



Native American Healing Meditations: Guided Practices to Invoke the Spirit of Healing

Lewis Mehl-Madrona

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Western medicine often sees healthcare as a battle against a disease or injury. Healers from the Native American tradition believe that true healing comes through dialogue in which we open ourselves to the wisdom our afflictions have to offer. "Tribal healers knew that everything has a story to tell," teaches Dr. Lewis Mehl-Madrona, "and that if we know how to listen, our illnesses can reveal the secret to their own healing." On *Native American Healing Meditations*, he guides listeners through practices to communicate with the spirit behind an injury or disease, invoke the wisdom of our ancestors for healing, and more

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