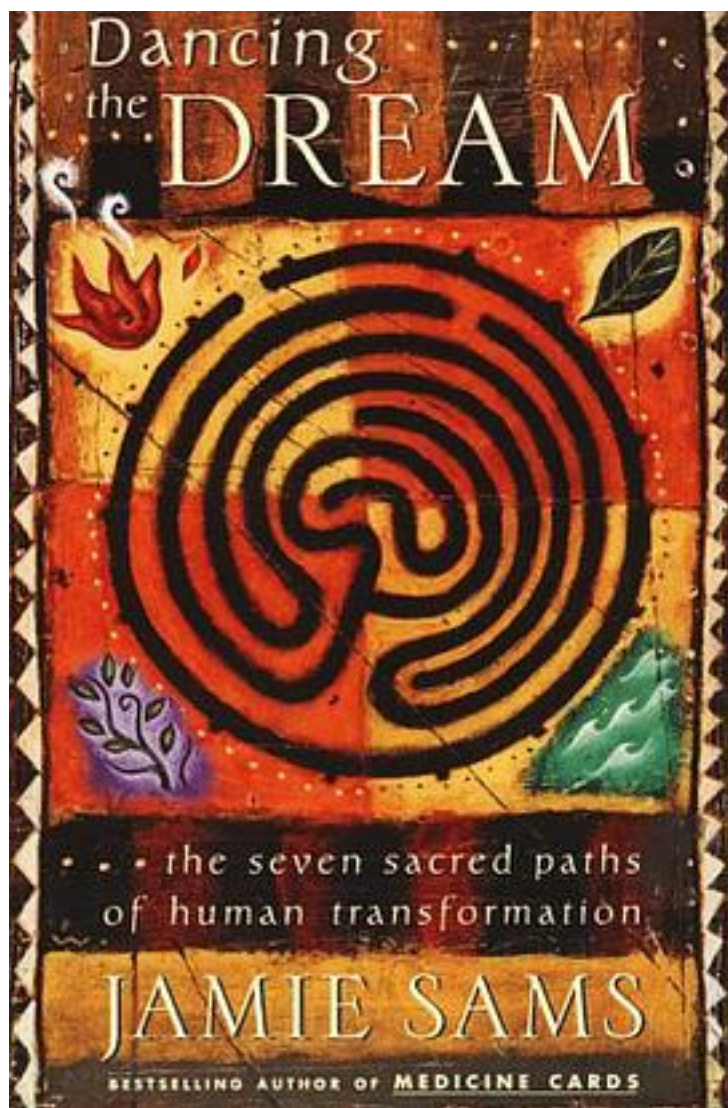


Dancing the Dream



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The result of nearly twenty-five years of intensive study with two Native American dreaming societies, *Dancing the Dream* draws our attention to the four directions of the Medicine Wheel (East, South, West, and North) and the three unseen directions – Above, Below, and Within – and explains how each of these seven directions represents a specific path on the spiritual journey. In the East, we encounter the first stirrings of the spirit; in the South, the healing of relationships; in the West, we work to build self-esteem; in the North, we learn wisdom and the opening of the heart; Above represents the world of spirit; Below, the earth; Within, full awareness of the present moment. Most people will walk these paths in sequence. Some will never make it through all seven. Many will continue to move forward but continue to double back on earlier paths until they get things rights. But for those willing to walk all seven paths, there is the great reward of being able to see the world with the soaring vision of an eagle, fully aware and present to meet life’s challenges with vision, wisdom and purpose.

作者介绍:

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