

The Four-Fold Way

Walking the Paths of the Warrior, Teacher, Healer and

Visionary

By Angeles Arrien

Taps into the sacred wisdom of shamanic traditions.

Book Review by Frederic and Mary Ann Brussat

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This book taps into the sacred wisdom of shamanic traditions for insights into "healing ourselves and our fragmented world." Here are ideas and strategies on being present; paying attention to what has heart and meaning; telling the truth without blame or judgment; and being open and not attached to outcome. Arrien's understanding of the sacred teachings of tribal peoples is inspiring.

<https://www.spiritualityandpractice.com/practices/practices/view/28126/developing-the-inner-visionary>

