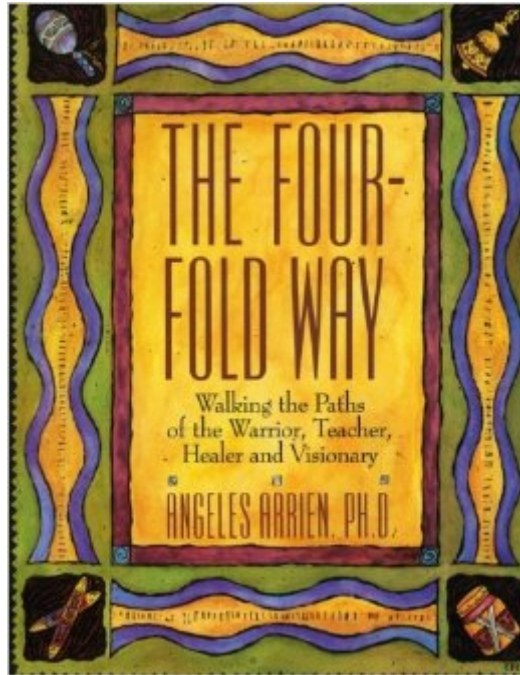


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# The Four-Fold Way: Walking The Paths Of The Warrior, Teacher, Healer, And Visionary



## 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

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## 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.

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