



The Medicine Way: A Shamanic Path to Self Mastery (The "Earth Quest" Series)

Kenneth Meadows

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To the North American Indian, medicine meant more than just a substance to restore health and vitality to a sick body. Medicine was energy - a vital force and source of knowledge that was inherent in nature itself. This book introduces the practical workings of this means of self-development, which aims to help the reader: realize the true wonder of nature and their place within it; find the way consciously to shape their own destiny; and learn how to enjoy the present moment and find fulfilment in life. It also contains information on the origins of important traditional teachings, including insights into symbolism and meaning of the Crystal Skulls.



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