

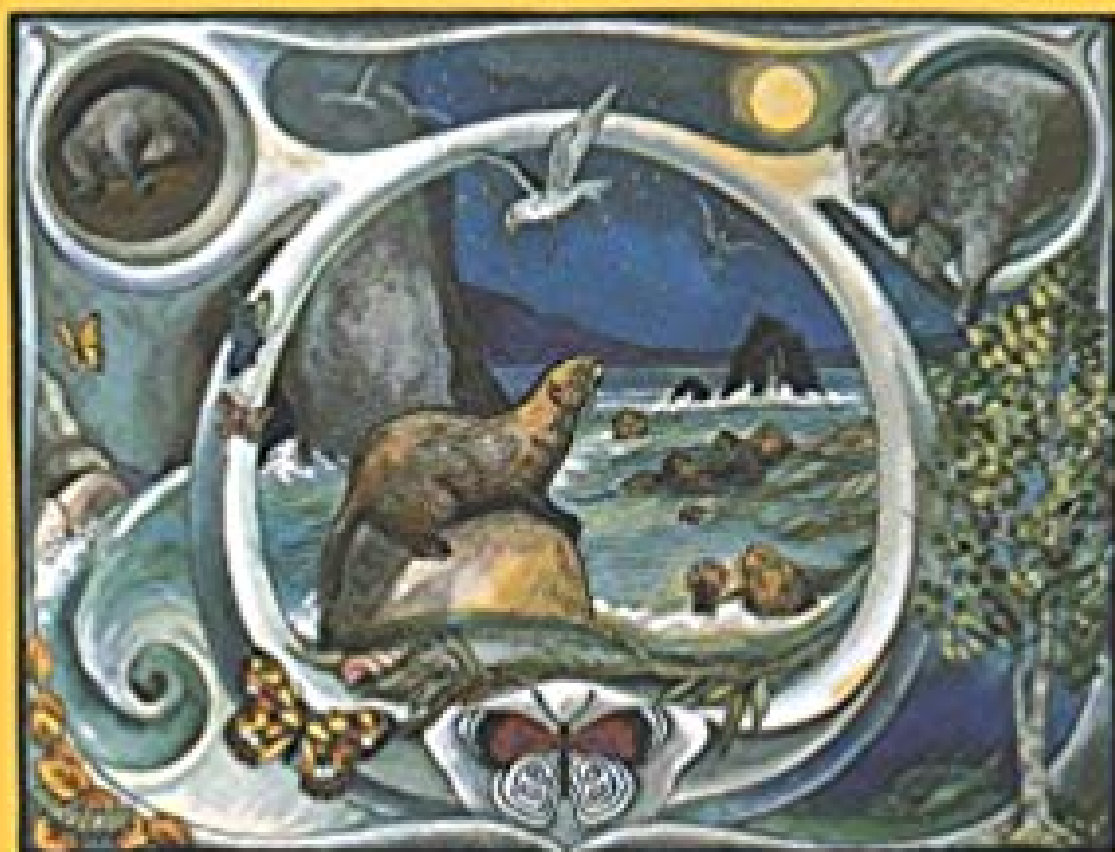
A SUN BEAR BOOK

DANCING

~~~~~ **WITH THE** ~~~~~

# **WHEEL**

**THE MEDICINE WHEEL WORKBOOK**



**SUN BEAR, WABUN WIND, AND CRYSTALIS MULLIGAN**

Sun Bear and  
Dancing with the Wheel: The Medicine Wheel Workbook



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The Native American philosophy behind the vision of the Medication Wheel is that things and beings on the planet earth are related and, therefore, should be in harmony for the planet earth to be balanced. These exercises will help you gain energy from the spirits, which can heal both human beings and the earth. Dancing with the Wheel explains how to apply this philosophy to your daily life through many useful exercises and ceremonies. Those new to the Medicine Steering wheel will be ushered in to the teachings and technique of what has become a way to obtain comfort and direction for thousands of people around the world. Through Dancing with the Wheel, the second book specifically specialized in the Medicine Steering wheel, those familiar with this vision will gain an increased understanding of the steering wheel and its developments during the last a decade. Whether you are in the center of the wilderness or the center of a city, this book and its exercises can help you middle yourself and create peace with the earth and other beings.



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THE MOST BEAUTIFUL BOOK I HAVE EVER PURCHASED! Pleased I purchased it. There are so many ceremonies it could take a year just to perform all of them once. The myriad ways in which a Medicine Wheel can be employed: colors, crystals, animal totems, moon cycles, spirit path, each individual 36 positions, or stones.. Arrive in timely fashion, found its way to expected condition, excellent publication, constant companion. It is NOT filled with 100 pages of fluff, it is full of facts about the Medicine Steering wheel. And who would wish to accomplish that? This book is something special of understanding from an amazing guy who had an amazing Teacher. I've Cherokee DNA in my own body.. All my relations, Ho! I would highly recommend this book to anyone who is thinking about building their own medicine wheel and acquiring themselves a bit shed in the process. VERY HAPPY Dancing with the steering wheel is amazing I definitely would suggest it to anybody add that one to your collection and definitely don't let this one complete you bye get it pertaining to yourself or get it as a gift Packed full of information The book contains alot of details and information... All my phrases are sacred. The book offers many insightful and interesting perspectives on what each part of the medicine steering wheel is and will be. It doesn't simply limit you to a single part of it.Over-all I love this publication.. I originally had rented this publication from the library but upon seeing the vast amount of info I made a decision to buy it. Very thorough information Society seeing that always is headed in a far more advanced direction which book can help provide a look to days gone by when people lived in happiness and harmony; don't constantly believe what you read in the history books which are written by the conquerors. I am Virginia, Spirit Healer I would recommend this book to anyone who is thinking about building . And the drawings in this are gorgeous! My mom made a lovely medicine wheel inside our back yard and used this .. Should you have any curiosity in the Medicine Wheel that is a great book! My mom made a lovely medicine wheel in our back yard and used this publication for inspiration, it offers very clear good examples and definitions in what you have to do to make a powerful circle! Informational Plenty of useful information. This book is a total immersion into the world of the Medicine Wheel. Delighted! My cells vibrate with enjoyment and anticipation as I prepare to produce my very own Medicine Wheel, rendering it prepared for the Planting season Equinox.everyone wants to borrow it . From the moment I saw a friend with this reserve I knew I had to have it..great details and well researched Recommended.. Five Stars I love this publication and cannot seem to keep it..



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