the Circle of Life, treating the earth sacredly, that healing is found in the whole rather than the sum of its parts (in a group "Circle"), practicing gratitude, and learning the rule of acceptance. I also really like this lesson: "In the traditional Cherokee Way, when children argued over an object, it was taken away from them and they were then encouraged to lie down on Mother Earth and look up at the sky. While observing the sky, the children were reminded that focusing attention on an object and on wanting to possess that object removed them from the harmony and balance of the Greater Circle. Then the children were asked to focus their attention on Father Sky. 'Look at the sky. . . . Can you see the clouds?' the children might be asked. 'Watch the way they move and change before your eyes. Can you see pictures in the clouds? Can you see the spirit people there?' Should we seek to own the sky? it might have been asked. A renewed sense of relation and clarity was sought for the children as they were asked to open their minds and hearts to the movement and language of the cloud people, who speak in shapes and pictures. The children might then have been asked to help out with a particular task as a way of replacing 'wanting thoughts with 'giving' thoughts. This was a very important experience for helping young people (and some adults) to understand the power of relation and the sense of humility required to live in harmony and balance with all living beings in the Circle."

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## **Anne G says**

I LOVE Native American Culture! I bought this book back when I lived in Vermont at the Peace of Mind Emporium. This is one of those books I could read over and over again. I loved the different mental exercises.

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## **Mm says**

I really enjoyed this book. It's the kind of book that I found myself studying and going back to certain pages that gave me much insight not only into the Indian ways but into my own self.

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## **Sara says**

Good perspective, similar to the toltec wisdom from "the four agreements".

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## **Adam says**

I picked this book because of my interest in the traditions of Native American culture. I have several Native friends and I have been to numerous pow-wows and sweat ceremonies over the years. I knew that I would enjoy learning more details about the "Red Path". But after finishing reading, I can say that I chose the wrong book. There were some details about traditional Native beliefs and practices included but that was not the main focus of this book.

This book reads like a self-help book. I was more than a little surprised when I came to the part which had suggestions about a modern diet, exercise and even sex. Much of the material was obviously the personal opinion of the author but the title suggests these teachings are traditionally Cherokee. The title is misleading. This book is 25% native culture 15% native folk-lore 10% self-help advice 10% personal experience of the author and 40% authors opinion. I had to be very careful while reading to distinguish between the traditional teachings and all the blanks that the author decided to fill in himself.

I rarely ever give a bad review. Only if I feel the book was not well written. If I feel that a book was well written but I didn't like the subject matter, I'll still give it a good vote because it is a solid piece of work. I'm surprised by the high rating of all the other votes but I have seen this phenomenon before with other books in special interest categories. It seems that folks who seek out certain books decide they like the material so much that it's all that matters.

The best part of this book was the selection of quotes.

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## **Josh Harwood says**

Very inspirational and personal. I very much enjoyed it.

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## **Randy Elrod says**

Beautiful.

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## **Heather Downs says**

The author provides a nice way of applying Cherokee teachings to our modern lifestyle. His training as a counselor and his knowledge of Cherokee culture provide unique insight. Highly recommended for anyone interested in Cherokee wisdom.

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**Caren Nguyen says**

Simple stories that children and teens can understand, but have profound lessons.... I found myself thinking and absorbing the teachings after reading each chapter. Many of the concepts remind me of Buddhist teachings about the cyclical nature of life, being versus doing, and tapping into our inner wisdom but it also ties it back to nature which I really enjoyed.

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**Kendra says**

Various teachings and lessons with stories and information on how the Cherokee see self, balance, harmony, interactions with others, human, plants and animals.

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**Kay says**

I love this book. Has great stories and exercises from the Cherokee tradition.

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**Christian Baloga says**

I picked this book up while I was in Tennessee and was touched by every page of this book. It's been a while since I've read it but I'll be reading this one again and again!

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**Josefina Duran says**

This book has become one of my favorites. The whole book are to see within yourself. It is a book of the smoking mirror, of self reflection. I learned a lot but at the same time reflected and reinforce some teachings I have not been following or exploring. :-D

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