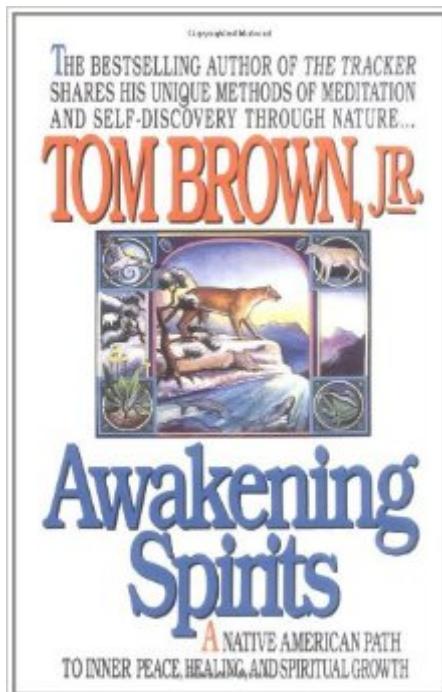


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# Awakening Spirits: A Native American Path To Inner Peace, Healing, And Spiritual Growth (Religion And Spirituality)



## **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**

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.

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