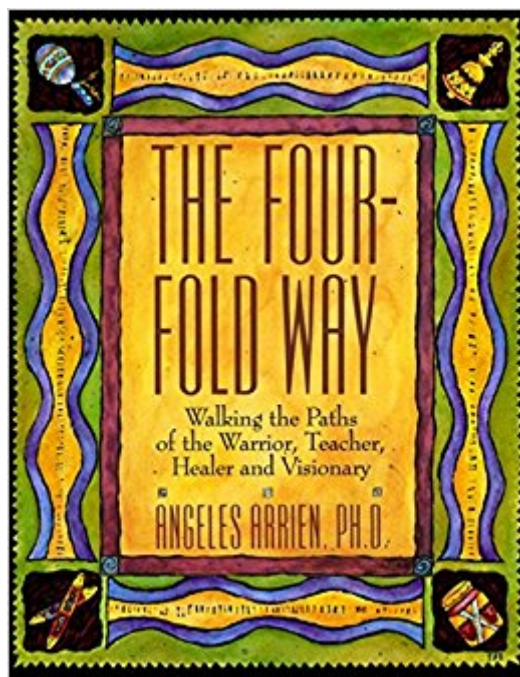


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# The Four-Fold Way: Walking The Paths Of The Warrior, Teacher, Healer, And Visionary



## Synopsis

A leading expert on native spirituality and shamanism reveals the four archetypal principles of the Native American medicine wheel and how they can lead us to a higher spirituality and a better world.

## Book Information

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## Customer Reviews

"A lucid account of spiritual approaches in other cultures. It is a fertile interpretation of shamanic traditions that hold great treasures and wisdom for us all." -- Piero Ferrucci, author of *Inevitable Grace*  
"A treasure of practical wisdom for anyone on a path to wholeness.... An inspiring, creative synthesis of shamanic teachings by an authentic, cross-cultural practitioner." -- Frances Vaughan, author of *The Inward Arc* and *Awakening Intuition*  
"No matter how much I learn, grow and share, Angeles Arrien's wisdom always holds more before me to practice, integrate, and give away to others. She is a shining light in my life, and I know she can become one in yours through this fine, empowering book!" -- Brooke Medicine Eagle, author of *Buffalo Women Comes Singing*

Angeles Arrien, Ph.D., is an anthropologist, author, educator, and corporate consultant. She lectures and conducts workshops worldwide, showing the bridge between cultural anthropology, psychology, and comparative religions. Her work reveals how indigenous wisdoms are relevant to our families, professional lives, and our relationship to the Earth.

I read this book as preparation to work with a client using the leadership compass. This is an easy to read book that divides the personality into 4 different abilities: Warrior (being present), Healer (heart), Visionary (truth), and Teacher (non-attachment). Unlike many other books, it's about becoming an effective leader by balancing your abilities in each area. I especially liked the way the author not only described each area but also connected each back to nature and indigenous people's beliefs. There are also exercises for each area to help you identify where you are. The only thing I would have added were ideas for how to strengthen any areas in which you may be less capable. Karen L. Jett, Values Based Growth Expert, Author Grow Your People, Grow Your Business

The exploration of archetypes and symbols within one's life is a powerful tool for self understanding, healing and growth. And so, this is a significant book in my life at least. This book took a while to be effective in my case. It has become well-worn from being opened to certain pages over and over again. It is marked, folded, penned and penciled in many spots. I had to go through just one part at a time, and then take time--- to think about the words and their meanings, meditate upon how it applied in my life. Thus, I was able to experience difficult but valuable lessons when taking on the roles of Warrior, Healer, Visionary and Teacher while living through my own self-disassembly and dissection. I know some reviewers didn't like them, considering them hodgepodge puzzles of various religions... but I particularly liked the tables and charts that illustrate the symbols and things to contemplate upon and process for a particular archetype or power role. For example, I was drawn first to "The Way of The Healer" and Arrien presents the following ideas, symbols and actions: Direction: South/ Element: Earth/ Human Resource: Love/ Kind of Meditation: Lying/ Way of Living: Right Speech/ Four-Fold Way: Pay Attention/ Season: Spring... to just name a few. Trying out the ideas on for size, the suggested practices, the skills... takes a lot of time! I can read a cliffhanger novel in one night, but I couldn't do that with the stuff in this book. LOL. And so, I read this book for 1 year for self-healing and gained some inner strengthening. I also began to recognize my boundaries and the circle of power that I would have to be willing to stand in. During this time I also began to see patterns of these archetypes in leadership roles within communities and societies and thus continued discerning and observing the qualities of Warrior, Healer, Visionary and Teacher in the admirable men and women leaders I have met personally. Bottom line, the ideas and symbols associated with Warrior, Healer, Visionary and Teacher needed time and again, contemplation, trial and error, before it really opened up for clearer understanding on the levels of mind and heart for

me. Maybe this book can work for you too if you give it some time and your self some patience. Fare thee well, book lover and fellow Seeker!

This book opened me up to a lot of gratitude, physical well-being, empathy (for myself and others) and the importance of being clear and true to my word.

Sometimes a model of self-work resonates with you. Sometimes not. Arrien's \*The Fourfold Way\*, I imagine would work well in a group retreat, but on your own, it was not so inspiring.

Great intro to Shamanic practices. Not too in depth, but does have homework that I find quite helpful. Easy to read. Arrived quickly and well packaged.

I liked how it weaves Indian medicine with the arch types of personality types

This book takes very long time to digest but once we understand this, whole world gets clearer and everything will start make sense.

the material is good, although I haven't read through the book, I have skimmed it and find it to be informational and well written

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