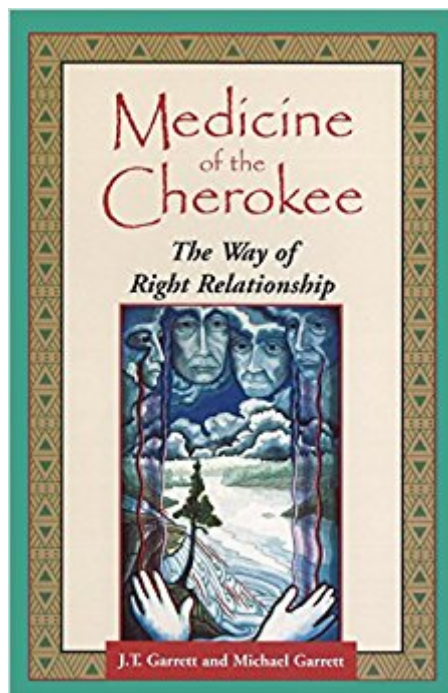




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# Medicine Of The Cherokee: The Way Of Right Relationship (Folk Wisdom Series)



## 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

Paperback: 223 pages

Publisher: Bear & Company; Original ed. edition (September 1, 1996)

Language: English

ISBN-10: 1879181371

ISBN-13: 978-1879181373

Product Dimensions: 5.5 x 0.6 x 8.5 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 68 customer reviews

Best Sellers Rank: #375,878 in Books (See Top 100 in Books) #185 in [Books > Religion & Spirituality > Other Religions, Practices & Sacred Texts > Tribal & Ethnic > Native American](#) #569 in [Books > Health, Fitness & Dieting > Alternative Medicine > Herbal Remedies](#) #878 in [Books > Politics & Social Sciences > Social Sciences > Specific Demographics > Native American Studies](#)

## Customer Reviews

"The truth, beauty, and simplicity of this book are almost overwhelming. The Garretts have captured the essence of mind, body, soul, and spirit healing through harmony and balance. All who read it will greatly benefit from its depth of sharing the old ways in new understandings." (Oh Shinnah Fast Wolf, Native American ceremonial teacher and author of *Goddess as the Weaver of Life*)

“With simplicity, depth, and generosity, J.T. and Michael Garrett convey key insights from the very foundation of North American wisdom, in a way directly relevant to us today. Medicine of the Cherokee will be a valuable addition to the library of anyone striving to become a true human being.” (Steven McFadden, author, *Profiles in Wisdom: Native Elders Speak About the Earth*)

“Medicine of the Cherokee: The Way of Right Relationship by J.T. Garrett and Michael Garrett is a two part book. The first part by J.T. Garrett is entitled, “The Indian Medicine Story: A Cherokee Perspective” and has seven chapters which cover the Four Directions, the natural medicine path, the physical medicine path, the mental medicine path, the

spiritual medicine path, and also tells us about our place in the Universal Circle. In the first part of this book we are given much wisdom from the Elders and shown how to honor the sacred directions and be one with Mother Earth. Part two by Michael Garrett is entitled, *Áçâ –Â• To Walk In Beauty: The Way of Right Relationship*Áçâ –Â• in which we are shown how to live in balance and beauty according to the Tsalagi (Cherokee). There are wonderful exercises in both parts to help us connect with nature and live in beauty. I will be reading this book again and recommend it to all who want to live in harmony and balance and wish to walk the Good Medicine Path. I am so grateful to the GarrettsÁçâ –Â•s for sharing their wisdom with us so that we can pass it on to future generations. I would recommend this book to everyone. I acknowledge that I received this book free of charge from Inner Traditions Publishing in exchange for my honest and unbiased opinion of the book.Áçâ –Â• (Rose, lovetoread8@wordpress, March 2014)

HEALTH / NATIVE AMERICAN (HARMONY AND BALANCE IN ALL OUR RELATIONS) 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 other ways to reduce stress in our daily lives.

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--Steven McFadden, author, *Profiles in Wisdom: Native Elders Speak About the Earth* J.T. GARRETT, Ed.D., and his son, MICHAEL GARRETT, Ph.D., are members of the Eastern Band of Cherokee from North Carolina. As students and teachers of Indian Medicine, they draw on the ancient wisdom teachings of their Medicine Elders on the Cherokee Reservation in the Great Smoky Mountains. The Garretts have developed ways to present the Áçâ –Â•“old teachingsÁçâ –Â• to effectively guide people today to appreciate and understand living the Áçâ –Â•“Medicine Way.Áçâ –Â•

Yes now here is a book that really tells the medicine in the proper way, with sacredness, and with a deep understanding of the true nature of what medicine really means for the Cherokee people.A

book that hits the mark on telling the story of the Cherokee way of living with purpose, with honesty, and with humility.

This is a peaceful read for anyone interested in the Native American philosophy of healing and being at one with the environment. If you're interested in the healing power of botany, this is a great read as well.

Written by a real member of the Cherokee Nation in North Carolina, this book offers authentic and timely perspective on how to live in balance and harmony. The content is on a higher level than most other health books, as it contains a good aspect of traditional Cherokee teachings that can facilitate health and harmony for a person of any race and culture. I highly prize it as a gift to honor, this knowledge. Thankfully all was not lost in the genocide of the indigenous peoples of America, and maybe each and every one of us can show a bit more respect and gratitude to the First Nation peoples. One way to do this is, to honor the traditions and help keep them flourishing. Support Mr Garrett in his graciousness to share sacred ways of being on our Earth, and never take it for granted that any Native person would continue to offer such a gift to the Euro-American culture after such an unacknowledged history of betrayal. I feel I learned some helpful bits of insight, and also some good uses of plants/foods! I am drinking dandelion peppermint tea right now because of this book, and yes it is relaxing.

I love learning about the American Indians and I especially love to learn their ways and their medicine and their spirituality. I recently have learned that by marriage I now have Cherokee in my family. I love it and could not be happier. I love learning about them now as well as the thirty years before I read this book.

I learned there is such a connection between cultures from different places on planet earth through the use of shapes, symbols and respect for Mother Nature. For instance, the shape of the circle. It has a special meaning to many Native American tribes and I find it interesting that to me it connects to the shape of the stone circles such as Stonehenge and the Chinese symbol for yin and yang. It may not be interesting to everyone, but it certainly was to me.

Nice recitation of Cherokee myths and how they apply to today's issues.

J.T.Garrett is a great writer on the Cherokee. Get all of his books.

Well pleased quite informativrlle and historial..

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