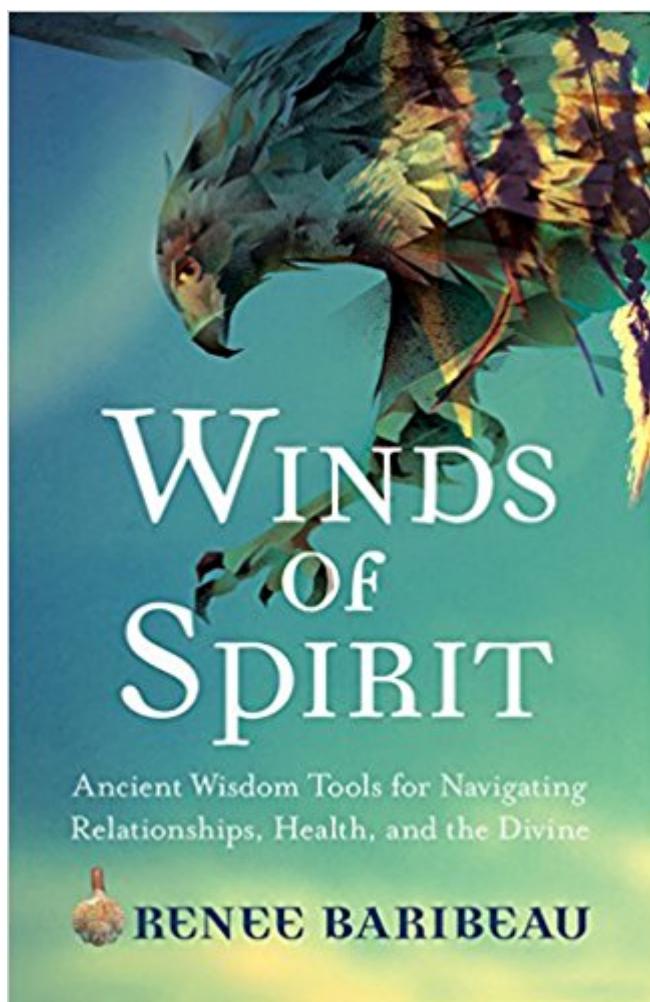


The book was found

Winds Of Spirit: Ancient Wisdom Tools For Navigating Relationships, Health, And The Divine



Synopsis

In *Winds of Spirit*, shamanic healer Renee Baribeau shares the rich mythology and cultural significance of wind, while also presenting a powerful system to help you recognize and utilize the subtle energies in your life to heal yourself. The Wind Work system relies on an ancient sacred technique used by farmers, shamans and sailors. It will show you how to navigate your personal path, providing insight into how to manage the wind patterns and shifting conditions affecting you. *Winds of Spirit* will teach you how to connect with your true inner self (your spiritual magnetic north), use your body as a compass, and never get lost. By working with the omnipresent winds in your life, you can restore harmony and balance, heal the body, and inspire creativity. In the book, you will learn how to invoke wind deities "gods and goddesses from around the world" and the cardinal winds from the four quadrants of the sky, each of which relate to the inner landscape of your life: mind, emotions, body, and spirit. In Part Four, there are 28 ancient wind deities for you to choose from. Open to any page to gain a deeper understanding of how these energies might be influencing your thoughts, feelings, and actions. Experiential practices include wind breath, wind bath, wind knots, and more.

Book Information

Paperback

Publisher: Hay House, Inc. (February 6, 2018)

Language: English

ISBN-10: 1401952755

ISBN-13: 978-1401952754

Product Dimensions: 6 x 9 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #278,383 in Books (See Top 100 in Books) #202 in Books > Religion & Spirituality > New Age & Spirituality > Shamanism #1350 in Books > Religion & Spirituality > New Age & Spirituality > Mental & Spiritual Healing #5492 in Books > Self-Help > Personal Transformation

Customer Reviews

Renee Baribeau is a soul coach, author, inspirational speaker, entrepreneur, and workshop leader, known and respected for her down-to-earth approach. During her life, the wind gods have steered Renee's course in many directions. A former chef, in 1987 she opened the first

farm-to-table restaurant in Central New York, Brown Baggerâ™s, in Syracuse. In 2005, Renee established the Desert Holistic Network in Palm Desert, California, an online regional resource directory. Renee served as the Resident Shaman at We Care Spa in Desert Hot Springs. Since 2013,Â Renee has worked forÂ Foundations Recovery Network, a national system of residential treatment facilities. Her current role is Marketing and Community Outreach Coordinator. As a writer, Renee is a featured contributing blogger forÂ Elephant Journal. Renee has also contributed chapters to the anthologiesÂ Pearls of Wisdom: 30 Inspirational Ideas to Live Your Best Life NowÂ (Hierophant Publishing, 2012) andÂ The Five Principles of EverythingÂ (Five Birds Publishing, 2012).Â She makes her home on the West Coast, and Whidbey Island.

[Download to continue reading...](#)

Winds of Spirit: Ancient Wisdom Tools for Navigating Relationships, Health, and the Divine Winds of Worship: French Horn (Winds of Worship (Music Books)) Winds of Fury (The Mage Winds) Winds of Fate (The Mage Winds) Winds of Change (The Mage Winds) BOOKS:HOW TO BE FREE FROM SICKNESSES AND DISEASES(DIVINE HEALTH): DIVINE HEALTH SCRIPTURES The Wisdom of the Chakras: Tools for Navigating the Complexity of Life FOUR BOOKS. MYSTERIES; DIVINE SCIENCE, PRINCIPLE & PRACTICE; SHORT LESSONS IN DIVINE SCIENCE; VARIOUS ARTICLES (Timeless Wisdom Collection) Healing Prayers: 30 Powerful Prophetic Prayers & Declarations For Divine Healing: A Special Prayer Plan for Instant Total Healing & Divine Health Alexander: The Great Leader and Hero of Macedonia and Ancient Greece (European History, Ancient History, Ancient Rome, Ancient Greece, Egyptian History, Roman Empire, Roman History) Deliverance From Python Spirit: Powerful Prayers to Defeat the Python Spirit â“ Spirit of Lies, Deceptions and Oppression. (Deliverance Series Book 3) Health Communication: From Theory to Practice (J-B Public Health/Health Services Text) - Key words: health communication, public health, health behavior, behavior change communications The Spirit of Intimacy: Ancient African Teachings in the Ways of Relationships Navigating Health Insurance (Health Navigation) Faith in Divine Unity and Trust in Divine Providence: The Revival of the Religious Sciences Book XXXV (The Revival of the Religious Sciences, Book 35) The Divine Comedy (Dante Alighieri's Divine Comedy) God's Wisdom for Navigating Life: A Year of Daily Devotions in the Book of Proverbs THE WISDOM OF THE EGYPTIANS (The story and religion of the ancient Egyptians, Book of the Dead, the Wisdom of Hermes Trismegistus and the Book of Thoth) - Annotated Pharaoh and His Meaning? Samurai Spirit: Ancient Wisdom for Modern Life Seven Prayers That Can Change Your Life: How to Use Jewish Spiritual Wisdom to Enhance Your Health, Relationships, and Daily Effectiveness

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)