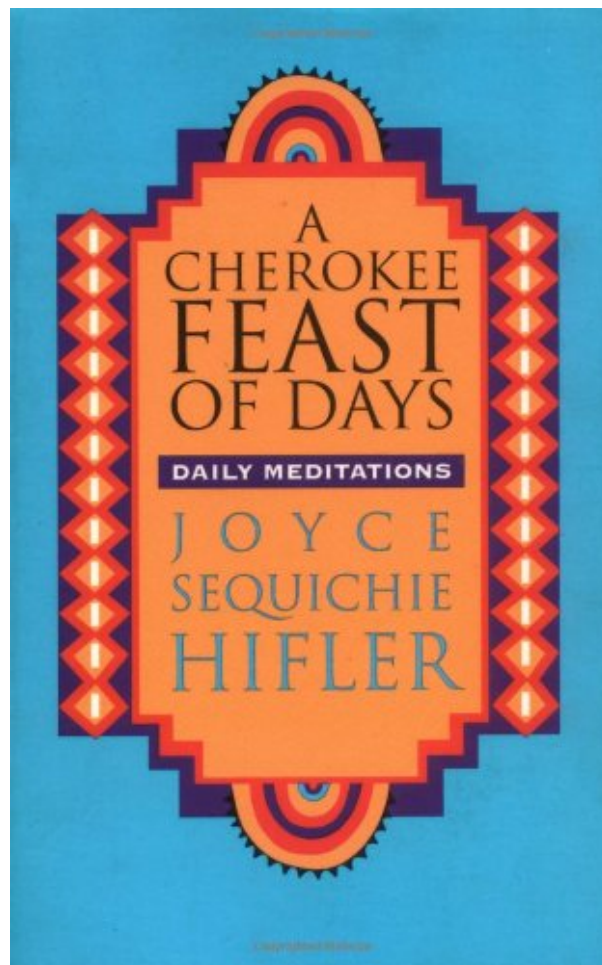
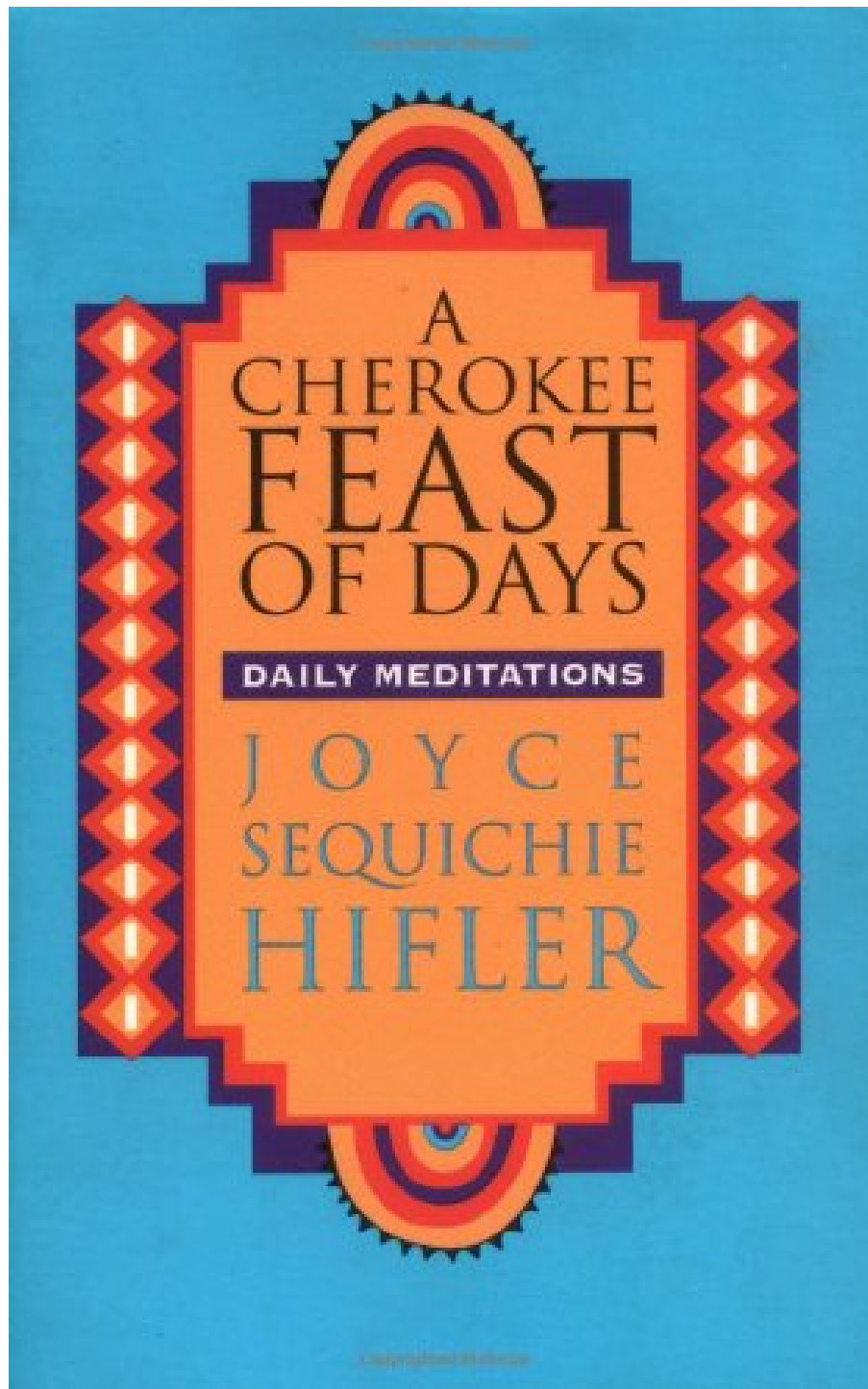


