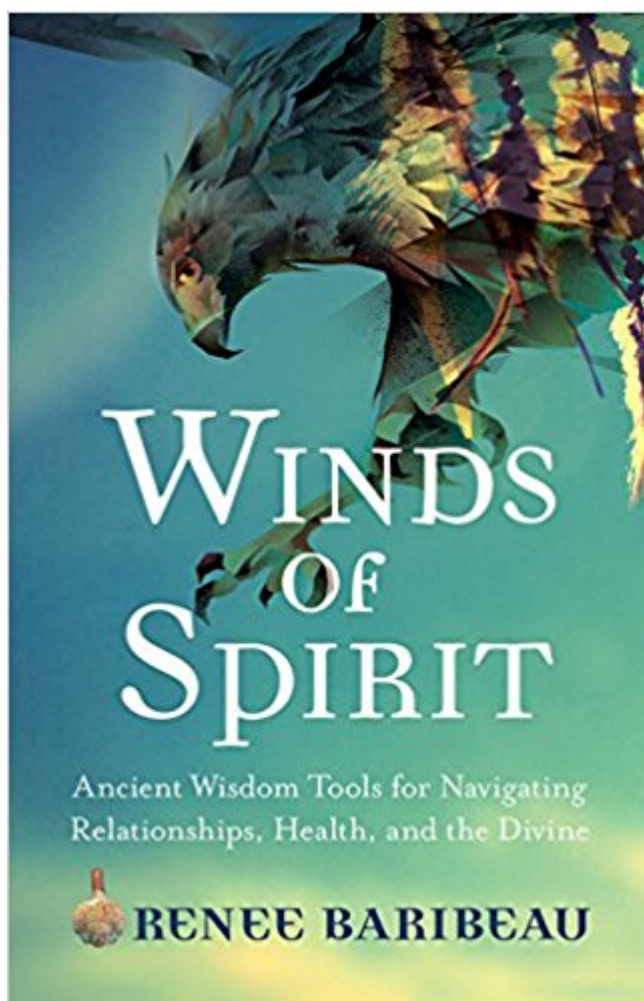


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Winds Of Spirit: Ancient Wisdom Tools For Navigating Relationships, Health, And The Divine



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

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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 Bagger'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, Renee has worked for 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 for Elephant Journal. Renee has also contributed chapters to the anthologies Pearls of Wisdom: 30 Inspirational Ideas to Live Your Best Life Now (Hierophant Publishing, 2012) and The Five Principles of Everything (Five Birds Publishing, 2012). She makes her home on the West Coast, and Whidbey Island.

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