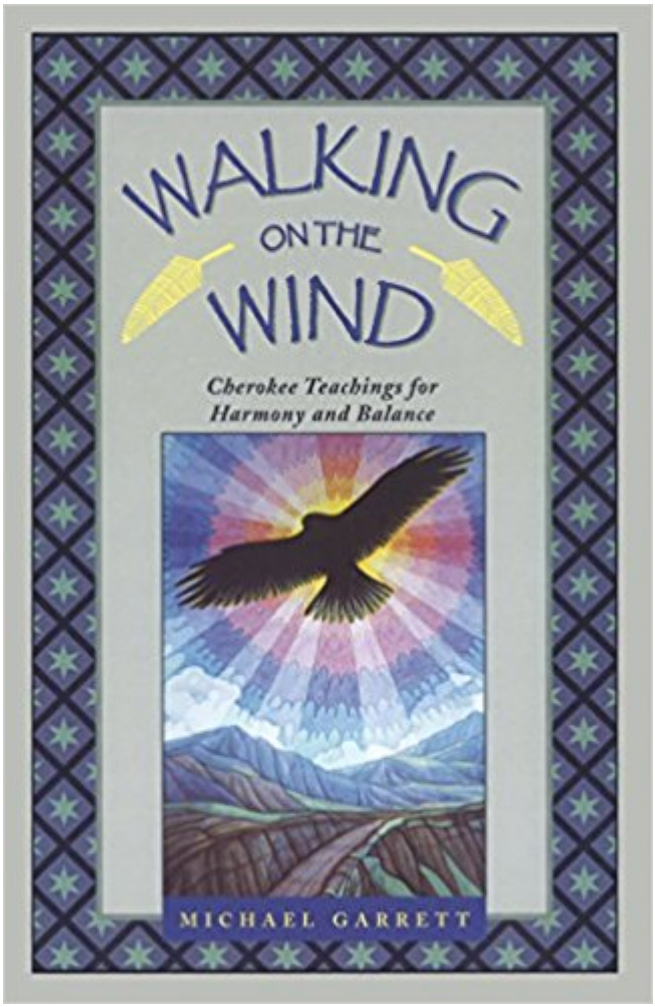
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Walking On The Wind: Cherokee Teachings For Harmony And Balance



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Synopsis

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

Book Information

Paperback: 204 pages

Publisher: Bear & Company (May 1, 1998)

Language: English

ISBN-10: 1879181495

ISBN-13: 978-1879181496

Product Dimensions: 5.5 x 0.7 x 8.5 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 97 customer reviews

Best Sellers Rank: #76,681 in Books (See Top 100 in Books) #37 inÃ Â Books > Religion & Spirituality > Other Religions, Practices & Sacred Texts > Tribal & Ethnic > Native American #44 inÃ Â Books > Religion & Spirituality > New Age & Spirituality > Shamanism #147 inÃ Â Books > Politics & Social Sciences > Social Sciences > Specific Demographics > Native American Studies

Customer Reviews

How does one learn from the wisdom of Native American cultures without adding to the violence that has been done to the sacredness and integrity of those traditions? In this volume, Garrett, an Eastern Band Cherokee who teaches education at the University of North Carolina, Greensboro, provides profound and beautiful answers to that question. As he notes, the book has two goals: to honor his people's vision of a balanced life and to share their accumulated wisdom about health and wellness with the larger, contemporary culture. Each chapter features delightful narratives of Cherokee stories and myths?the love of Moon for Sun, how the animals teach humanity to respect the harmony of nature, why possum's tail is bare, why turtle's shell is scarred, as well as recollections from Garrett's childhood. He notes that his father taught him that it was his task "to

discover through the stories?the beauty and lessons offered to us through everyday experience." Garrett discusses lessons learned about how to make difficult choices, how to hear our intuitive sense of right and wrong and how to deal with painful experiences. Also included in this wide-ranging book are descriptions of the purposes of Pow-Wow, Iroquois False Face Societies, managing a modern kitchen in ways that respect the balance of nature and brief discussions about acid rain and greenhouse gases. Written in accessible language, Garrett's book is a useful primer on Native American spirituality. Copyright 1998 Reed Business Information, Inc.