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MEDITATIONS BY JOYCE SEQUICHIE
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"The virtues of patience, compassion, and healing are foremost among the qualities that these enlightened meditations teach."

From the Back Cover

The author of the nationally beloved inspirational column Think on these Things offers a book of daily meditations drawn from her own rich Cherokee heritage and that of other tribes. Joyce Sequichie Hifler presents readings for each day of the year from Una la ta nee'-the Cold Month, January-to U Ski' Ya, the Snow Month of December. Each provides insights expressed both in English and in Cherokee, and gems of Native wisdom recorded in the words of Native speakers. This little treasury is for readers of all faiths, and for those seeking faith.

About the Author

Joyce Sequichie Hifler is the author of six previous inspirational books, including "A Cherokee Feast of Days" and "Think on These Things", based on her nationally syndicated newspaper column of the same name. Descended from the Sequichie family, which immigrated to Oklahoma over the Trail of Tears, she grew up in Cherokee country in rural Oklahoma. Today she lives with her husband outside Bartlesville, Oklahoma.

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Most helpful customer reviews

2 of 2 people found the following review helpful.

Love this book, but...

By Jennifer

I absolutely love this book, but I'm a little confused, as to why it doesn't have anything for January 5th through the 8th. They're just shaded pages, with an X through them.

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A Feast of Wisdom

By Nom de Tome

This is an amazing book filled with Native American wisdom. You can tell this is the wisdom of a blessed people (in spite of what they may have been subjected to by other, thoughtless human beings) in communion with the Great Spirit. I LOVE THIS BOOK. If you are looking for wonderful, down to earth, daily inspiration, you cannot go wrong with this sagacious volume.

1 of 1 people found the following review helpful.

As a Yoga Instructor I use daily

By Yogabon

for closing meditation I use this and Volumes II and III. The readings are the perfect length. My students love it and I am constantly asked where my quotes come from. They tell me the readings really resonate with them. I have used these books for nearly 5 years and am so happy to have them in digital format. I hope the subsequent volumes will be added soon.

My only complaint is the formatting on the Kindle (I have the HD 7") In the hardback form it's one reading per page, on the Kindle it loops over to the next so that readings aren't contained on a single page depending on font size.

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