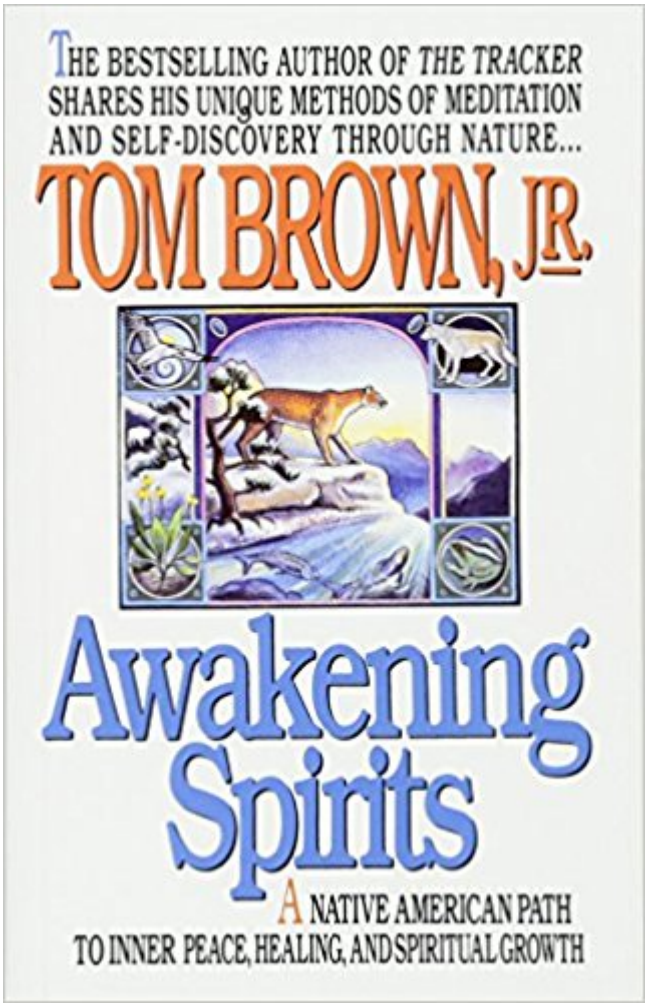
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Awakening Spirits: A Native American Path To Inner Peace, Healing, And Spiritual Growth (Religion And Spirituality)



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Synopsis

For the first time, Tom Brown, Jr.--America’s most acclaimed outdoorsman--shares the unique meditation exercises used by students of his personal Tracker classes. These techniques for finding inner peace and harmony with nature are based on the wisdom of his greatest teacher, a native American called Grandfather. Now all of us can learn these spiritual lessons of life through the earth around us--and deep within ourselves."This book may challenge the very core of your belief systems and shake up your personal philosophy, but that is not my intent. What I set forth in this book is meant to enhance and magnify your beliefs. Simply, the techniques and skills can be easily integrated into all philosophies, religions, and belief systems. After all, Grandfather considered these techniques the common thread that runs through all things..." Tom Brown, Jr.Awakening Spirits includes advanced methods of relaxation, insight, healing, and communication with nature and spirits. Through the dynamic meditation called Sacred Silence, the reader can experience the joys of self-discovery--and the power of a personal Vision Quest.

Book Information

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Customer Reviews

A tracker, outdoorsman, and survival school founder, Brown shares some of the insights he gained from his Native American teacher named Grandfather. The book explains how Grandfather gained his wisdom, how Brown learned these intuitive skills of spirit, and how the reader can translate them into everyday life through a meditative process called Sacred Silence. It requires basic relaxation

and comfort of body, freedom from distraction, and concentration of mind and spirit. Readers interested in shamanistic teaching, Native American traditions, spiritual healing, development of intuition, and sensitivity to external nature may find this book absorbing and useful as a guide. Recommended for public libraries.Copyright 1994 Reed Business Information, Inc.

Tom Brown, Jr. began to learn hunting and tracking at the age of eight under the tutelage of an Apache elder, medicine man, and scout in Toms River, New Jersey, and is the author of 16 books on nature. Recently, he was the technical advisor on The Hunted, a major motion picture starring Tommy Lee Jones and Benecio Del Toro. Ã Â In 1978, Tom founded the Tracker School in the New Jersey Pine Barrens where he offers more than 25 classes about wilderness survival and environmental protection.