"[Garrett's] blend of the traditional Cherokee stories and ways with that of science and psychology illustrates that both Native and non-Native peoples can learn to thrive together, and that they have a lot to learn from each other for the betterment of humankind." (Native Peoples magazine)"I am a traditional Cherokee mother and grandmother, and it is my responsibility to teach my children and grandchildren to be at peace with everyone and everything, and how to live as true Cherokee (Tsa la gi), in harmony with all living things. If the Creator (U ne tla nv hi) decided that he needed me more than my children and grandchildren needed me tomorrow, then I can go to him at peace knowing that this wonderful book, Walking on the Wind, was here to teach them the things I didn't get a chance to teach them." (Myrtle Driver Johnson, Eastern Band of Cherokee)"For the souls of modern people, this book is Good Medicine." (Steven McFadden, author, Profiles in Wisdom: Native Elders Speak about the Earth)"I wept as I read--so simple the stories, so powerful the messages! Great truths revealed through storytelling helps the reader see visions and dream dreams through Cherokee eyes." (Carol Locust, Ph.D., Native American Research and Training Center, University of Arizona)

Once every ten years I have the pleasure to read a truly remarkable book!This is one of those times. This book is a living meditation of wisdom! It is a reflection on living wisely and teaching acceptance in time of trouble. It both reminds us, and urges us to look deeply at the contradictions and opposites that we find in life. It provides a map or a key to unlock wisdom and use it to our advantage. it promotes balance and harmony and shows us how to achieve both.I cannot speak more highly of the book. It is both traditional and contemporary. It is soothing balm for the modern spirit in search of refuge from an insane paradigm. If you want more life giving water, drink deeply from this pristine stream of goodness.You may never be the same again!

Earth Mother Crying: Encyclopedia of Prophecies of Peoples of the Western Hemisphere, The

Cherokee Nation in the Civil War, The Cherokee Nation: A History, Walking on the Wind: Cherokee Teachings for Harmony and Balance and Trail of Tears: The Rise and Fall of the Cherokee Nation were originally purchased as a gift for a friend who is Cherokee/Choctaw. After the books arrived and I perused the book jackets I decided to buy additional copies for myself. I have not read these books yet but I'm sure I will be very happy with them based on other reviews. I think it's very important to know where we all came from and how this country came to where it is today. And, while the wrongdoings of the past cannot be undone I believe it's important to understand them and how such things happened, to understand the contributions of Native Americans to our culture and how they served this nation that did not always serve them.

I don't know why this author has not written anything since this book, but I read it in one day. As a clinical social worker, being culturally competent with as many diverse populations as possible is a strength. I am happy to have gleaned some history about the Cherokee, along with personal anecdotal accounts of Dr. Garrett's life. I found his writing to be thought provoking, charming, insightful, inspiring, and unique. I highly recommend this book for the exercises in some chapters that will challenge you to think outside of the box, and the perspective in which it was written. Easy read that communicates an intrinsic value in all things, especially in family and this gift we call our life.

Amazing read, I was able to put some of this into use in my own life in a Very trying circumstance. I doubt if I would have handled the situation as well without having read Walking on the Wind. This wisdom certainly helped me, although I am always learning and have a long ways to go. Thanks

I read this book after reading Medicine of the Cherokee: The Way Of Right Relationship by Garret, J.T. which is written by one of the same authors. I loved both books and would recommend reading them both. I would say these among the best Native American medicine books out there. With someone looking to elevate their life to a healthy life style and balance between self and nature these books do just that.

Great book, true to actual native traditions.However, these books are a little to pacifist, I believe in peace and harmony but there is also war which is the balance of that harmony.Still will buy the rest of the author's titles

Great book. i wanted to learn about Cherokee culture, when I found out my great grandmother was a full blood Cherokee. Thank very much Michael for such a wonderful book. I had such wonderful grandparents growing up and now I realize how much of the kindness and teaching young children came from the Cherokee culture.

The Native American stories are in the same class as parables and fables. They teach a moral truth using images from nature.

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