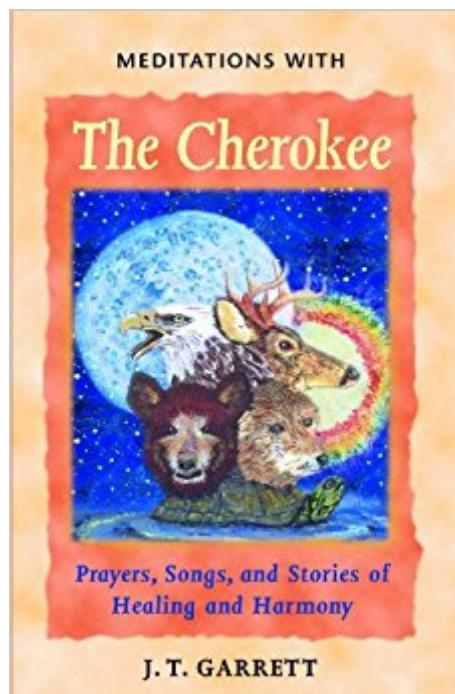


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# Meditations With The Cherokee: Prayers, Songs, And Stories Of Healing And Harmony



## **Synopsis**

â ¢ A collection of earth-centered meditations to enhance our connection to the natural world. â ¢ Reveals the Old Wisdom of the Cherokee elders for living in harmony with all beings. â ¢ Written by J. T. Garrett, of the Eastern Band of Cherokee, who was taught the ancient ways by his grandfather and other medicine men of his tribe. In a time before ours, humans could talk with animals, hear whisperings from plant life, and understand the origin stories written in the stars. Survival depended on active kinship with family and tribe, with four-leggeds and plant people, with sun and moon and fire. The Cherokee, known widely as the Principal People or the First People, hold a deeply tapestried collection of stories about human interrelatedness with nature. Those stories, passed down through countless generations of Cherokee, are especially significant at this time in human history, when Mother Earth suffers under the weight of unchecked "progress." As a boy, J. T. Garrett sat beside his grandfather and the other medicine men of his tribe as they chanted and drummed the stories of his ancestry. From those stories of Nu-Dah (the Sun), Grandmother Moon, Spring Rain, and Little Eagle comes this collection of active meditations for reconnecting with the natural intelligence that is our birthright. Recognizing that we are all kin in the Universal Circle of life opens us to communication with all beings, bringing us back to our natural spirit selves. If we listen carefully to the Cherokee stories of the Old Ways we can gain understanding of lost social and spiritual traditions that can help ensure a thriving future.Â

## **Book Information**

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## **Customer Reviews**

This is a wonderful and concise book which reveals the old wisdoms and teachings of the Cherokee. For most readers it will be a slightly different approach in learning to be in harmony with our modern world. The book teaches this harmony both with meditative exercises and with stories which carry the message - the teachings for our current and future generations. As mentioned in the introduction, "This book will take you on a journey of discovery about relationships." It is an excellent book and very much worth reading. It is the 3rd in a series of books by Dr. J. T. Garrett that teach us how to live in harmony and balance in this world. [His other books are Medicine of the Cherokee - The Way of Right Relationship and Walking on the Wind: Cherokee Teachings for Healing Through Harmony and Balance (written by his son, Professor Michael Garrett).]

This book weaves together stories - memories and experiences - of Cherokee ceremonies and conversations with elders. The stories tell the message (sometimes in a long about way but they get there) and then there are these mediation exercises that usually include sitting down out in nature, breathing fully and focusing on a certain image or word. Its neat. The stories are easy to read and the mediations are quite relaxing and centering. Lots of life lessons included here.

A journey of LIFE. A journey of beginning and beginning again, cycles within cycles. Messages from the Great One, Mother Earth, the Ancestors, and Spirit Guides. Dancing, singing, planting, loving, healing, giving thanks, helping others and just plan feeling good about yourself and all there is. Every time I read a part in the book I learn something new about our journey here on Mother Earth. You Can Feel the connection of the Circle of Life and all the wonderful natural things that exist when you read or do the meditations. This is truly a gift from the Ancestors through J.T. Garret. It is a gift for humanity. Thanks J.T. for being that "hollow bone", and that "window washer". The ones that came before us and the ones that are to come are THANKFUL!!!!

Dr. Garrett continues to bridge ancient wisdom with modern practical ways of being , irregardless of ones cultural background this book provides simple meditations that can effect profound changes bringing harmony into ones life. You can read it over and over again gaining new insight with each reading. This book is a way of connecting us to what it means to be a human being on Mother Earth.

Meditations with the Cherokee: Prayers, Songs, and Stories of Healing and Harmony by J.T. Garrett is a wonderful look at the "Old Ways" of the Cherokee. Many people who read this book might consider some of the concepts 'new age' but as the author states, "...my teachers called it Old

Wisdom." This book has some traditional stories and a few meditations to help us reconnect with Mother Earth. We are also taught about some of the Cherokee ceremonies and the seven directions. We are shown the sacredness of the number seven. I really enjoyed how the author showed us the sacredness of tobacco as it is in line with what I have been taught. I could feel the wisdom of the ancestors in the beautiful writing. I would defiantly recommend this book to those interested in reconnecting with nature and learning the old ways. Overall, this book was wonderful. I acknowledge that I received this book free of charge from Bear & Company publishing in exchange for my honest and unbiased review of the book.

I bought this book with the simple intention of learning more about Cherokee traditions. It has been much more of a journey than that, motivating me to adopt meditation and find my own meaning in these spiritual meditations. I am not affiliated with any tribe and was raised within the Judeo-Christian tradition. I do no think anyone with that sort of religious background needs to be worried about losing their own spiritual and religious values if they embrace the wisdom shared in this book. Instead, you might find it enriches and improves your overall spirituality and well-being. We live in a time where getting closer to nature should be a major priority, and it's my own personal experience that this book can help you travel down that path in an enriching and rewarding way.

The meditations are helpful, the book is clear and written well. It's a book for people that are used to ambiguity and the unknown. I realize that's cryptic but that's kind of the point. This book asks the reader to release preconceived notions of linear reality. That's just the first step, it does an admirable and commendable job in developing the Cherokee worldview and it's goal of inspiring hope develops as one reads. I do recommend this book.

Arrived timely and in perfect condition! As entertaining as promised, with cross references to other American Indian national beliefs. Enjoy this book as an addition to your spiritual quests, cultural awareness, or love of the Cherokee Nation.

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