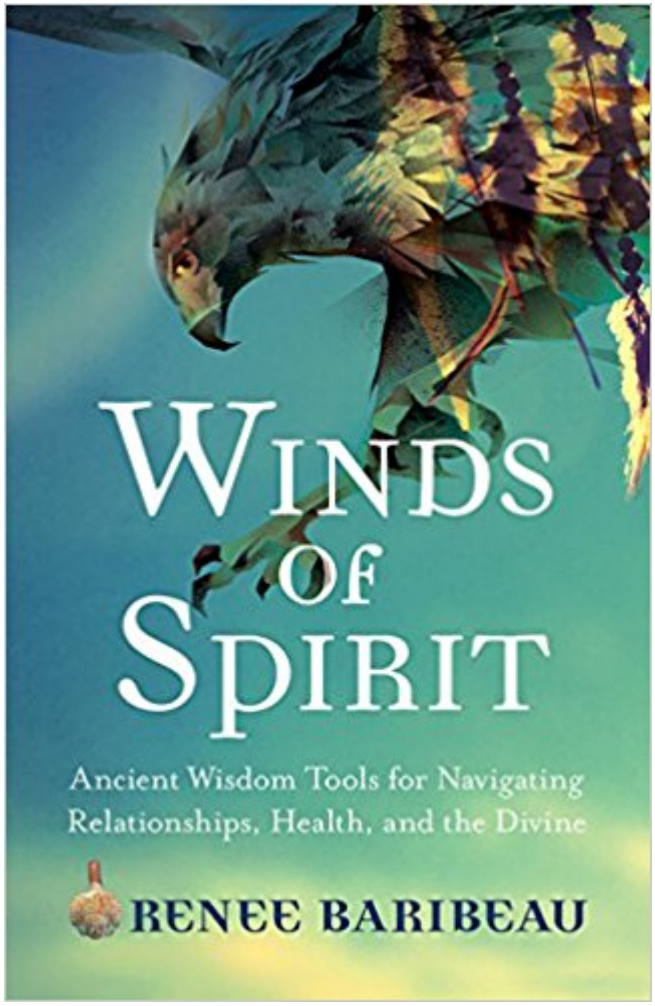
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Winds Of Spirit: Ancient Wisdom Tools For Navigating Relationships, Health, And The Divine



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Synopsis

InÃ Â Winds of Spirit, shamanic healerÃ Â Renee BaribeauÃ Â shares the rich mythology and cultural significance of wind, while also presenting a powerful system to help you recognize and utilize the subtle energies in your life to heal yourself.The Wind WorkÃ¢â Â¢ system relies on an ancientÃ Â sacredÃ Â technique used byÃ Â farmers,Ã Â shamans and sailors. ItÃ Â will show you how to navigate your personal path,Ã Â providingÃ Â insight into how to manage the wind patterns and shifting conditionsÃ Â affectingÃ Â you.Winds of SpiritÃ Â will teach you how to connect with your true inner self (your spiritual magnetic north), use your body as a compass, and never get lost. By working with theÃ Â omnipresentÃ Â winds in your life, you can restore harmony and balance, heal the body, and inspire creativity.In the book, you will learn how to invoke wind deitiesÃ¢â ¬â •gods and goddesses from around the worldÃ¢â ¬â •and the cardinal winds from the four quadrants of the sky, each of which relate to the inner landscape of your life: mind, emotions, body, and spirit. In Part Four, there are 28 ancient wind deities for you to choose from. Open to any page to gain a deeper understanding of howÃ Â these energiesÃ Â might be influencing your thoughts, feelings, and actions.ExperientialÃ Â practices include wind breath, wind bath, wind knots, and more.

Book Information

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Customer Reviews

Renee BaribeauÃ Â is a soul coach, author, inspirational speaker, entrepreneur, and workshop leader, known and respected for her down-to-earth approach. During her life, the wind gods have

steered ReneeÃ¢â ¬â„¢s course in many directions. A former chef, in 1987 she opened the first farm-to-table restaurant in Central New York, Brown BaggerÃ¢â ¬â„¢s, in Syracuse. In 2005, Renee established the Desert Holistic Network in Palm Desert, California, an online regional resource directory. Renee served as the Resident Shaman at We Care Spa in Desert Hot Springs. Since 2013,Ã Â Renee has worked forÃ Â Foundations Recovery Network, a national system of residential treatment facilities. Her current role is Marketing and Community Outreach Coordinator.As a writer, Renee is a featured contributing blogger forÃ Â Elephant Journal. Renee has also contributed chapters to the anthologiesÃ Â Pearls of Wisdom: 30 Inspirational Ideas to Live Your Best Life NowÃ Â (Hierophant Publishing, 2012) andÃ Â The Five Principles of EverythingÃ Â (Five Birds Publishing, 2012).Ã Â She makes her home on the West Coast, and Whidbey Island.

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