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Meditations with the Cherokee: Prayers, Songs, and Stories of Healing and Harmony

J. T. Garrett

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Meditations with the Cherokee: Prayers, Songs, and Stories of Healing and Harmony J. T. Garrett
• A collection of earth-centered meditations to enhance our connection to the natural world.

• Reveals the Old Wisdom of the Cherokee elders for living in harmony with all beings.

• 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.

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