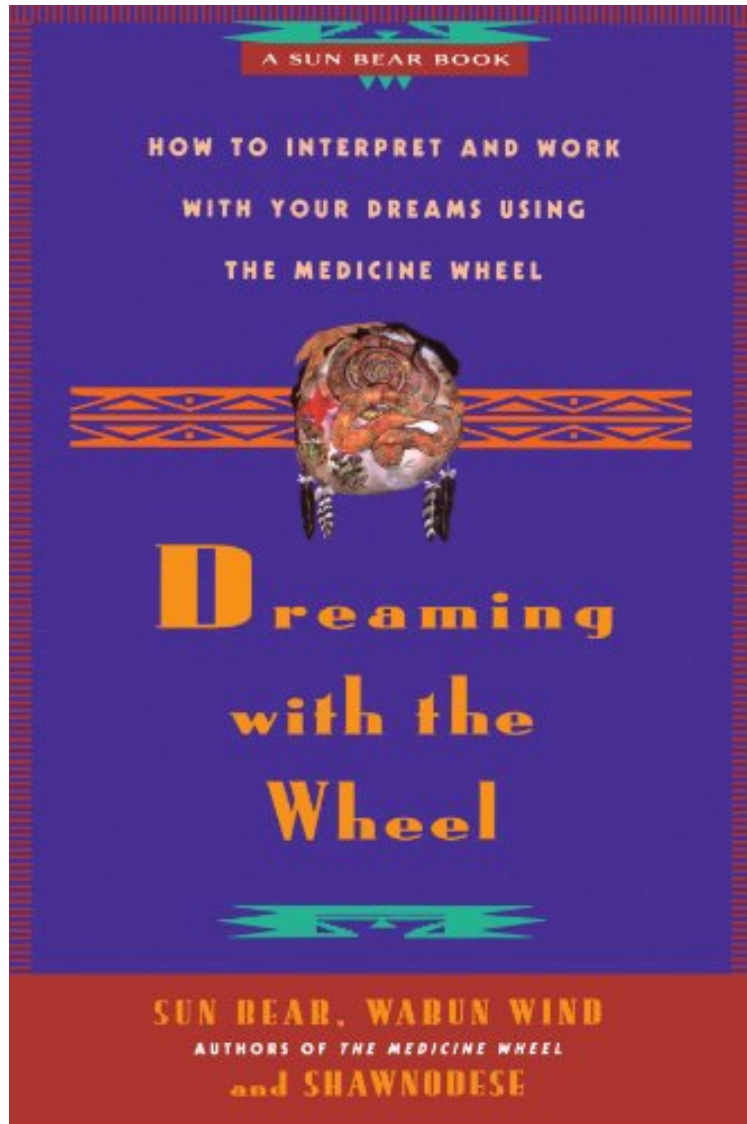


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Dreaming With the Wheel: How to Interpret Your Dreams Using the Medicine Wheel

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#659097 in Books Sun Bear 1994-03-29 1994-03-29 Original language: English PDF # 1 9.25 x .90 x 6.12l, 1.03 #File Name: 0671784161320 pages Dreaming With the Wheel How to Interpret Your Dreams Using the Medicine Wheel | File size: 26.Mb

Sun Bear, Wabun Wind, Shawnodese : Dreaming With the Wheel: How to Interpret Your Dreams Using the Medicine Wheel before purchasing it in order to gage whether or not it would be worth my time, and all praised Dreaming With the Wheel: How to Interpret Your Dreams Using the Medicine Wheel:

3 of 3 people found the following review helpful. Okay book on dreams/visionsBy CrystalKeep in mind this book

relies heavily on Native American imagery and practices, at least the ones of Sun Bear. I appreciated that at the back of the book there is an appendix with the exercises and methods suggested in the book so readers can find them easily. Techniques are simple and samples of techniques covered are having good dreams, purifying a person or space, cleansing (using water, salt, sound, prayer) meditation to remember your dreams, modifying your sleep pattern, making a dream pillow, working with nightmares, using an object to dream with such as a crystal, protecting your dream space, and mini-walkabout. I felt a drawback was that Sun Bear had a chapter entitled A Dream Language of the Earth which was a glossary or compendium of symbols or images, the meanings of which are based on his native culture. Sun Bear advises the reader to read this chapter before dreaming and incorporate it into the reader's dreaming. I feel dream symbols or images come through the veil of who we are, our culture, personality, understanding, etc. It is for the dreamer to determine what the vision encountered within a dream so I have to take exception to his method of dreaming as it seems forced. Also by trying to use set images and meanings the dreamer may restrict the dream and may miss other meanings of the vision. The dreamer should form the intent for the dream and simply let it flow. The exercises are simple and I have seen similar in other books, but the reader will not find it taxing to follow his suggestions. It was not a great read, but overall it was fine.0 of 0 people found the following review helpful. Five StarsBy Drew GalianoGreat Product Fast Shipping0 of 0 people found the following review helpful. Five StarsBy marie colbyinformative

The authors of The Medicine Wheel explore different views of dreamtime, both historic and contemporary, to provide an explanation of the dream-interpretation principles of the Native American medicine wheel--and a new framework for working with dreams. Line drawings.

About the AuthorSun Bear, a sacred teacher of Chippewa descent, is the founder and medicine chief of the Bear Tribe, a multiracial educational society. He is a world-renowned lecturer and teacher and the author or coauthor of eight books. He is publisher of the magazine Wildfire and founder of the World Earth Fund.