



Earth Walks for Body and Spirit: Exercises to Restore Our Sacred Bond with the Earth (Paperback)

By James Endredy

Inner Traditions Bear and Company, United States, 2002. Paperback. Condition: New. Original ed.. Language: English . Brand New Book. A workbook of simple walking exercises to quiet the mind, expand consciousness, and rediscover our sacred relationship with Earth. - Foreword by Victor Sanchez, author of The Teachings of Don Carlos. - Includes 45 walking techniques that were developed from the author's work with Huichol Indians of western Mexico. - Explores the power of moving meditation for achieving new levels of spiritual awareness through connecting with elements of the natural world. - Includes group and individual exercises. In Earthwalks for Body and Spirit, a workbook of 45 simple walking exercises, author and workshop leader James Endredy shows us how the act of walking can be a catalyst for personal transformation by teaching us to develop our attention, quiet the mind, expand our consciousness, and rediscover our sacred relationship with Earth. Each of the exercises, many of which are based on the author's work with the traditional indigenous practices of the Huichol Indians of western Mexico, offers step-by-step instructions and comments that will help you to gain the most from the walk. Additionally, the author focuses each group of exercises...



READ ONLINE
[3.21 MB]

Reviews

Completely essential study publication. This is for anyone who stante that there was not a well worth reading through. I am very easily could get a satisfaction of reading through a written publication.

-- **Hallie Stanton**

This is an amazing publication i actually have at any time go through. It is actually rally interesting throgh reading through period. Its been developed in an exceptionally straightforward way which is merely following i finished reading through this publication where actually altered me, modify the way in my opinion.

-- **Noah Padberg**