

Honoring the Medicine: The Essential Guide to Native American Healing

By Ken Cohen

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For thousands of years, Native medicine was the *only* medicine on the North American continent. It is America's original holistic medicine, a powerful means of healing the body, balancing the emotions, and renewing the spirit. Medicine men and women prescribe prayers, dances, songs, herbal mixtures, counseling, and many other remedies that help not only the individual but the family and the community as well. The goal of healing is both wellness and wisdom.

Written by a master of alternative healing practices, *Honoring the Medicine* gathers together an unparalleled abundance of information about every aspect of Native American medicine and a healing philosophy that connects each of us with the whole web of life—people, plants, animals, the earth. Inside you will discover

- The power of the Four Winds—the psychological and spiritual qualities that contribute to harmony and health
- Native American Values—including wisdom from the Wolf and the importance of commitment and cooperation
- The Vision Quest—searching for the Great Spirit's guidance and life's true purpose
- Moontime rituals—traditional practices that may be observed by women during menstruation
- Massage techniques, energy therapies, and the need for touch
- The benefits of ancient purification ceremonies, such as the Sweat Lodge
- Tips on finding and gathering healing plants—the wonders of herbs
- The purpose of smudging, fasting, and chanting—and how science confirms their effectiveness

Complete with true stories of miraculous healing, this unique book will benefit everyone who is committed to improving his or her quality of life. "If you have the courage to look within and without," Kenneth Cohen tells us, "you may find that you also have an indigenous soul."

From the Hardcover edition.

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Editorial Review

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Cohen wittily describes an incident in which he sang Pacific Northwest songs to a Cree medicine man--songs of Salish, Snohomish, and Suquamish peoples. "And you are--?" asked the elder. "Jewish," Cohen said, to which the medicine man replied contentedly, "Yes, our traditions are so rich." Whether the elder misunderstood or intentionally embraced the newcomer to his land, Cohen never knew. But the anecdote demonstrates Cohen's habit of drawing upon interpersonal experience as well as research to record traditional Native American healing practices as expertly as he has described, in books including the well-regarded *Way of Qigong* (1997), Asian traditional healing. The present thoughtful reference provides comprehensive and authoritative information on indigenous American healing traditions and addresses the important issue of how non-Indian people can respectfully learn from their historical forebears in North America. An excellent section on values and principles precedes discussion of such practices as sweat lodges, pipes, and the use of herbs, including tobacco. Extensive appendixes and resource lists supplement the wealth of information in the main text. *Patricia Monaghan*

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Review

"This landmark book is a stunning tour de force. Ken Cohen has crafted a comprehensive yet accessible compilation of the theory and practice of Native American medicine. *Honoring the Medicine* is the rarest of books."

—JEFF LEVIN, PH.D., M.P.H.

Author of *God, Faith, and Health*

"Ken Cohen writes from a place of beauty, truth, and integrity. He inspires us to reconnect with traditional ways for healing the earth and ourselves. [*Honoring the Medicine*] is a brilliant work."

—SANDRA INGERMAN

Author of *Soul Retrieval*

"Anyone wanting insight into the world of Native American healing will be wise to read this remarkable, penetrating work. This is a valuable addition to the canon of healing."

—LARRY DOSSEY, M.D.

Author of *Healing Beyond the Body*

From the Hardcover edition.

From the Inside Flap

For thousands of years, Native medicine was the *only* medicine on the North American continent. It is America's original holistic medicine, a powerful means of healing the body, balancing the emotions, and renewing the spirit. Medicine men and women prescribe prayers, dances, songs, herbal mixtures, counseling, and many other remedies that help not only the individual but the family and the community as well. The goal of healing is both wellness and wisdom.

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Users Review

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Deborah Beaudry:

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Jonathan Sanders:

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Keri Lo:

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