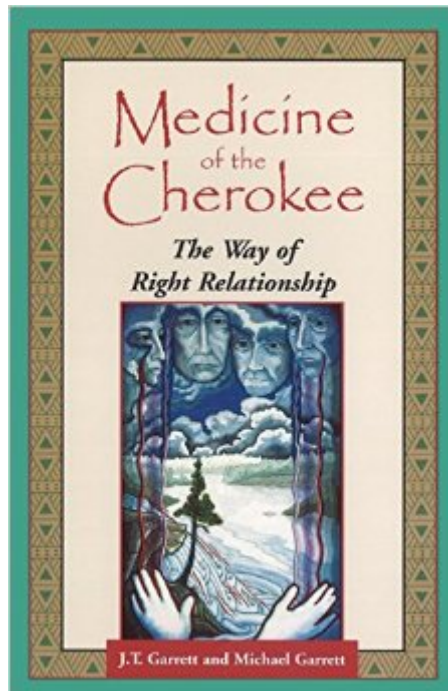


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# Medicine Of The Cherokee: The Way Of Right Relationship (Folk Wisdom Series)



## Synopsis

Discover the holistic experience of human life from the elder teachers of Cherokee Medicine. With stories of the Four Directions and the Universal Circle, these once-secret teachings offer us wisdom on circle gatherings, natural herbs and healing, and ways to reduce stress in our daily lives.

## Book Information

Series: Folk wisdom series

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## Customer Reviews

The reader can sense that it was written out of love and respect for Cherokee heritage and the desire to share the beauty of The Way of Right Relationship. In a world filled with the sham of plastic books dedicated to the way of shamanism, Medicine of the Cherokee stands bright and clear. You are given an understanding of the four sacred directions, animal totems, journeying, crystal vision, the way of the circle, the principle of noninterference and more. Father and son, J. T. Garrett and Michael Garrett, guide you along the path and at the same time give you the most important gift - the freedom to find your own path.

A lot of "medicine people" take it in the shorts for incorporating "new ideas" into their teachings, or for teaching to non-Indians at all. The Garretts do a great job of following their own teachings of balance in walking that crooked line between various camps, in presenting traditional medicine teachings in a way that is both informative and also respectful in their refusal to discuss certain

things. They provide enough information to get people going on their own, if they read slowly and thoughtfully, practicing and experimenting with the knowledge presented. It is definitely not a book that you will just read once and put down; if you are at all interested in traditional Tsalagi medicine teachings (and why else would you buy this book?) you'll come back to it over and over again. I've never met the Garretts, but would love to someday if I can make the chance happen. They seem to me to be traditionalists who have been able to find that difficult balance between tradition and the modern world. They respect the learner enough to present the information and let them pick up and go from there, understanding it in the ways/perspectives unique to each individual.

This is a must read book for first time people into the world of the Native Americans. It will open a whole new door that you will bring out of it is the respect for all living things and for Mother Earth. The book helps you understand that certain things are sacred to the Native Americans and how it ties into their beliefs. Once you read this book you will begin to see things through the eyes of a different race, but from the point of a Native American. You will learn different ways of praying and saying thanks to mother nature. You will take things from the book and applied to your everyday life. Wah Doh.

This clearly written concise book teaches the use of a select subset of herbs. This material is accurate as far as I can tell based on my limited experience with herbs over the years. This book also teaches the properties of the various totem animals. This book helped me to take the Indian name of Two Bears October 1999. I only now remembered to review this book. ;-)

The subtitle of this book "The Way of Right Relationship" means that everything in existence is a manifestation of the Great Spirit, and should be treated with respect. Basic Amerindian philosophy. Learning a few Cherokee words will not hurt either. ;-)

I am proud to say that my watai (personal stone) is in my pocket, but I had collected rocks for about 40 years anyway. ;-)

A sincere wah doh (thank you) to the authors.

This book is a must for those who recognize the wisdom and beauty of the Cherokee way, and for those who seek to be supported and soothed by a heritage rich in lovingkindness and exquisite simplicity. That which is natural is revealed. We are told the stories from the elders and guided to examine those ways which fail us. And in very practical and detailed manner we are given information about healing ways from a medicine man who is also a highly regarded public health official, and his son a remarkable college professor teaching the Cherokee way who is wise beyond

his years.

In *Medicine Of The Cherokee: The Way Of Right Relationship*, J.T. and Michael Garrett collaborate to share the holistic experience of human life learned from elder teachers of Cherokee Medicine. Features are stories of the Four Directions and the Universal Circle, once-secret teachings offering the student of Native American metaphysics wisdom on circle gatherings, natural herbs and healing, and other ways valued for reducing the stress of daily life. *Medicine Of The Cherokee* is an invaluable reference for students of Native American Studies, health, and metaphysics.

This book is wonderful!! It is written by two Cherokee men, father & son, who practice the Medicine. This is THE book to get for learning about Cherokee/Native spirituality and Medicine; as it gives some specifics in the 'how-to', and explains a lot.

This book gives the reader an insite to the true way of the Cherokee. Very respectfully written in regards to the "old ways". A true empowering experience.

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