What this man writes about is what I have been sensing for a while.....trouble is, many might consider it alternative/new age/too much out there. Why are we so scared of anything that goes beyond what we may understand and believe right now. I would have probably tossed it out a couple of years ago, but my search for greater abundance and living of life has kept me seeking beyond my comfort zone, not to mention that of those around me. I have been living in rural Kansas for the last 6 months, with little more than bunnies, birds and mice to entertain me, and I believe this has quiet ended my mental chatter sufficiently for the inner more real/authentic part of me to start emerging and receiving, can’t wait for the transmitting part to kick in.Well worth reading. Let it speak to your true heart.

I followed "Grandfather" on his quest for spiritual awaking and how he was raised to not trust the white man, with good reason. Also, we are allowed to find out how he overcame many physical problems to raise his spiritual awareness and to "shake off the natural man" so that his spirit eyes could be opened. I wasn’t really ready for the wealth of spiritual information which awakened within me as I made my own journey and I was able to find "truth" in my own religion and verify those things which I have already become aware of on my own. This book brought a whole new "truth" to me, which allowed my spirit to soar!

After taking a couple of Brown’s Philosophy courses, I started spending the "dirt time" to get into the spiritual part of what he teaches. Brown himself told my class that he writes this kind of book to support the Philosophy track courses. Getting out of the box of White Man culture is not so easy, for

those who live in their heads. One needs to spend time in Wilderness, or solitude, alone, to let the spirit bubble up into consciousness, no book can substitute for that. Other books I've found help with this subject-Lost Secrets of Ancient Hawaiian Huna, Volume 1,Redneck Shaman,Secrets of Shamanism: Tapping the Spirit Power Within You,The Future Is Yours: Do Something About It!, Richard Bartlett's Matrix Energetics, Jose Silva You the Healer- which has to have been an influence on the Medicine Place part of Brown's courses, and Vianna Stibal's Theta Healing. There is a Sufi story about moths, and the only moth that really understands the candle is the one who gives himself totally to the light, and the light gives itself to him. This applies to shamanic work. Shamanic techniques work from the larger self, especially in service to others. Shamanism means working with the subconscious, and at times superconscious minds. It cannot be apprehended by the conscious mind, the ego. Without a strong intent of service to others, many things just don't work, or work only slightly.Ã Â Whispers of the Ancients: Native Tales for Teaching and Healing in Our TimeÃ Â gives you some idea of how very different natives storytelling is, how stories shape the Universe, and so doesÃ Â House of Shattering Light: Life as an American Indian Mystic, &Ã Â Journey to the Ancestral Self: The Native Lifeway Guide to Living in Harmony With Earth Mother, Book 1 (Bk.1)Ã Â These are very good basic books, to getting out of the box of White Man culture. Wong Kiew Kit's books on Chi Kung show how ideas like this survive in Chinese culture. Western culture is lost in the literal, and won't look at the deeper meanings of its stories. Neville Goddard has ideas on this, as one example among many. So do Joseph MurphyÃ Â The Power of Your Subconscious Mind (Empower Your Life)Ã Â and Max FreedomÃ Â Secret Science Behind MiraclesÃ Â and Serge King, in Urban Shaman. This book is not a how to, it is a story of one man's experiences, which I found riveting, I couldn't stop reading it. The book is very inspiring, I've read it several times.

Despite experiencing recurrent choking on the rampant racism, and the purported spiritual ignorance of "white" people (the book being written by a "white" man might explain this twisted view), the original insights and universal truths of Grandfather are available for the reader, and I am thankful to the author for that. It is what I was looking for and it helps.

I'm gonna be blunt...I love this book. I have previously read a few of Tom Brown Jr's field guides, and his writing style is great. Unlike most of his material, this book is about spirituality. I feel that he hits the nail on the head. The meditation methods that he offers really work for me. I would--and have--suggested this material to friends!

I have read all of Tom Brown’s amazing books that deal with spiritual awakening and treasure each and every one of them. He is a Master and Grandfather is his guide.

Amazing!

Very rewarding!

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