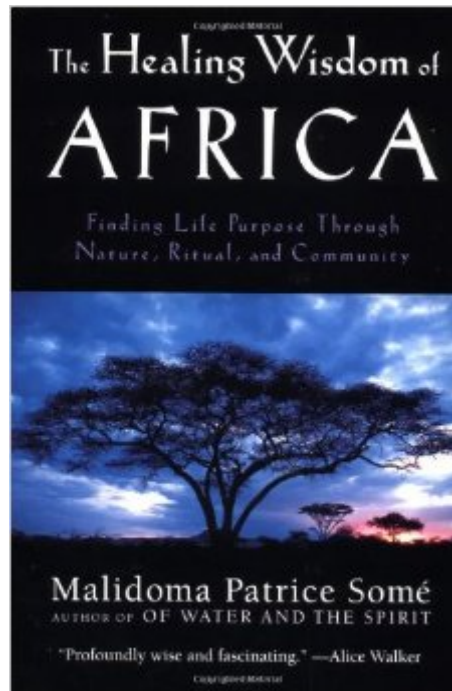


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The Healing Wisdom Of Africa: Finding Life Purpose Through Nature, Ritual, And Community



Synopsis

Through *The Healing Wisdom of Africa*, readers can come to understand that the life of indigenous and traditional people is a paradigm for an intimate relationship with the natural world that both surrounds us and is within us. The book is the most complete study of the role ritual plays in the lives of African people--and the role it can play for seekers in the West.

Book Information

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Customer Reviews

To be truthful, this book needs to be read through more than once - it needs to be lived with, and at least a few of the exercises and ceremonies or variants of them must be worked through by the reader. Malidoma's two earlier books, both obvious 5-star efforts, were more at expository essay and autobiography respectively. Both were jammed full of insights and plentiful quotable passages. And both were sumptuous with detail and inspiration. Part One of this new volume is not an exception to this - though maybe a little drier in overall tone - still, I found myself leaving little quotes from it on my friend Cynthia's answering machine, for which she later thanked me profusely. But the purpose of Part Two is to illustrate these illuminations/insights by things to actually do in order to begin feeling your connection with nature and the other elements of the Dagara cosmos. And throughout, Malidoma continues his critique of Western cultural and religious milieu in contradistinction to African ways and means. There have been other terrific hands-on tutelages allowing a Euro-American to shed parts of his/her dualistic/rationalistic skin in exchange for an animistic one (Starhawk's 'The Spiral Dance', Harner's 'Way of the Shaman', Teich's 'Jambalaya', Ingerman's

'Soul Retrieval', Villoldo's 'Shaman Healer Sage', and Malidoma's wife Sobonfu Some's books). This is the latest "next best thing", and it's really a good one. One thing about Malidoma is that he warns the neophyte to at times exercise some degree of caution - diving headfirst into a new cultural scenario is not always the wisest or safest path. One's ability to tread lightly can bring dividends and rewards.

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