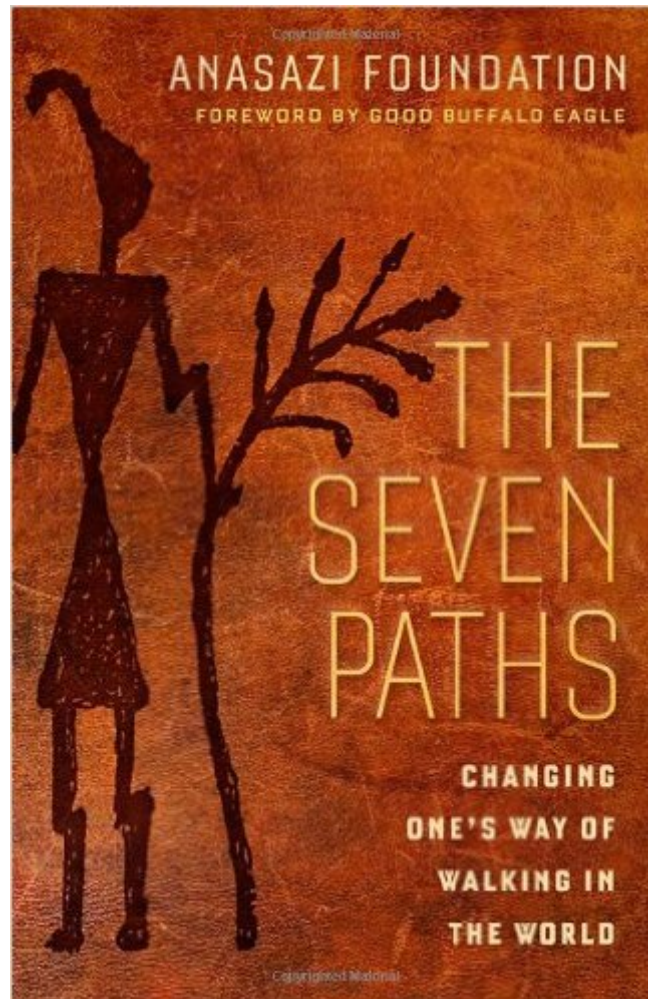


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# The Seven Paths: Changing One's Way Of Walking In The World



## Synopsis

Discover the Healing Power of the Wilderness People have moved away from Mother Earth, bringing heartache, pain, and other maladies of the modern age. The "self-help" movement claims to offer peace and fulfillment to individuals, but this solitary approach takes us only so far. Ultimately, it is in communion with our fellow beings and the natural world that we are made whole. We need to leave the path of Me and follow the path of We. This poetic, evocative story presents the meditations of an ancient Anasazi tribesman who rejects his family and sets off on a journey through the desert. He walks seven paths, each teaching a lesson symbolized by an element of the natural world: light, wind, water, stone, plants, animals, and, finally, the unity of all beings with the Creator. The Seven Paths reveals a source of wisdom, restoration, and renewal familiar to native people but lost to the rest of us, seven elements among nature that combine to mend human hearts.

## Book Information

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## Customer Reviews

I got a bit of an early exposure to this book, as I was a TrailWalker with the Anasazi Foundation this past year. That is, I worked in their Wilderness Therapy program and spent many weeks hiking through the depths of the wilderness with YoungWalkers - the youth who were admitted to the program. This is the book that we would gift to incoming YoungWalkers, and get to carry and read ourselves as well. I can say undoubtedly that it carried a distinct power to invite both YoungWalkers and TrailWalkers towards positive change. The context of the wilderness certainly helped, but critically, the change counted as we applied it upon returning home. The story within is that of a man

who leaves his people, and his subsequent reflections on the way of Nature around him. Through the examples he sees, he gains clarity and truth, and perhaps most importantly is able to reflect on his own heart - The factor he has control over, and in fact the only thing that, in the end, does turn him back to his people. In my experience with it, The Seven Paths has a combination of: Simplicity - Really, no more words than are needed are used. It is a short book, because it is filtered, condensed, and purified. Significance - In so many ways it is our own story - The story of where our heart steps and falters, and can again return. Invitation - By example, and not by force or a checklist, the reader is invited to reflect on their experience in the world. The Reflection aspect is really what made this book carry for me. I would say this definitely ISN'T a book you simply read to whittle away time - There are thousands of other books for that. This is a book that you take in pieces, and give time to ponder upon each piece as you go about your day.

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